

ESP Series Circulating File

TYPES OF PSYCHIC EXPERIENCES

**A compilation of Extracts
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TYPES OF PSYCHIC EXPERIENCES CIRCULATING FILE

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Types of Psychic Experiences

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Miscellaneous Psychic Experiences

262-96, Norfolk Study Group #1, 5/24/36

As has been intimated in the outline, there will come the experiences to each (who seeks, in truth), during the study as in the preparation of the lesson, unusual experiences; to each according to your own attunement. To each has been given, ponder these well within thine own heart before giving expression even of same to others. Meet with thy Master as respecting same. He has promised to guide, to guard, to direct thee in thine uprisings, in thine downsittings. For to each many experiences will come.

262-40, Norfolk Study Group #1, 3/5/33

(Q) [585]: On March 2nd, whose voice did I hear speak to me, and what was the message?

(A) As is felt within self that there is a manifestation of a force, a power from without, this then is builded into that as the self through its experience gives such an influence and power concerning the consciousness of self. To be sure, this was a manifestation - but rather than being specific, rather than being an entity activity from without, it is rather the awakening within of the abilities to so associate and so connect and communicate with those influences from without. Then, as given of old, if there will be held and magnified within the consciousness of self that that desired, that voice, that presence that would aid in bringing the various consciousnesses to self, must be from the universal influences, or from His messenger, then may this be magnified in self and for self. Be mindful that it is not clothed in some other power.

262-40, Norfolk Study Group #1, 3/5/33

(Q) [69]: Please tell me to whom was I talking the morning of Feb. 3rd and just why am I getting this experience.

(A) As given, be not afraid when it is said, "It is I." Rather, then, the experiences that are necessary for making aware within the consciousness of self how the inner self may be controlled by those powers, those influences, that an entity, an individual, entertains. Be not unmindful that ye entertain strangers that come to thee in thine consciousness, that reaches to the inner self and to the cosmic spheres; for angels are often entertained. Then, clothe and feed them only upon the words and the activities of the spirit of truth, and through same may come those experiences that have been long sought; for the time is near at hand. [262-41, Par. 8-A]

(Q) Is this information that I have been receiving the past four nights coming from some source other than my subconscious?

(A) To be sure, and these are worth entertaining.

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(Q) Please tell me who is doing the talking?

(A) Who would the body have? Who would the inner forces entertain?

For, "Seek and ye shall find" is spoken of the soul, spoken of those that would be the guides, the influences in the experiences, and is bound close with that which is being the study in the present, THE LORD THY GOD IS ONE. Do not accredit it to lower forces than His emissaries.

281-27, "Glad Helpers" Prayer Group, 6/11/36

(Q) [540]: Please interpret the experience I had on Friday night, May 29th, in which I saw colors and heard a voice speak within me.

(A) Much might be given as to colors, as to voice, as to the experience that came to thee. As has been given, these experiences come as warnings, as strength, as might, as power, that ye may be comforted in those experiences that at times would overwhelm thee and make thee doubt even thine own self. Know, then, that the lights, the voice, are as the power of the Christ in thine life, ATTUNING thee that thou may be a greater help, a greater blessing to others; at the same time encouraging thee, lifting thee up to a more perfect knowledge of the glories of the Lord as He worketh in and through thee.

The lights are as the spirit of TRUTH; the voice as the oneness with Him, that must be maintained if thy strength would maintain thee.

585-9, Female, 12/17/41

(Q) Please explain the significance of the flame colored light that [308] and I saw last Wednesday as we were watching the sky.

(A) In the experience of those who have put their trust in Him, there has ever been those significant indications of an answer that he is mindful. Then, as was indicated, let it be an assurance that He knows, He understands, He hears, He IS aware.

281-22, "Glad Helpers" Prayer Group, 11/1/34

(Q) [540]: On Sept. 13th, after reading a letter that I had received from an individual on the prayer list, in thinking about this person, I saw many lights flashing around my head. Please tell me the meaning of this.

(A) As to each individual there are those symbols that present to the consciousness the activities of the spiritual influences in the material and individual life, so are those experiences in THY OWN self. Not as to what others have set that this or that means, or imports, but as the light is to thee that strength, that sureness of purpose that comes in knowing that through the light HIS presence abides with thee, so was it shown thee through the spirit of truth that thou CAN be - and ARE - a help to others - IN His name!

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281-4, "Glad Helpers" Prayer Group, 3/10/32

(Q) In a vision I saw a loaf of whole wheat bread. One end was cut off so that the cells in the bread were very prominent. A great light shone from within the bread, illuminating every cell and reflecting a very large aura, which entirely surrounded the bread. Please interpret.

(A) This emblematical, as understood; stands for the essence of life itself in its cell force, showing forth in its activity that of the radiant life of Him who gave, "I AM the bread of life; he that eateth me shall NOT hunger," and, as is visioned, that each makes for its own radiation that combined in one gives that full illumined life that BRINGS understanding, and retains and builds, and gives - TRULY - the life everlasting. See?

262-56, Norfolk Study Group #1, 10/15/33

(Q) [585]: Please explain what was meant by a passing shadow of the Christ, as given in one of our readings in answer to a question on one of my experiences.

(A) This has been explained. Then, let's interpret it from another angle. As one is passing there may be a flash of a shadow from a plane, a cloud, a bird, or that which makes one more aware of the light; though one may itself be wholly in the light. Hence, as given, the thought, the intent of the mental mind of self at the experience was made aware of the Master's passing by the shadow - as explained, see? One becomes aware by comparison in the material plane. One may be in the brightness of the noonday sun and scarce aware that this is true, save by that which makes the awareness of same in the material-mental consciousness.

262-40, Norfolk Study Group #1, 3/5/33

(Q) Please explain how I may spend self in the love for His ways.

(A) By that even as visioned. Let the light that shines without be lighted by that light which is created from within, making the activities of the inner self and the outer self in accord; or let that seen of others be impelled by the light from the love of the Giver of life, light, immortality.

262-39, Norfolk Study Group #1, 2/21/33

(Q) Please explain vision experienced during reading [262-38] suggesting how this may be accomplished.

(A) As there is evidence of that being awakened in many of the group of the presence of the Creative Forces in the activities of many in the group, would it not be worth the while then to prepare self in such a manner that the Master - as He spoke WITH thee - might, through thee, speak the lesson of Love that He so well represented and presented in His experience as the man of Galilee?
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Is it not worthwhile, then, CLEANSING the body, in thought, in all manners as NECESSARY, to raise the flesh vibrations to such an extent that there may be no harm to same in the experiences that may be had by all during the periods of preparation on such a lesson?

Has not there been the promise that through thee, in part, may come one that may be a blessing to many, that MANY may speak with those higher forces, higher sources, as face to face? Is it not well, then, that the body be cleansed, be purified, be renewed, that there may be that power, that vigor necessary, that there may come that IN power, in might, as RESPECTING that influence as comes in the life with the union of the expressions that may bring same to pass?

Then, how may this be accomplished? Thou knowest that as is well with thine soul. Thou knowest that as is well to be accomplished in the body, in the flesh, that there may be the power, the might, the glory that may come to others.

Be faithful, as given, to the trust which has been given into thine hands; for the glory that comes with faithfulness is as but short to the CROWNS of glory that will be with HIS presence in this - even this - material world!

262-101, Study Group Work Committee for the Association, 10/4/36

(Q) Please interpret the dreams had by [540] of 2638 Harrell Ave., Norfolk, Va., on Aug. 27 & 28th regarding the blessing that could come to Study Groups - directed to Esther Wynne.

(A) This is as a vision of that which might or could come, or is what may be called the etheric activity of the proposed work that may be made a mental and material expression in material relationships.

262-89, Norfolk Study Group #1, 9/29/35

(Q) [993]: Please interpret the experience that I have been passing through the last few weeks. Does it have any connection with the experience I had on Aug. 12, 1935, and my appearance when associated with Jesus Christ when he was the son of Mary? Or is it the Destiny of the Soul? Please give me a message of comfort at this time.

(A) When these experiences are viewed in the light that they each become, as it were, an opening of the way for the understanding as to the relationships of the soul with the Christ, then there should become rather the understanding that in Him is thy Destiny - if thy trust is put wholly in Him.

The ways indicated in the experience then, though from the purely material angle, or to the conscious mind or physical-conscious mind alone they appear unreasonable, in Him are made one with the purposes set in that He has given thee, "Ye abiding in me and I abiding in the Father, ask that in my name and it will be done unto thee."

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262-55, Norfolk Study Group #1, 10/1/33

(Q) [413]: Please give me the significance of the dream I had the night of Sept. 26th at which time I saw the Master.

(A) As there has been in self that seeking more and more for the material confirmation of the thought, the intent and the purpose of self's activities, so in that given, that seen, is a confirmation of that purpose, that thought, that activity.

Hence, rather than bring fears on the part of self, or anxiety as respecting those visioned in same, rather know that self is being led by Him who IS the Guide, the Giver, the Promise to all mankind.

5749-4, Norfolk Study Group #1's reading on Jesus, 8/6/33

(Q) [585]: Was the vision I saw early one morning several months ago a vision of the Master?

(A) A passing shadow, yes. Pray rather to the Son, the Father through the Son, that He walks with thee - and He WILL walk and talk with thee. Be NOT satisfied with ANY other. He may oft give His angels charge concerning thee, yet know the Master's touch, the Master's voice; for He may walk and talk with thee. HE is the Way; there is no other. He in body suffered; for himself, yea - for thee also. Wilt thou turn, then, to any other?

262-55, Norfolk Study Group #1, 10/1/33

(Q) [585]: Was it the Master's touch, the Master's voice, which I felt and heard one afternoon two winters ago?

(A) As has been given.

262-41, Norfolk Study Group, 3/19/33

(Q) [560]: Seeing an arm, was told to touch it. And after touching it, it seemed to become an arm of flesh. Is my interpretation correct? If not, please give the interpretation.

(A) As we have given respecting visions or experiences of individuals, they in themselves may be the better interpreters of their experiences; provided, to be sure, there is the attempt, the desire in each to know, and the willingness to be guided or directed by those influences.

As interpreted by self, in the greater portion do we find this correct; that variation being as to the relationships to particular individuals, for this is rather more universal.

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262-18, Norfolk Study Group #1, 5/1/32

(Q) [288]: Just what should I understand and gain from my experience Wed. afternoon, April 20, 1932 [during reading 1800-18] of seeing a prophet, Christ on the cross, and the all-seeing eye?

(A) This as the vision to self, as was given to the prophets of old, that thy prayer and supplication have been heard ["If I could only understand!" See 288-30, Par. 10-A], and that there is the way as of the cross being opened for the greater activity through the all-seeing eye; for, as each figure seen represents a portion in the experience of self, so make thine self more and more the channel for blessings to others.

262-64, Norfolk Study Group #1, 6/3/34

(Q) [585]: I saw the Christ again - early in the morning of May 24th. This time it was a radiant Christ and the morning seemed to be breaking just above His head. What does this mean?

(A) What indeed should it mean to each soul, to any soul, to thy soul, that thou hast been through thine experience granted a privilege of such a vision! It should make thee the more humble, the more self-sacrificing, the more glorious in the praises that thou art even in the way of being shown MANY things - if ye will but live the life. What did He give as thy standard? "Inasmuch as ye do it unto the least of these, my brethren, ye do it unto me." Then, see rather in that thou wouldst give in word of mouth, in deed, in act of body, that thou art ministering unto thy Lord. For of such He said, "I will come again to you, and comfort you - I will receive you unto myself - I WILL abide with you." Art thou living in such an atmosphere? It is being opened before thee. Turn it not aside.

262-69, Norfolk Study Group #1, 8/12/34

(Q) [585]: Please explain the vision I saw early Friday morning, July 20th, when I saw the sky open and the figures treading earthward, bowing as if before a king.

(A) A vision whereunto there will be again opened to thee thine own interpretation through the experiences that thou wilt have in thine own self. For as the heavens, to the heart, the mind of man, declare the glory of the Infinite, and as the heart of man has been trained in and throughout the ages to look UP and OUT to those sources for the aid, for the strength, for the power, and for the unseen forces that may move in and through the hearts and minds and bodies of individuals, so - as the heavens open before thee, through thine own meditation and thine seeking - it is as that thine prayers have been heard, thine supplications have come before the Throne. Be not weary in thy turmoil or thy strife, for He has heard and will answer speedily.

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262-85, Norfolk Study Group #1, 7/21/35

(Q) [585]: Please explain the experience I had on the morning of July 17th, in which I saw a pyramid of smoke over my head and then a burning bush within. What do these symbols mean?

(A) The awakening to that as must be a portion of the experience necessary for the full cleansing, the full awakening to the possibilities that lie within.

How hath He given that ye shall be purged? Even as by fire. This, to be sure, then, is emblematical; that thy service may rise as sweet incense from the altar of service in thyself.

So long as ye look upon a service done, a good deed, as a lesson, as a duty, as a service, so long are ye subject to same.

When to do good is the joy, when to deny self is a pleasure, THEN thou wilt know the I AM is awakened within.

262-53, Norfolk Study Group #1, 9/3/33

(Q) [993]: Please explain my recent experiences of waking and being conscious of praying that "God have mercy on us all."

(A) As the consciousness of the position of the world and those about the body is made more and more in accord with His will, the experiences even as He had - as He wept over Jerusalem - become the experiences of His children. Read there, then, that which caused this feeling of the Master to give forth those expressions even as He did in the presence of His disciples. And there will come to self, through this meditation, through this concentrating in self, and consecration of self to His service, that understanding.

5470-1, Adult Female, 9/9/31

There needs be that the mental BODY understand or experience that awakening within, that the body experience the knowledge and an understanding of the relationships between the mental, the physical, and the spiritual body.

In physical forces, or THROUGH these channels, there have been builded fears, disappointments, and such relations, bringing to the body those ills incident to such conditions. This, in its final analysis, is the lack of faith, hope, and the inability of the body to do WITH pleasure those things it finds hard to do. Hence there is too great a tendency for self-aggrandizement. This must eventually bring its own reward, as would those elements that awaken the spiritual and mental forces of the body, in the final analysis, bring to the physical body THEIR own results, from the use of, the applying of, its tenets (those spiritual truths) in the activities of the body itself.

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262-40, Norfolk Study Group #1, 3/5/33

Then, those conditions that may arise in the experience of each, there may be enlightenment to self in those manners that will enable each to expand in words and in act, and indeed become the more aware, the more conscious.

For, as is and should be recognized in each, the contending forces that are within man as his individuality and personality (for a name) are that as self has builded, or that builded and the spirit of the living influence or life itself.

And these, then, made more and more aware that, "My life, my activities, my thoughts, my meditation, must be more and more in accord with the will of the Father." For in such, through such, does the individual, the entity, the soul, the individuality of an entity, become more godlike, less of self, less of the carnal influence may bear upon the activities of an individual, an entity, in this material plane.

Then, the activities of the will, the consciousness, the various terms that have been and are applied to the manner of expression in consciousness, are the basic thoughts, the basic activities through which each should prepare themselves for the abilities, for the activating forces that may assist them in giving that they must experience in their individual consciousnesses, as to how they may be expressed that others may gain a greater concept of the oneness of the Father in the material plane....

(Q) [303]: One night some weeks ago I saw floating above my head in space an exceedingly bright sphere or planet. It seemed to be moving within itself as well as through space. Please interpret this to me.

(A) As given, this group, these individuals, varied individuals, are reaching that period, that place in their experience, where signs, where activities within self, the consciousnesses within self, become more and more aware of the very lessons, the very truths that are being given out, that are to be made manifest in the experiences of selves and in the lives and experiences of others.

So, in the vision seen, it is the world without and the world within - their movements as one coordinating with the other, the brightness of the orb itself as reflecting that which is the movement within self, that makes for the shedding abroad of the light, the understanding, the enlightenment that is obtained from within.

Well was it said by Him, "Ye do not light a light to put it under a bushel."

In this same manner that is experienced in self, when there is that consciousness within of being more and more in accord with the light that shineth even unto the darkness, though there may come strifes, though there may come disappointments, though there may come turmoils from without and from within, yet His peace maketh for a harmony - with that cooperation of the personality, the individuality; or self and thy God.

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1151-16, Male 49, 7/6/38

(Q) Have you any suggestions as to diet or improvement at this time?

(A) If the constructive attitudes are kept, and the greater and greater dependence is upon the voice within for the direction in physical as well as in mental and material ways and activities, then greater and greater may be the efficiency of the body physically and mentally.

1523-15, Female 33, 4/28/42

(Q) Please explain the following experience: When taking a Castor Oil Pack, as I dozed, I began to feel paralyzed, unable to move, speak or hardly breathe. At first I fought against it, - as I relaxed I began to feel as though I was moving into space, and that I had great power concentrated in my eyes. Talked with my father, knowing I had the power to influence him to do what I felt was best, yet knowing I should not. A dog sat beside him and then came toward me as if hypnotized, powerless to stop even when we both commanded him to stop. Then I was home and saw the scraps of bacon in the skillet multiplying and growing - recognized the growth as manna known to the children of Israel, which I could pick up in my left hand, but vanished when I touched it with my forefinger and thumb or my right hand. Felt elated that I could describe manna to the Tuesday night group. [See dream in detail, 1523-15, Par. R1.]

(A) This was an inter-between emotion, or - as indicated - a partial psychic experience.

Consider that which takes place from the use of the oil pack and its influence upon the body, and something of the emotion experienced may be partially understood.

Oil is that which constitutes, in a form, the nature of activity between the functionings of the organs of the system; as related to activity. Much in the same manner as upon an inanimate object it acts as a limbering agent, or allowing movement, motion, as may be had by the attempt to move a hinge, a wrench, a center, or that movement of an inanimate machinery motion. This is the same effect had upon that which is now animated by spirit. This movement, then, was the reflection of the abilities of the spiritual of ANIMATE activity as controlled through the emotions of mind, or the activity of mind between spirit AND matter.

This was a vision, see?

10. (Q) Should I allow this to happen, or fight against it?

(A) Depends on whether you know what you want to do with it or not! This is where individuals not able to control are apt to allow other forces to control them. Read the description and understand what's taking place. If there is the desire that the spirit of truth, the Master, direct, - then there may be gained an understanding of the relationships between spirit and matter. If there is the desire that the masterfulness of self be experienced, or a domination for self - as experienced over not only the lower kingdom but of the higher kingdom or if there is the desire for self-indulgence, or for mental exploration into the unknown, you'll find it - but it may make self unknown to the better interests of self. Hence it must be used properly, correctly. Pray about it.

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262-49, Norfolk Study Group #1, 7/9/33

(Q) [303]: What is the significance of my dream about two weeks ago, in which Mr. Cayce was watching clouds come together, expecting something unusual - and when they met, crystals came down like fireworks?

(A) This is a vision that will come to the body again, and with same will come an awakening as to the import of the vision.

2329-3, Female 42, 5/1/41

(Q) How may I bring about greater emotional stability?

(A) As the body-mind entertains and enters into the raising of the kundalini influence through the body, surround self with the light of the Christ-Consciousness, - by thought, by word of mouth, by impressing it upon self. And in that light there may be never any harm to self or to the emotions of the body, or any fear of the mental and spiritual self being entertained or used by the dark influence.

69-2, Female 48, 10/22/29

(Q) What is the peculiar sensation felt in left temple?

(A) Psychic forces as applied to the expression of self, related to those nerves as find expression through that portion of the body. The tingling as is caused is the response of the cerebro-spinal with the sympathetic, and the body may consciously or unconsciously PRODUCE that of a voluntary or an involuntary reaction, and may MAKE this acute by continuing holding same before self, or relieve self by holding the positiveness of self's ability to control self's emotions.

281-27, "Glad Helpers" Prayer Group, 6/11/36

(Q) [585]: Please explain just what took place the night I heard what sounded like a large top spinning - felt a strong vibration sweep through my body and when I spoke saw a bluish spark close to the top of my head and it felt like electricity.

(A) As hath been indicated for the group, for members of same, there is that line, that connection, that point of contact in the body-physical to the spiritual forces as manifest through same. There are the centers of the body through which contacts are made, or are physically active, that at times, at all times, produce a sound. It may not be heard, it may not be always experienced by the individual, but finds expression in emotions of varied centers, varied characters. Thus the experience is that of the broader contact. Thus there are the vibrations of the electrical energies of the body, for Life itself is electrical - it manifests itself in its contacts in a physical being in much the same manner. Thus the experience in self of the emotions-physical being contacted by emotions-spiritual manifesting in the body.

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These are, then, as experiences. Learn ye to use them, for they will give expressions in many ways and manners. Seek experiences not as experiences alone but as purposefulness. For what be the profit to thyself, to thy neighbor, if experiences alone of such natures rack thy body - owing to its high vibration - without being able to make thee a kinder mother, a more loving wife, a better neighbor, a better individual in every manner? THESE be the fruits, that it makes thee kinder, gentler, stronger in body, in mind, in purpose to BE a channel through which the love of GOD, through Jesus Christ, may be manifested in the world. Not as a vision, an experience alone.

(Q) Why do I have such a feeling of fullness in my hands when I am holding my healing meditations?

(A) A natural consequence of that as has just been given. Pour it out, not hold it in self.

833-1, Female 70, 2/19/35

(Q) How can I be able to hear, see, or do, more abundantly on the spiritual plane, and to attain higher powers, to have an abiding faith and be of better service?

(A) Just as indicated, as by turning within self, holding to those influences as indicated from the greater expression of self in the material plane in the hills and plains, that there may come the greater consciousness in patience, in hope, in PUTTING same into activity in the hearts of others. For if ye would be loved, show thyself lovely. If ye would have friends, be ye friendly. Not to those only of high estate, but those that are without friends.

1276-1, Female 35, 11/23/36 Entire Reading (Physical Suggestion)

EC: Yes, we have the body here, [1276].

As we find, while there are some disturbing conditions in the physical forces of the body, the whole - the mental attitude, the physical reactions, the spiritual aspects - may well be described as a beautiful dale; with the quiet at times, with all the beauties of nature responding to those feelings and emotions within, and others when the turmoils of the surroundings and of the associations are as deep showers that cause the waters of life to submerge much of that quietness - and then those doubts arise, yet these continue to push their way through the muck and mud that have been accumulations; and after a bit the clearer skies, the quiet, the sereneness makes for the beauty of the whole of the vista or outlook.

In giving then those things that are disturbing forces in the body, these as we find should be approached from the EMOTIONAL nature of the ENTITY, as well as of those disturbing factors that arise in the physical forces of the body.

For the body, the mind and the soul are one; yet they are as separate, that the entity may function in the various planes or phases or experiences of consciousness.

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Hence we find as in the various phases of experience, [when] awake the mind, the body are conscious to the environmental forces and the influences about same, and all portions are subject to same. What is ordinarily termed sleep - the mind, the mental forces are caring for all the forces of the body. It's not aware then of the outside forces or influences or environmentals, yet is as aware to the inner self and is as alive to the deeper forces or the soul influences as in its environs of an awake consciousness.

Oft then, as with this body, not only in the visions or mental dreams as daydreams but as given or illustrated by those influences or forces of its temperament, it is aware of the desires within self to be expressive in its mental and spiritual self.

And when there is what we call the last sleep, then the soul-consciousness is aware, the spiritual self is aware of that to which, through and of which the mental and physical self has been conscious in its activity.

Hence we find as it were the threefold force about the entity.

In considering then the PHYSICAL conditions of the body, these as we find then must be taken into consideration from those activities without and within - and know they are made coordinant. To what? That which is CONSTRUCTIVE in spiritual import, mental balance, and physical activity! Thus they become again as one in purpose.

These conditions as we find physical, as disturb the body:

From the very emotional self we find there is created within the physical aspects of the body-functioning the effluvia in the blood stream that come much from what may be expressed in worry, overanxiety, scare, any influence that makes for producing a stoppage of the general flow through the system of the better forces in the blood supply.

Hence we find in the lymph and the emunctory circulation the tendencies for the body to become what is called or termed at times somewhat thin-skinned; or there is irritation, roughness to portions of the body, receding in the gums, drying in the nasal passages; through anxiety the throat becomes dry, the activities through the eliminations or alimentary canal tend to become slowed; the peristaltic movement of the activity of the alimentary canal becomes clogged with this very influence or force. There are those tendencies for perspiration at times to portions of the body when overanxious, whether from music or whether from anger or laughter or temperature or whatnot.

All of these may produce as one and the same. Thus we find a body physically, mentally, spiritually temperamental. Not too temperamental, but USED properly may become very active as a "sensitive" or as a "psychic." But develop within and NOT FROM WITHOUT!

For know the promises have ever been that the meeting of the Creative Forces or God is within thine own self, in thine own meditation, in thine own prayers; not for thyself but that self may be the greater channel through which the greater blessings, the greater understandings may come to others of that thou would worship in thine inner self as thy Creator, thy Maker, thy Love, thy Law, thy Inner Self!

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And these will make for that which will enable self to become more and more the channel through which others may know the Lord is indeed in His holy temple of each and every soul that would seek to know His face; even as thou in thine own experiences may find and come to know Him as indeed He may walk, He may talk with thee in the garden of thine inner self!

As to the physical applications, then:

For, know all power, all influence that is of a creative nature is of the Father-God a manifestation. Not as an individual, not as a personality, but as good, as love, as law, as longsuffering, as patience, as brotherly love, as kindness, as gentleness; yet in all the beauties of nature - in the blush of the rose, in the baby's smile, in the song of the bird, in the ripple of the brook, in the wind, in the wave, in all of those influences or forces that bring to His creatures a consciousness of Life itself and its awareness and its activity in a material plane.

Thus in the use of those influences that are as an answer to those things as has been given, He - thy Father, thy God - hath not willed that any soul should suffer or should perish, and hath with each influence that brings discord or disturbance in the mind and experience of man prepared a way of escape. Hence to meet the ague, the chill - quinine. To meet the other influences or forces that are of a titanic or elemental nature - those things that man has come in his understanding to acknowledge to be as specifics to meet emergencies and conditions that arise in the experience of mankind through his own negligence or through his own WILLFULNESS for the gratifying of self for the moment.

These then are as influences that we find would become the more helpful for this body:

First, study SELF and self's relationship to the Creative Forces. Then these may be found by the meditating, in:

MERCY, GOD, MERCY! THAT I AS THY SERVANT, THY CHILD, WOULD KNOW THE LIGHT. USE ME AS THOU SEEST FIT. LET ME IN MY HUMBLE WAY AND MANNER BE A CHANNEL OF BLESSINGS TO SOMEONE TODAY! SHOW THOU ME, O GOD, THE WAY!

In the applications for specific conditions, as in those disturbances to the emotional forces that find expression in material activity:

Use the compound called Ipsab for the conditions or disturbance in the gums, in the mouth. Massage very thoroughly with same once each day for a period of one to two weeks; then rest a period of a week, then begin again. Then afterwards it is necessary that this be kept occasionally for the cleansing, once or twice or three times a week; that there may be no accumulations from the lack of the massage for the strengthening of the gums by the very strong or brittle forces.

And keep a balance in the DIET, that there may be kept the proper balance in the physical forces of the body. Hence equal portions between an alkaline and an acid diet. (continued)

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And to prevent the gaining in weight, make for combinations that are such that - though the body may find its fill and keep its strength - there will be the necessity for conforming to laws that prevent the combinations that tend to put on weight or avoirdupois.

Then, beware of THESE in combinations:

No fried foods at all. There should be at least one meal a day of only raw fresh vegetables, whether in the middle of the day or whether in the evening; preferably in the noonday time would this meal be taken.

Do not combine potatoes with rice or spaghetti or white bread, or if either or any one of these is taken DO NOT eat meat at that meal!

In keeping these, then, we will find that we will also aid in keeping a balance through eliminations.

However, as it is necessary to rinse the mouth, it is necessary to wash the hands, it may be found just as necessary to cleanse the colon. This should be done with enemas when necessary to keep a normal balance, and which prevents accumulations of forces or influences that would cause the excesses which the emotional or general forces of the body itself may not take care of. But let there be an elimination each day through the alimentary canal. This should be taken (such an evacuation or enema) at the temperature of the body, and be sure there are salines or salt in same; teaspoonful to a quart and a half of water, and occasionally a level teaspoonful of soda combined with same. These will NOT produce irritations; these will NOT cause disturbances or prevent the activity of the NATURAL influences or forces of elimination but tend to create through the usage of same the strong, HEALTHY activity of the walls of the alimentary canal - and to create a better, a more equalized or balanced movement even from the duodenum throughout the entire length of the alimentary canal.

Steam or vapor baths - combining witchhazel and the oil of pine, or oil of pine needles and witchhazel - will make for purifying, strengthening, cleansing of the body and skin. Such a bath would be taken once a week or, after a bit, once a month; with a thorough rubdown following same, with massage or masseuse activity over the whole of the body.

Thus we will find we will keep the body physically fit.

Keep the mental attitude, and let the prayer and supplication be in accord with - that thou would have done to thee, do thou to thy fellow man.

We are through for the present.

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Telepathy

1135-1, Male 35, 3/23/36

(Q) What would be the best approach for me in studying the psychic work of Edgar Cayce?

(A) We have ONLY those in relationships to others. We wouldn't approach it from here.

(Q) What specifically would be indicated for my best work in the present?

(A) The relationships of individuals to individuals, and the relationships of individuals to the Creative Forces. Or, that which may be termed as the study of the SOULS of men.

1135-2, Male 35, 3/26/36 Entire Reading

GC: You will have before you the entity known as [1135] present in this room, his interest in psychical research and connection with Duke University of Durham, N.C., and the psychical research being conducted there under the direction of J. B. Rhine. You will also consider the psychic work of Edgar Cayce, as presented through the Ass'n for Research & Enlightenment, Inc. Taking into consideration the intent and purposes of the individuals concerned, you will advise us regarding the establishment of such relationships with Duke through [1135] as will be mutually beneficial in studying and understanding the laws governing psychic forces. You will answer the questions submitted.

EC: Yes, we have the entity, those interests in research in psychic phenomena, [1135]; also the work contemplated and done by Duke University under the direction of J. B. Rhine, the work of Edgar Cayce, the Ass'n for Research & Enlightenment.

In considering the VARIOUS phases of research, we find there are some conflicting influences in many directions; yet these should be coordinated in such a way and manner as to be helpful to those that would seek through the advancement or development of their own souls, their own ability for the manifesting of the spiritual laws in a material world.

Then, to consider these from their varied angles, first - as we find:

As we have indicated, the development of the innate or soul forces of [1135] is such that there is the INNATE desire, the gradual growth of a seeking for that something which expresses or manifests itself in the varied phases of phenomena that have been classified under that called psychic research.

As to each phase of this being properly classified, few may be able as this entity to give their proper classifications. For in those developments through the activities in the material world, we find the entity is at a period that it finds itself in a position (continued)

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of not only classifying but aiding in establishing in the activities of individuals the VARIED classified physical or material activities. As in those that pertain to the influences of a destructive force bringing about in the experience of individuals that making for the destruction of those of the Atlantean period or age.

Then with the correlating of those truths as indicated through the activities of Ra-Ta, Saneid, Og, there began - with the activities of the entity as to the teachings then, in those experiences - the applications in the experiences of individuals; though, to be sure, under quite a different environment from that in which the entity may find self in its activities in the present.

Yet the very activity brings in the present that SEEKING THROUGH self OF the expressions that WERE builded in the SOUL of the entity during those experiences.

True, in the next period (that finds expressions in an activity of the entity), these were turned into those periods of self-indulgence. For they, as indicated, were basically upon PHENOMENA rather than the TRUTH that PRESENTED - or presents or gives - the channel FOR the ACTIVITY of same. Yet in the seeking for that being manifested in the healing of the physical forces of individuals, there was brought into the experience of the entity a change in the attitude and in the application of self respecting those forces or influences that ARE ACTIVATIVE in the experiences of individuals.

Then, in making application of that which is innate within the experience of the entity in the present:

That it, the activity in the present, again becomes associated with those influences that were a portion of the EXPERIENCE of this entity in those periods of manifestation should in its very nature make for not ONLY the NECESSITY of the verification of the principles, the purposes, the basis, the SOURCE, but the very influence that may guide or direct what may become manifested or may be given to others to aid in THEIR activity in THEMSELVES becoming expressive in such manifestations. This becomes apparent.

How, then, may this be done?

First, within self FIND that which answers to that something within self that is continually seeking for that which has been given in the expression, "a house not made with hands" but ETERNAL in the experience of those that seek to find the way to that source from which they as SOULS (not as individuals, or PERSONALITIES rather), that home, that abode.

When this has been determined within self, then proceed. And remember that law as has been given, "Thy spirit, thy soul, will bear witness WITH My Spirit, whether ye be the sons of God or not." Or, "my spirit" (in this application thy spirit), beareth witness with that source, that influence that directs, that makes for the giving of expressions to individuals that applied within their own experience brings them closer to that which is the expression of those forces that are without law, but eternal in the law of love; that is:

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That seeth no evil, that thinketh not of itself, that laudeth not itself, but rather seeks to be a channel through which the Father, the Son, the Spirit may find expression to become the blessings that have been promised to the sons of men.

These, then, save they be answered from within, are and must remain WITHOUT the veil. [See 262-94, Par. 14-A.]

As to those seekings and those activities of J. B. Rhine, in his relationships that seek for the preparing of men and women that they may in this material world become as channels through which the world may be a better place for their having given of themselves in the expressions through the earth:

Unless these be the purposes, unless these be the basis of the desires of this entity, then leave them alone!

For hath it not been given that he that hath seen the way, that hath KNOWN there IS a way unto the source of Creative Forces, and then turns away, is (the soul) in a worse state than before?

For did He not proclaim, "He that would offend ONE of these, my children, better that a millstone were hanged about his neck and he cast into the depths of the sea"?

There is, then, rather this:

Know that the seeking, the developing of individuals in the expression of their super-selves in their activity must be for CREATIVE forces and not (as THIS entity now called [1135] has seen, has KNOWN in its INNER self) for self-aggrandizement, self-exaltation, self-indulgence; for if it is, then the WAY of that soul is made all the more in a state of bewilderment - without a cause.

Hence there be many phases, many characters of the manifestation of psychic forces in the material world. There are those influences from without the veil that seek - seek - that they may find an expression, that they may still be a portion of this evolution in the earth, not considering their present estate. And these bring turmoil, strife.

Only those, then, that have named the Name and have put ON that love, that seek expression through a channel that IS to the GLORY of the Father, ARE worthy of same.

By what judgement shall these be known?

What saith He? "By their fruits ye shall know them." For, "Ye do not gather figs from thistles."

So in the study, in the research that may be made, know FIRST that their individual developments are based upon the eternal truth, "I AM THAT I AM," and may be known to those that seek to know "My Face." And, "Though ye be afar, when ye call I will hear."

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1135-3, Male 35, 3/27/36 Entire Reading

EC: Yes, we have the entity, [1135], present in this room; his interest in the study of psychic phenomena; the work being done by the activities in Duke at Durham, N.C., under J. B. Rhine; the Association and its presentation.

Considering that Rhine accepts as a criterion the consideration that should be given each individual that shows a tendency towards psychic demonstrations, then what is to be the policy concerning the phenomena that may be demonstrated by the individuals coming under his observation?

First these, as we find, should be considered as basic truths; for there must be a premise from which to reason, if there is to be proven worth in the activities of ANY phase of the mind:

In the material manifestations, concepts are made aware to observers - and the more oft to the individual - through a functioning of the senses; or the perception is arrived at through such activity.

Hence there are those varied forms of demonstrative activity; as in the vision without the sense of the natural eye; the perception of hearing without the activity of the auditory forces of the natural body. There is also the feeling without those perceptions of the personal or physical contact by a presence. There is a super-activity through the olfactory centers that produces perception.

In giving the interpretation of that which IS received through these higher activities of the sensory forces of a body is oft where individuals may bring their OWN imaginative forces, or the satisfying of their individual ego to be above that of or exceptional to others, to such a point that there may be the satisfying of that within the self.

Why, then, is this all to be taken into consideration from that as has been given in aiding or instructing individuals in development of these faculties?

For there remains, ever, the universal law that comes as the basis of man's relationships to the Creative Forces; that first law, that thou shalt not have any god before thee other than that thou wilt worship in Him!

Hence unless such an individual, that shows a tendency, is grounded in that which IS the universal motivative force that CAN be CONSTRUCTIVE, it becomes rather among those that allow the influences to enter that are not only the exaltation of personal ego but the exaltation of personal egos that may be in a state of POSITIVE affluence through the very opening of self for such a manifestation.

For it becomes self-evident that unless there be the subjugation of the self through ANY form of a manifestation, there must become the expression of other influences rather than of that which is constructive in its nature.

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Let this be, then, rather as an illustration of that which has been set as a law. Ye have two very DESIRABLE manners for manifesting that which is not understood. As to its evaluation, yes. As to what it is, no.

In electrical forces of every nature (that are the very basis of the atomic structure of the body, through which there is the manifestation of mind and soul of an individual entity, in its varied forms of WHATEVER nature), if there are shorts of any nature there is confusion. This is true whether it be in the atomic structure of the individual or in any mechanical appliance to which it may be applied for its activity in the relationships for the benefit or convenience or constructive forces for man.

So in the radio wave that may make for pleasure, for convenience, for activities that are necessary for an attunement to a vibratory rate of a given nature for its association or connection with individuals who may attune instruments that may be in accord with certain lengths that are of a certain wave vibration, so that these are in unison, then there is the perfect accord for the bringing of those influences or forces into the experiences of individuals who may hear, feel, see, experience those activities that are WITHOUT their OWN SPHERE of activity, but brought into their relationships as one to another by the use of those forces that must work by a law.

So with individuals that may attune themselves to the forces that are without themselves, for in every form of manifestation there is that activity that bespeaks of an influence acting through an individual medium that makes for a connection with a universal source - if it is, or does become, or will be CONSTRUCTIVE! If the associations are with others, rather than the universal, then it must in itself (such activity) bring confusion; for it is contrary to the universal - or that law as of man's relationships to a Creative Force.

Then, in considering how, in what way or what manner there may be an association between those activities of an influence that is presented through the Association with the study of those at Duke, or through those activities of [1135]:

First, by their own premise that is set as that which is to be an ideal manner for that termed psychic forces - not those from the inner sphere, but those from the universal forces, consider same.

If these (those from the universal forces) are that presented by the Association as carried on through the activities of the individual or personality of Edgar Cayce, then they become worthy of consideration. If they fall short, they have no right, no place in the affairs of any man.

Ready for questions.

(Q) May we obtain through this channel cooperation in performing an experiment in clairvoyance -

(A) (Interrupting) Such experiments, such studies, such approaches, as has been given, must be rather from the regular form of activity that is presented day by day. Then, when there has been determined by such investigators or investigation that these do conform, they may be set in ANY way!

We are through.

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1135-4, Male 35, 4/9/36 Entire Reading

[[1135], his intent and desire to conduct specific experiments with the view of enlarging our understanding of thought transference (Mental Telepathy). You will advise him regarding the best procedure to follow, including basic principles and suggestions for properly conducting the individual experiments.)

EC: Yes, we have the body and the enquiring mind; purposes, desires, and those conditions that we find are relative to such activity in the experience of others.

In considering conditions conducive to such an experience in the activities of individuals, there are three phases or three elements that go to make up the basic ideas or basic conditions that become relative or co-related to such experience.

First, the Physical; then the Spiritual; and then the Processive Manners.

In the first process there are from the pathological standpoint or view those elements in the first cause, or in the eugenics of that cause, that produce in the plasm the vibratory rates that go to make for the urge that produces itself through its relative activity to itself in its process - or the very nature physically or pathologically of the man, or portion of the animal in its activity.

These are basic forces that make for the process of the activity of relative thought, or primary interest, or a receptivity, or the ability to become - as it were - subject to those very influences that go to produce same.

Just as may be seen in certain necessary influences or forces that go to make for conductors of energies used for transmissions of this or that influence that may become active. Some are good conductors, some are bad. Hence the physical force - these processes, these conditions are to be considered in making the study of, or in producing the ideal setting for such an activity.

Then the spiritual, or the intent, the purpose, the influence that possesses such a house, such a body; not merely from the physical the tangible intelligencia of the activity, but the purpose and intent and desire of that manifesting through same; whether it, that activity, of the spirit, is in that process of its own ego or that merely as the channel for those expressions that may be as an activity in such a process.

If these are of the nature that they are for, or have as their keynotes, the exploitation or self-indulgence or self-aggrandizement of the man's activity, then they must eventually become as those influences that would destroy the very influence that would be activative through such a channel.

Then the process, as indicated, in knowing, in realizing or classifying those that are from their very natures those subjects for such an activity. And those influences as indicated should be the basis for such attempts for the creative force or activity of that which is

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indeed the psychic force. For here, as indicated by the very term itself, the spirit or soul of the entity or individual (not the personality but the individuality of those that are in accord or may be attuned) is active. Not all elements may be attuned to a vibratory influence sufficient for sending or receiving. Some may send while others may receive. There may be those that are able to do both.

And such activities make for, then, a unison that becomes coordinant in its every relationship.

First, then, what are the necessary forces, the necessary elements? Or what would be the vibratory rate of individuals that may be said to be chosen as susceptible to attunement? Those that would be called emotional, or those staid? Those that would be easily moved by the influences about them, or those that remain malleable to influences of every nature?

What would be the pulse rate, the heart beat, the vibratory forces of the body-influence itself?

There must be, from that indicated, an ideal relationship in such, from the purely mechanical or the purely material viewpoint.

Those in which the ratio of those cycles about each of the red blood corpuscles is one to three. Those whose body-vibratory forces are eighty-seven and seven-tenths ($87 \frac{7}{10}$). Those having a pulsation that would range from the normalcy of a seventy-two to seventy-eight and six tenths (72 to $78 \frac{6}{10}$).

These are the physical activities that become necessary for a consideration that may be had in same.

All such would be found to respond to normal reflexes; that their activity in making for the vibrations through the influences of the lyden upon the pineal becomes a normal reaction; that they are negative to influences that arise from any infectious or insidious force that may have been a portion of the impregnation from the very firm [?] [vermiform?] or first activity of the effluvium in its creative influence.

These would be, then, the physical processes that would be for the beginning - or the basic force. Then those that would be of the nature that their thought, their intent, is not by self acclamation but by activity less thoughtful of self than of their duties, obligations, dependencies, influences –
[H. L. got up, starting to leave the room, and the reading stopped.]

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1135-5, Male 35, 5/3/36 Entire Reading

(Continuing information given thru this channel for [1135] on Mental Telepathy on April 9, 1936, under the following suggestion: Consider the intent and desire of [1135] to conduct specific experiments with the view of enlarging our understanding of thought transference (Mental Telepathy). Advise regarding the best procedure to follow, including basic principles and suggestions for properly conducting the individual experiments.)

EC: Yes.

Then, as the physical or pathological and mental conditions have been given, in what manner would or should be the procedure in understanding or applying such laws to be studied or to be contacted?

That the phenomenon is of the high mental forces, or what may be termed the superconscious forces; and not using the ordinary means but that such conditions found to be existent in specific individuals are ATTUNED to the various forms or manners of giving manifestations of same. Then these may not be tested for their efficiency or for their value in the practical experience in your test tubes or other ordinary means or measures, but must be upon the basis or direction in which these take their bent or trend.

For an illustration:

You find an artiste that is musical; with the ear and sense forces given for the application in the use of some specific instrument. Do you give one that's playing a horn piano lessons? or piano lessons to one that plays the violin?

Not that these are not kindred. Not that these are not in accord. But the expression, the ability to move those forces that manifest themselves, comes through their PARTICULAR phase of expression and manner.

Thus in seeking these, find first, take first, those of the pathological; then their correlations with the sincerity or the honesty of the individual and their correlated effects or activity in the spiritual force. Then follow these in their varied channels. And there may be found, there may be discovered in many much that is not only worthy of acceptance but that will make for the abilities of many - that have been attempted to be made into this or that in the developing of their activities through their expression in a given experience - to find THEMSELVES and thus give expression to that which is in the INNER sense the telepathic communication of their real selves to that in another realm or material realm.

Ready for questions.

(Q) Please explain what is meant by the ratio of those cycles about each of the red blood corpuscles is one to three? How determined?

(A) By taking the blood itself of individuals and making that count as to what is the protoplasmic cellular force given off by such individuals.

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(Q) The one to three refers to what relationship?

(A) Positive and negative cycle forces about each atomic structure in the blood cell itself.

(Q) What is referred to by the body-vibratory forces 87 and 7/10? How may this be determined?

(A) The number of the pulsations or the opening and shutting forces of the coordinating of the blood supply between lung, heart and liver.

(Q) How may that be determined?

(A) Count it, as it acts through the system!

(Q) In order to gain a better understanding of this subject [1135] has proposed in a letter from him under date of April 26th - *

(A) (Interrupting) Then let him do something about it! We are THROUGH!

* [following portion of the last question was not asked due interruption: "a copy of which I hold in my hand, that an experiment be undertaken through this channel and under the observation of professors from Columbia University. a. Observation of any experiment suggested through this channel. (or) b. Undertake an experiment devised by [1135]."]

1135-6, Male 36, 11/11/36

GC: We seek at this time to prepare for a series of readings to be used as a basis for arousing sufficient interest for some University, perhaps Duke or Columbia, to appoint [1135] present in this room, as a special investigator to undertake an extended observation and collection of material already furnished through this channel. We feel that a thorough study of the psychic phenomena as manifested through this channel will contribute much to a scientific knowledge of psychic laws. [1135] presents himself at this time seeking, in cooperation with the Management of the Association and Edgar Cayce, present here, suggestions and advice on this proposal. You will answer questions.

EC: In considering such a series of tests and the like, that which has been given as to the purpose or the intent should be considered first.

As we find, if there is an extensive study made as the information is given for individuals under the varied circumstances who present themselves for such help or aid as may be had through these channels, this would supply any question that may arise in the minds of those who seek in or from the spiritual and mental angle for the determining of the value of such information in the experience of individuals.

There may be specific tests in Mind Reading, Telepathy, Thought Transference, Moving of Objects even; yet these when presented out of their realm of activity dealing with the

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individual for a helpful experience in the seeking, become channels that are of an entirely different nature - and partake, as we have given, either of subconscious impressions or the activities of consciousnesses in the realm of the inter-between that would become as detrimental to the value of such information in the experience of consecrated seeking individuals for their aid and help to an understanding of their relationships to Creative Forces in this particular experience.

Hence the manner as we would find that there should be the study:

Take the information, the data, or the regular routine of seekers. Find their relationships, their mental attitudes, their desires, their hopes. And then watch the effect of the varied status of condition or development, first of the individual and then the effects that are produced in the lives of such individuals. Not only from the purely physical angle but the moral, the mental and the spiritual activities and relations of same in the individual's experience.

And if these, or a series, or a continuation of the studies of such would be undertaken by one such as we find as has been indicated - as [1135] - we would find there may be almost every form of psychic phenomena and psychic experience.

For as we have given, there are almost as many types of psychic phenomena or psychic experience as there are individuals.

For PSYCHIC is of the soul, if in its true constructive sense. And as the soul is an individual, intricate portion of the whole, then the experience of each soul in its reaction with, upon or from experiences in that field of activity, presents a study within itself.

This then as we find should be rather that to any group or any university:

There be presented what has been the experience of individuals taken in every way and manner that have been recorded by the Association and those interested in same. If these do not present sufficient truth, sufficient confidence of there being not only the unusual but that which the individuals applying - not merely knowing of but applying in their experience day by day - will make them as individuals better citizens, better neighbors, better parents, better friends, then forget it!

For unless such experiences create such in the lives of individuals that interest or apply themselves in the study of such, then it is indeed of little thought; nor has it any place in man's experience, and is not worthy of a name or consideration of ANY sort - or of any soul.

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Then, these are the manners as we would give for the consideration:

If experiments are sought, these then must be weighed in the light of that given.

MANY an individual, many a personage has given his all for the demonstrating of a truth. As it has been indicated from the first through THIS channel, there should ever be that ideal, "What does such information as may come through such a channel produce in the experience of individuals, as to not their thoughts, not their relations other than does such make them better parents, better children, better husbands, better wives, better neighbors, better friends, better citizens?" And if and when it does NOT, LEAVE IT ALONE!

Ready for questions.

(Q) [1135] presents the following plan. Advise us if this may be undertaken through this channel. The plan: Please describe contents of package on filing case in Room 215, Schermerhorn Extension, Columbia University, N.Y.

(A) This may be done; and if [1135] and those of the Association and their ideals and officers consider it worth it to be done, it will be done! But REMEMBER - what has been given! We are through.

3744-1, "Psychic Phenomena through the Subliminal," 6/18/23

(Q) In the physical plane, do the thoughts of a person of another affect the other person either mentally or physically?

(A) Depending upon the development of the individual to whom the thought may be directed. The possibilities of the developing of thought transference is first being shown, evolution, you see. The individuals from this plane will and are developing this as the senses were and are developed.

2533-7, Male 38, 5/29/43

(Q) Give ... the principle and technique of conscious telepathy.

(A) The consciousness of His abiding presence. For, He is all power, all thought, the answer to every question. For, as these attune more and more to the awareness of His presence, the desire to know of those influences that may be revealed causes the awareness to become materially practical.

First, begin between selves. Set a definite time, and each at that moment put down what the other is doing. Do this for twenty days. And ye will find ye have the key to telepathy.

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2995-1, Female 35, 5/10/43

(Q) Can suggestions be given to aid me in my study of, and interest in, telepathy?

(A) Learn that as indicated. First find thyself, thy abilities; meditate. But rather, "LORD, WHAT WOULD THOU ME DO?"

THAT do! and BE!

1909-2, Male 33, 2/5/31

Much may be given to this body as respecting the abilities that may be builded within self, especially as would be related to telepathic influences the entity or body-mind may have upon associates. Beware, or be warned - do not abuse same, and call that upon self that would be called from another! Do not ask another to do that you would NOT do your own self.

3428-1, Male 44, 1/3/44

This is not belittling the seeking of knowledge, neither is it advising individuals - or this individual - to seek knowledge. But knowledge without the use of same still remains, as in the beginning, sin. And be sure your sins will find you out!

Here we have an emotional body well versed in the study of meditation, the study of transmission of thought, with the ability to control others.

Don't control others. Suppose thy God controlled thee without thy will? What would you become, or what would you have been?

But you were made in the image of thy Creator, to be a companion with Him - not over someone else, but a companion with thy brother and not over thy brother. Hence do not act that way, because ye have the greater ability or greater knowledge of control of others....

The abilities are unlimited, but as the warnings are given in Exodus as well as in Deuteronomy, know how they may be centralized for thy brethren in "The Lord is my shepherd" and not Mr. [3428] but thy Lord, thy God.

792-2, Research Group on the Work of the A.R.E., 5/6/37 Entire Reading

GC: You will have before you the group of individuals who have been attempting elementary experiments in telepathy and card guessing on Thursday evenings in connection with the general work of the Ass'n for Research & Enlightenment, Inc. Members of this group are present here. We desire to make our experiments of practical value, if possible, to each member of the group in relation to the individual mental and

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spiritual development and also make whatever contribution our development permits to the general knowledge of the laws of telepathy and simple clairvoyance. You will advise us regarding the right or proper procedure to obtain the best possible results. Questions.

EC: Yes, we have the questions, we have the individuals, and those conditions that make same applicable in the experiences of those who have joined in the experiments thus far.

In the study of the phenomena of this nature, there should be first the questions and answers - or the analysis as to purpose - not only in the minds of those who would lend themselves in such an experience but in the minds of those who would preserve or present such experiments as a part of the research work of such an organization as the Association for Research and Enlightenment. As in this manner:

What is expected? What is the SOURCE of the information as may be had in such experiments, that goes beyond that called or termed the ordinary mind guessing? Or what is the basis of telepathic or clairvoyant communication? Or what are these in their elemental activity, or in all activity?

To be sure, the experience is a portion of the Mind; but Mind, as we have given, is both material AND spiritual.

Now: From what order, or from what basis then, is such information sought by those who join in such experiments?

It is the basis of all relationship of the individual entity to the cosmic or the universal forces. Or, to make it simple - yet most complex: "Know - the Lord thy God is ONE!" KNOW the Lord thy God is ONE!"

Then the communications or the abilities for the activity of the Mind of an entity in such an experiment are NOT because of, or from, an association of entities.

It is not then to be presumed, supposed, or proposed, to be a calling upon, a depending upon, a seeking for, that which is without - or that outside of self; but rather the attuning of self to the divine within, which is (the divine) a universal or THE universal consciousness.

This is proposed then as the basis for such investigation, and those who accredit or seek or desire other sources - Well, keep their records separate, and the more oft they will be found to be such as those that are patterns or examples in Holy Writ; namely, an excellent one Saul, the first king. Here we find an example of an individual seeking from the man of God, or the prophet, information to be given clairvoyantly, telepathically (if you choose to use such terms); and we find the incident used as an illustration that may be well kept to the forefront in the Minds of those who would prompt or check or record such experiments.

As to making practical application; it is what you do with the abilities that are developed by this attunement in coordinating, cooperating one with another in such experiments.

(continued on the next page)

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There are those in the group who have experimented that are gifted; gifted meaning then INNATELY developed by the use of those faculties of the Mind to attune themselves to the Infinite.

Also there are those who have attuned themselves to a consciousness NOT wholly within themselves, but PROMPTED by those who would become prompters - as in ANY attunement that is ever attempted in material consciousness, it is subject to same.

Then there is to be the proper consideration, or the proper evaluation of that which is gained by the experience of each that joins in with same.

This may be set as a criterion to any - yes, to all: When such an experiment, such a trial, draws or tires, or makes the mind faggy or dull or become as a drain upon the physical energies, know you are attuning wrong - and static has entered, from SOME source!

For the universal consciousness IS constructive, not destructive in ANY manner - but ever constructive in its activity with the elements that make up an entity's experience in the physical consciousness.

Ready for questions.

(Q) Please suggest the type of experiments which may be conducted most successfully by this group.

(A) Well, you would have to take each as an individual - to say as to which may be the most successful! For there are grades, there are variations. These are in the group, as has been indicated, curiosity, wisdom, folly, AND those things that make for real spiritual development. They each then require first - FIRST - self-analysis! WHAT prompts the individual to seek, engage, or desire to join in such experiments? As to how far, as to what - there is no end! Is there any end to infinity? For this is the attunement, then - to Infinity!

Each will find a variation according to the application and the abilities of each to become less and less controlled by personality, and the more and more able to shut away the material consciousness - or the mind portion that is of the material, propagated or implied by what is termed the five senses. The more and more each is impelled by that which is intuitive, or the relying upon the soul force within, the greater, the farther, the deeper, the broader, the more constructive may be the result.

More and more, then, turn to those experiments that are not only helpful but that give hope to others, that make for the activity of the fruits of the Spirit.

Make haste slowly.

Wait on the LORD; not making for a show, an activity of any kind that would be self-glorification, self-exaltation, but rather that which is helpful, hopeful for others.

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(Q) As each name is called, please give suggestions for that particular individual in carrying on his or her part of this group work: First, [1406].

(A) This entity's experience and experiments will only be altered or hindered by self, and it may go as far into the field as is desired - so long as it keeps God and Christ AS the ideal. Whenever there is the entering of other entities, or consciousnesses, or personalities - be mindful of the ensample as is shown. Study that life, in association with such. Lose self more and more in the Christ Consciousness, if you would gain in those activities as may be thine, as may be seen by the soul development of this entity.

To each there is given the influence or spirit of direction.

To some there is given the interpretation of tongues, or the interpretation of words or signs or symbols. This is what is meant by interpreters of tongues in the Holy Writ.

To some is given healing; to some is given exhortation; to some is given ministrations; to some is given one thing, some another.

Or, the ATTUNEMENT is the clarifier, or that which makes for clearer accord with that phase of the phenomena called clairvoyance, telepathy, or any psychic force of an entity.

In this particular body, we will find ANY of these - but the MOST will be given in healing, by the laying on of hands.

(Q) [1431]:

(A) In exhortation; or attunements by discernment of activity - the application of individual self to such attunements.

Keep self towards not a SELFISH development, not a curious development, not for a famous development, but towards an HUMBLENESS of heart, an HUMBLENESS of purpose.

For if you would know the truth, you must humble yourself; and then - as the experiments in the ability of attunements come - we may find self given more and more in exhortation; not exaltation, but exhortation.

(Q) [303]:

(A) Here we find more and more that of a fearfulness, a hindrance by the holding to a physical consciousness. If there is the loss of self then to any extent, the physical consciousness, the deeper or better self may be given especially to bringing knowledge, understanding to others. For these are gained in self by giving out that you have. This is the secret of the whole process. You do not have until you give. You don't give to have, but you have because you give!

(Q) [562]:

(A) Hold fast to the self within.

These all present different problems within their inner self for development, for hindrances, and for possibilities. To be sure, all of these suggestions are given from the constructive angle, with the hopes that none will - as Saul - partake of same for self's own indulgence, or self's own glory. (continued on the next page)

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But let the light, the LOVE DIVINE, be the guide; and we may find that those messages as for direction, as for help, may be thine.

(Q) [573]:

(A) Again the warning not to look back, nor look to the EMOTIONS that arise from the sensitiveness of the sensory forces of the body; but rather to that which arises from the spiritual concept of an ideal. Thus we will find that visions of helpful warnings, of helpful admonitions, of helpful conditions for experiences that arise in the lives of others, may be thy part.

(Q) [1226]:

(A) There is the tendency for worldly wisdom to confound the spiritual concept. Hence most of the common experiences become guesses, or the attempt to vision by mental-material visioning.

Turn loose of self, then may the entity indeed by a teacher, a minister, to those who are weak, to those who are self-wise.

But hold fast to Christ IN GOD; and ye in Him! For as He has given, "As ye abide in me," so may there be brought to YOUR remembrance that necessary for thy soul development, from the foundations of the earth. For if the Lord is One, and ye are one with Him, then it is as the current runs; or thy oneness with Him, as to the extent of thy ability to guide, direct, or to encourage those who are weak or lost in confusion of the times. Then with same, as in directing, will be healing.

(Q) [341]:

(A) Keep hold on Him ever as thou hast seen and heard. "Is not this Him of whom the prophets spoke?" Thus ye will find that not the worldly wise, not the material or the physical consciousness, but the awareness of divine love will enable thee to help, direct, and hold in check, those tendencies for material expression from disincarnate entities.

We are through - for the present.

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Auras and Their Significance

282-4, Male 27, 2/24/33

(Q) What is the aura and its meaning?

(A) As we have indicated, aura is the emanation, or the influence that is ever present with an animate body, that may change or alter as to that which is the impelling influence of or about same - or from within.

For the self, as we find, this is in that as may be called the third or fifth stage; that is, the BLUE - or the changes of same, and is that of a SEEKER; indicating the geniality, pleasantness, the abilities to often pour oil upon troubled waters and quietness ensues with the advent of the body- consciousness into associations of most every nature or kind, and these - consequently - are well, and well to be cultivated.

Aura changes, to be sure, to the TEMPERAMENT. Just as we may see, iron may be heated to hot; it also may be heated to white heat. The vibrations, see?

314-1, Female 2 days, 4/20/33

(Q) What is aura, or how soon will it develop?

(A) The aura, to be sure, develops with the MENTAL influences of the body. It may be seen, even in the present, to be blue - or the higher shades of blue, to almost white. Then will come the periods of the more golden glow. Then, as we find, as will be the training, towards purple or green.

319-2, Female 55, 11/7/35

(Q) Please describe my aura.

(A) AURAS ARE twofold. That which indicates the physical emanations, and that which indicates the spiritual development. These when they are kept more in accord with the experience of individuals make for the greater unification or purpose and ideal.

The aura, then, is the emanation that arises from the very vibratory influences of an individual entity, mentally, spiritually - especially of the spiritual forces.

In this entity in the present there is signified a blue and a purple, or a bluish purple; indicating the spirituality, the spiritual seeking that has been as a portion of the entity's experience through the earth. And these may be magnified, not only for greater mental and spiritual development but for the maintaining of a better physical equilibrium.

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281-4, "Glad Helpers" Healing Group, 3/10/32

(Q) [295]: Am I beginning to see auras?

(A) Beginning to see auras. As life, light, and love - with understanding - is reflected in self, so may there be seen those of the SAME reflection from others.

(Q) What is the significance of the flashes and forms which I frequently see?

(A) Those of the higher vibrations of inter-between, as well as spiritual forces taking forms in or before the mental self.

967-3, Female 49, 4/14/43

(Q) Have I discovered a method that truly solves the complex matter of color harmony, and how can I advance the cause of greater harmony in this realm?

(A) Color is vibration, like overtones in music. These ye have applied, occasionally. Then use them in attuning thy body-consciousness to those vibrations about thee, which may - in some instances - take on color also. Use not for self alone, but using - do not abuse.

(Q) Should I drop this effort while the present opposition continues to prevent its full development?

(A) Better keep on listening, but within - rather than giving the full expression of same; until there is the awareness as to the better means and manners of using same daily as a constructive experience at this time.

603-1, Female 31, 7/3/43

. . . the entity is a "sensitive," or capable - through its inner dwelling - of ATTUNING self to those realms where not only color vibrations make for the indications of the spiritual associations of those about the entity, but where odors may oft tell those periods of transition or impressions as to the direction in which those may be led that the entity would aid.

1436-2, Female 27, 8/30/37

For there the entity gained the abilities to make for the harmonizing colors to those extents wherein each individual was and is as yet clothed with ITS individual color - as ye call aura.

For the entity made that overture in such measures that the promises of the Divine that were and are written in the rainbow of the sky, when the cloud has passed, are the same as written in the lives of individuals; that they, too, who are in the closer walk with the Creative Forces, may see their sign, their colors, and KNOW whereunto they have attained in THEIR relationship with Creative Energies or God.

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1436-2, Female 27, 8/30/37

(Q) Am I fitted to do some special work in the new science of color?

(A) As we find and as has been indicated, that so far as the commercial field is concerned, associated with the new color for the cinema - these are the fields of activity in which the entity may make the application of the abilities for the means of the world.

As for colors pertaining to life itself - as the self or the entity set in motion, STUDY auras and aid OTHERS in knowing what they mean! There are those that interpret same in the form of spiritism. There are those that interpret same in the form of vibration. They are ALL of these and more, as the entity KNOWS and may EXPERIENCE!

361-4, Male 15, 8/10/34

(Q) Do I read auras correctly?

(A) Not always. Study first not that which is of the physical; for, as we have indicated, auras are both physical and spiritual influences. With the subjugation of the physical the spiritual shines forth. With the exercising of the forces of the physical only these supersede; but study as in self. Know by the feelings that PROMPT thee, as to what emanations and vibrations are created by the meditative forces, the prayer and supplication that He guide, as He has given; and His light will guide thee in understanding that auras are not as judgements, but that ye may know, even as He has given, "I will put into thy mouth and into thine heart those things thou shouldst say when it has needs be that YE are MY representatives in the earth."

1406-1, Female 14, 7/13/37

Colors - these become as means in which the entity may, for itself, determine much. But know as to what colors mean. For the entity is not only able and capable to receive the vibrations of individuals about the entity as to their colors but as to their vibrations. And these then make for a sensitiveness that is often disturbing to the entity.

This may be developed or it may be passed over. But those that are as symbols or signs or conditions that may be used constructively, use same; do not abuse same. For that which is good, to be sure, may be used to one's own undoing.

Know that when there is felt, seen or experienced those vibrations of low, leaden or dark reds, these are as dangers; not only for self but self's associations with individuals. This is not always to the entity, neither will it be found to be, compatible. For there will be oft, as has been in the experience, those individuals that mentally or materially the entity likes and likes the associations, yet there are resentments.

Then study those influences. And know when such arise in the experience that warnings are ahead, and govern the associations and the activities accordingly. (continued)

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When there is felt that glow of orange, and the violet hues with the orange, know that these bespeak of sentimentality in the experience and are not always good; yet these in their proper relationships should be a portion of the experiences that make for a joy and an understanding; and it is indeed in such experiences - in which one may know what such vibrations and such colors mean - that the individuals may be trusted.

When these reach those stages as to where there is felt the lighter red, and those that turn to shades of green with the influences that make for shadings into white, then these trust, these hold to; for such individuals, such associations, may bring in the experience of the entity that which will make for spiritual enlightenment, a mental understanding, and the influences that would bring helpful influences in every experience.

Hence the opal that is called the change, with the moonstone, should be stones about the body or entity oft. Wear the fire opal as a locket about the neck. This would be well. Not upon the hands nor upon the wrists, but about the neck.

Wear the others, as of the pearl with moonstone or the like, as rings or amulets or anklets; but never those upon the neck or in the ears - rather upon the extremities; for they will make for the bringing out - in the experiences of those the entity meets - of those very colors and vibrations that have been indicated to which the entity is so sensitive.

1436-3, Female 27, 9/9/37

(Q) What specific studies should I undertake regarding color?

(A) FIRST study SELF! in relationship to the Creative Forces, as has been the direction. Or the study of auras as related to the individual life, the individual expression in others. For this, as has been pointed out, was the greater portion of the physical activity in the material plane for giving out by the entity during the Egyptian period.

Hence this as applied to material things, or as to commercial value within self, becomes the means, the manners, the way through which this may be given out the most.

(Q) In the study of auras, just specifically what should be my approach as suggested in the Life Reading?

(A) Find first that as is within self, and then the associates day by day; until there is gained a more complete or better understanding of what these (that is, auras) represent in the individual - THEIR - activities daily!

(Q) Would it be wise for me to undertake a study of photography from the technical angle in relation to color?

(A) This would come later. First learn the basic forces or basic principles of same as related to the bodily forces. Then later they become the activities or the associations in photography. For as has been indicated, if the associations are to be with the moving picture or cinema field, this necessarily becomes a basic force or principle for the very activity. But it would also be well to learn the activity of the etheric and the vibrations of the body, for these are they that produce color, that produce aura, that produce the activities seen AS color.

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(Q) Will it be helpful and can it be made a source of income if I learn to operate the radionics and aetheronics instruments?

(A) These would be helpful, and naturally may be made to become a source of income. But learn these not from the standpoint of source of income only; for oft one defeats self by gaining that which is to supply one portion of the body and lets the rest of it go hungry. Such individuals become then failures, and cannot help but become so - unless there is the response or quickening or vibration in relation to self in the use of same for a helpful thing in the experience. If it has not proven so in thine OWN experience, leave it alone!

(Q) Where should I go for a study of color - the pyramids offer one source - should I go more carefully into this or seek elsewhere? Please give me definite information regarding the best sources for my study of color.

(A) Go more carefully FIRST - Do the first things first! Learn that within self, thy OWN relationships to same! Then the color as given from the pyramid studies - but if - What is the source of these? Remember, as has been given to thee as well as to all - KNOW in WHOM ye believe as well as in WHAT ye believe!

Because there have been theories of what color is presented in the preparation of the message left in the pyramid, is the source - or that as given in the varied ways as to the activities - such that ye can believe in WHO has given this? Or does the study of same answer to something within self and the God-force or Creative Force or Life Force in self that it IS true?

Then the study of same is within SELF and in self's relationship and application to same for thy fellow man. THESE be the studies then; not who will bring a message from above, from below or from beyond the sea, for the MESSAGE is within thee!

(Q) Is my immediate type of work connected with helping women to be more beautiful, or what?

(A) That in the immediate may be used as a means, as a way, for the greater study of the whole subject.

(Q) Where is the hidden information on the aura best found and where did I leave the records of my work in the Temple Beautiful in Egypt?

(A) These are quite different questions!

The best information of the aura may be found in the study of all that may be found upon the subject, in the MANY varied ways and in the many varied pamphlets.

But the application of same is the real KNOWLEDGE of same, see? To study and to know, or to accept what one has said without a practical application of it is to become lopsided, or to become so centered as not to be able to make practical or to make active use of that which is shown thee day by day.

This is the manner to study the aura. All that has been written that may be found! But the KNOWLEDGE of same is PRACTICAL use of same, and that which is practical in the experience of those to whom ye give aid or help!

As to where the records are - in the HALL of records not yet opened!

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The Etheric Body

987-4, Female 49, 11/2/37

That there may be a more perfect understanding, much as to those that have been the experiences of the entity as a soul-entity must be referred to.

For, life - or the motivative force of a soul - is eternal; and that portion of same that is motivated by the mental and spiritual attributes of an entity has experienced, does experience the influences that have guided or prompted same through its sojourns.

For each soul seeks expression. And as it moves through the mental associations and attributes in the surrounding environs, it gives out that which becomes either for selfish reactions of the own ego - to express - or for the I AM to be at-one with the Great I AM THAT I AM.

What then are the purposes for the activities of an entity in a material plane, surrounded with those environs that make for self-expressions or self-activities in the various ways and manners?

What meaneth these? That self is growing to that which it, the entity, the soul, is to present, as it were, to the Great I AM in those experiences when it is absent from materiality.

These become hard at times for the individual to visualize; that the mental and soul may manifest without a physical vehicle. Yet in the deeper meditations, in those experiences when those influences may arise when the spirit of the Creative Force, the universality of soul, of mind - not as material, not as judgments, not IN time and space but OF time and space - may become lost in the Whole, instead of the entity being lost in the maze of confusing influences - then the soul visions arise in the meditations.

And the centers becoming attuned to the vibrations of the bodily force, these give a vision of that as may be to the entity an outlet for the self-expressions, in the beauties and the harmonies and the activities that become, in their last analysis; just being patient, longsuffering, gentle, kind. THESE are the fruits of the spirit of truth; just as hates, malice and the like become in their growths those destructive forces in creating, in making for those things that are as but tares, confusions, dissensions in the experiences of an entity.

Those then are the purposes of the entrance of an entity into a material plane; to choose that which is its ideal.

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705-2, Study Group #9, 1/27/35

(Q) [796]: Do you not believe if one can make herself positive to ONLY the GOOD she can overcome all physical ills of the body, without medicine, provided she feeds it right and treats it right?

(A) What manner of body in a material world can live, survive or remain material without material sustenance? In each sphere of activity there are the attributes of same. The body-physical may indeed be healed without medicine, but it becomes rather the ethereal than material.

2402-1, Female 56, 11/16/40

Then there is the ENTITY, the soul body, - that may find material manifestation or expression in the ability not only of BODILY procreation but of every atom, every organ within itself to REPRODUCE itself, its likeness, through the assimilation of that taken within, - either physically OR mentally.

These each have their attributes, their channels of activity.

The soul body manifesting in the physical, as we have heretofore indicated, finds expression in what we call today the GLANDULAR systems of the body....

(Q) Is my etheric body very loosely knit with my physical body?

(A) Read what has been given, and we will find this - as we have described - is a portion of the troubles.

With these corrections as outlined, and those suggestions as may be indicated later after the pathological conditions are corrected, we may aid in the mental and spiritual and psychological forces of the body.

440-13, Male 23, 1/19/34

(Q) Explain more in detail the settlement "Etheronic energy IS mental control." [GD's note: See 443-5, Par. 18-A on 1/9/34.]

(A) A thesis of 184 pages may be written, my son, on this. But etheronic energy is the emanation from the spirit force through the active force of that which makes for matter being held in its positive position, or in its space of activity. Hence thought as of a body, whether of an animal or a plant, is shown as of plant receiving in its freshness of vigor influences that come from or through the etheronic energy in its activity upon the body, in the expression or upon the plant as in its expression. Hence things that are equal to the same thing are equal to each other.

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254-1, Edgar Cayce, 2/13/11

We have in the body now, a mind, a physical body, and the mental self of Edgar Cayce, Jr., as we have it here in the material world. We have now its relations between the material world, or business world, and its relations between the mental or spiritual world; the mental self, the action from other bodies of the same material world. We have the action of consequent control through the ethereal [etheric?] world. We have an organization of the materialistic through bodies outside, controlling the portions or workings through the business of the works done by this ethereal [etheric?] body [GD's note: All bracketed inserts are mine. In later years, EC referred to the etheric body which lay suspended above his physical body during the readings.] here of Edgar Cayce.

We have into the world all bodies subject to ethereal control. We have all bodies subject to (that is, the abnormal mind, now) ethereal control. Subject to the will of the mental self of the individual man. The development of each individual has this in itself. The condition that we have [Edgar Cayce?] to help the individual bodies are through their individual self, assisted by material objects obtained into the mental mind of the material man.

We have this body here, this mind, this matter, that we have here, of Edgar Cayce, Jr., through the ethereal world, as it gathers from the force given out either from the present, the past, and given back to the material man through the subconscious self, acting in the material body by the control to which it is in a state of coma.

The control of the subject of self first [Edgar Cayce?] is to be gained and kept under control - the best control of the body in itself.

We have first the direction to the body wherein we have communication, or communion with the control we have gained to the ethereal [etheric?] world; that is, outside, the minds of all matter. It is the mental capacity of all matter. All mental man, through the control by suggestion to the mental, or the invisible action of matter on the mind in the individual self [of Edgar Cayce?], or the organism of the system wherein the man is made. The development of each is to be gained by its control, which is gained by its material work shown to the material man. That is, we have here man (that is, humanity) by nature handed down from one body to the other, who looks for material, or acts on the physical self. And action gained from the ethereal [etheric?], or mental, without its production through the material has no effect on the man.

The place where we use these, for this, is anywhere, so we have it fixed for use to develop or show to the mental- physical man the structure of things gained through the channel where we have contact here with the material world; and the means whereby these can be gained is the ones who see personal gain to self.

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900-264, Male 31, 8/30/26 (Dream Interpretation)

(Q) [137], while shaving, cut off a slice of neck flesh or of a gland. It didn't hurt any. Then I seemed able to cut out a form of the whole body and there remained some sort of activity in another kind of a casing. "You see now how the body just acts as a kind of an overcoat," I said to [137].

(A) This is as the conclusion, as it were, of these visions or conditions, as are presented from the physical, from the mental, from the material, to that of the CROWNING, as it were, of the experience of the entity through these various conditions; for, as is seen, various portions of that as has been called or termed a portion of an individual may be cut out, or may be taken from by this same development, for, as is seen, as habit, or any condition builded in the body as habit or appetite of a physical, so may that of the spiritual, or of the elemental (as is seen in gland) be builded into its activity, so that the body, physical, mental and spiritual, becomes the cloak, or the dwelling place, or the house, for truly it has been given, the body is the temple of the living God. Then use same. Act in that way and manner as if same WERE the temple of Him whom thou worshipeth, and of Him who is able to give unto the utmost, and who is able to assist in guiding, guarding, directing, the way, [if one will] will one make self in that full at-oneness with Him.

(Q) Is this a theosophical indication of the astral body assumed by the spiritual entity when the physical is cast off?

(A) Rather that full development, as has been given from the first - from the meat to that of the gland representing a portion of the individual body, as is seen, which may become the full dwelling place of that astral, and the physical, and the whole - all combined in one.

900-348, Male 32, 10/19/27 (Dream Interpretation)

(Q) Now then, through my subjugation of the external or sensuous self I so attuned myself to my central internal self as to sensuously apperceive that given by Gary. So far so good. Now let's study this central body or let's call it etheric body for purpose of clarification. It is clothed with that internal essence or ether that composes this earthly section of space and which essence pushes its way into externalization form of matter. Inside this are integrated each of the elements that compose other celestial sections. Upon leaving this plane then and going into the next tier of the circle, this earthly etheric garment would be shed for the kind of the next section or world. This process would carry on until the center or core is reached when the body becomes that of the core - correct?

(A) Correct, in so far as differentiation may be made in those same various phases as have just been presented. This, as seen, as given, reaching to the core, becoming a portion of the center, and yet this being an INDIVIDUAL in itself, yet conscious of being the center and still the ability to make self one with that center, yet able to act independent OF the center, yet wholly the center and acting only with the center, see?

(continued on the next page)

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This then the final end of each individual soul or being in its evolution to that from which it (the soul) radiated in the beginning, for through the various phases as have been given we find each building, little by little, line upon line, precept upon precept, becoming one WITH the whole, yet not the whole within itself, but within itself wholly within the whole.

(Q) Now I see that the center of consciousness of the external physical is limited to the flesh body (altho I really am what the contents of my book is, for example, and live in those contents - i.e. [900] says this or that - whereas it is said really in the book or was written by [900]'s physical in a past - yet 100 years from now [900] will still be saying it in the book, so I am there and that forever), whereas my etheric self is limited only by its own developed ability to be aware of itself being in cause everything it previously expressed itself to be. I see that, but is there an etheric organism in the etheric body that enables it to be cognizant of that which it itself is and that which it is aware others are from the different viewpoints of others? How does an etheric entity see, hear, feel, etc?

(A) Just in the manner as given! for in the etheric body all hearing is as one, or all noise as one noise, all odor as one odor, all feeling as one feeling - yet each being aware of that IT is and of its relation to the whole, or to the various differentiations in that presented, even in the way and manner as has been given in that of the etheric, celestial, cosmic or soul body - for this grows on and on. While those who see give as that [900] said, is, or expressed so and so, yet [900] is that this has BUILDED, rather than that expressed, and others become that, that that expressed responds in the individual's own development - hearing, seeing, feeling - according to that developed towards that one whole, see? for, as given, the individual is absolute the reflection of that individual conception of the created or creator, and the Creator is in the same relation to that creating.

(Q) My stenographer (a great enthusiast for my book), Miss Tomlin, felt herself floating out of the window leaving behind in disinterested fashion her physical body. Borderland entities tell us they have actually viewed in just such disinterested fashion the discarded physical body. How do they SEE that body? "With an ETHERIC BRAIN," says Lodge's son [Sir Oliver Lodge's son, Raymond]. Now taking my understanding and one of imagination may I be told or gain understanding of the ETHERIC BRAIN? A psychic apparatus is not necessary to consciousness except of the external physical kind, I know - have experienced that, but what is that element in the one force that is capable of awareness of self? Sensuousness is the effect kind of consciousness, whereas the 4th dimensional kind is the causation kind.

(A) (Interrupting) This correct - and this wherein each and every individual in the cosmic forces or etheric body, or etheric plane, becomes aware of that it is, and of that it is in relation to all other conditions in so far as that INDIVIDUAL development is towards the whole, for to begin from the first we have in that as has been given in the material plane, we have the counterpart, pattern or model through which all may be understood in the etheric or in the celestial, terrestrial plane - if we choose to term in such terms.

In the beginning we find sensuousness, then, is of the body an attribute to physical being, or to physical consciousness. In the etheric or in the cosmic body we find that same condition raised to that in rather the term of the causation, rather than sensuous,

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becoming aware of those conditions then when there is that attunement that levels each to that same level may be in that attunement to which the body is, whether in the material or in the ethereal plane. Just as the radio in its activity finds that no matter WHERE the same causation that brings one attunement brings the same when attuned to that same causation.

281-24, 2nd Reading for the Fourth Annual A.R.E. Congress, 6/29/35

(Q) In any form of psychic healing, is an etheric intermediary employed?

(A) Possible; but the etheric body of the individual seeking or finding expression must be in accord with that which draws upon such an influence.

(Q) In certain types of insanity, is there an etheric body involved? If so, how?

(A) Possession.

Let's for a moment use examples that may show what has oft been expressed from here:

There is the physical body, there is the mental body, there is the soul body. They are One, as the Trinity; yet these may find a manner of expression that is individual unto themselves. The body itself finds its own level in its OWN development. The mind, through anger, may make the body do that which is contrary to the better influences of same; it may make for a change in its environ, its surrounding, contrary to the laws of environment or hereditary forces that are a portion of the 'elan vitale' of each manifested body, with the spirit or the soul of the individual.

Then, through pressure upon some portion of the anatomical structure that would make for the disengaging of the natural flow of the mental body through the physical in its relationships to the soul influence, one may be dispossessed of the mind; thus ye say rightly he is "out of his mind."

Or, where there are certain types or characters of disease found in various portions of the body, there is the lack of the necessary 'vitale' for the resuscitating of the energies that carry on through brain structural forces of a given body. Thus disintegration is produced, and ye call it dementia praecox - by the very smoothing of the indentations necessary for the rotary influence or vital force of the spirit within same to find expression. Thus derangements come.

Such, then, become possessed as of hearing voices, because of their closeness to the Borderland. Many of these are termed deranged when they may have more of a closeness to the universal than one who may be standing nearby and commenting; yet they are awry when it comes to being normally balanced or healthy for their activity in a material world.

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Astral Projection

853-8, Male 43, 6/8/37

(Q) Do I actually leave my body at times, as has been indicated, and go to different places?

(A) You do.

(Q) For what purpose, and how can I develop and use this power constructively?

(A) Just as has been given as to how to enter into meditation. Each and every soul leaves the body as it rests in sleep.

As to how this may be used constructively - this would be like answering how could one use one's voice for constructive purposes. It is of a same or of a similar import, you see; that is, it is a faculty, it is an experience, it is a development of the self as related to spiritual things, material things, mental things.

Then as to the application of self in those directions for a development of same - it depends upon what is the purpose, what is the desire. Is it purely material? Is it in that attitude, "If or when I am in such and such a position I can perform this or that"? If so, then such expressions are only excuses within self - in any phase of an experience.

For as He has given, it is here a little, there a little - Use that you have in hand today, NOW, and when your abilities and activities are such that you may be entrusted with other faculties, other developments, other experiences, they are a part of self.

As to how it may be used: Study to show thyself approved unto God, a workman not ashamed of that you think, of that you do, or of your acts; keeping self unspotted from your own consciousness of your ideal; having the courage to dare to do that you know is in keeping with God's will.

5754-3, "What Happens during Sleep," 7/15/32

Whether the body desires or not, in sleep the consciousness physically is laid aside. As to what will be that it will seek, depends upon what has been builded as that it would associate itself with, physically, mentally, spiritually, and the closer the association in the mental mind in the physical forces, in the physical attributes, are with spiritual elements, then - as has been seen by even those attempting to produce a certain character of vision or dream - these follow much in that; for another law that is universal becomes active! Like begets like! That which is sown in honor is reaped in glory. That which is sown in corruption cannot be reaped in glory; and the likings are associations that are the companions of that which has been builded; for such experiences as dreams, visions and the like, are but the ACTIVITIES in the unseen world of the real self of an entity....

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(Q) What governs the experiences of the astral body while in the fourth dimensional plane during sleep?

(A) This is, as has been given, that upon which it has fed. That which it has builded; that which it seeks; that which the mental mind, the subconscious mind, the subliminal mind, SEEKS! That governs. Then we come to an understanding of that, "He that would find must seek." In the physical or material this we understand. That is a pattern of the subliminal or the spiritual self....

(Q) What connection is there between the physical or conscious mind and the spiritual body during sleep or during an astral experience?

(A) It's as has been given, that SENSING! With what? That separate sense, or the ability of sleep, that makes for acuteness with those forces in the physical being that are manifest in everything animate. As the unfolding of the rose, the quickening in the womb, of the grain as it buds forth, the awakening in all nature of that which has been set by the divine forces, to make the awareness of its presence in MATTER, or material things.

516-4, Female 57, 9/13/35

(Q) In regard to my first projection of myself into the astral plane, about two weeks ago: Some of the people were animated and some seemed like waxen images of themselves. What made the difference?

(A) Some - those that appear as images - are the expressions or shells or the body of an individual that has been left when its soul self has projected on, and has not been as yet dissolved - as it were - to the realm of that activity.

For what individuals are lives on and takes form in that termed by others as the astral body. The soul leaves same, and it appears as seen. Other individuals, as experienced, are in their ANIMATED form through their own sphere of experience at the present.

(Q) Why did I see my father and his two brothers as young men, although I knew them when they were white-haired?

(A) They are growing, as it were, upon the eternal plane. For, as may be experienced in every entity, a death is a birth. And those that are growing then appear in their growing state.

(Q) Any other advice?

(A) First, do those things that will make thine body - as it were - WHOLE. Projections, inflections, astral experiences, are much harder upon those who are not WHOLLY physically fit.

2067-3, Female 52, 9/3/40

(Q) In 1934, during my last surgical operation when I was thought dead, I traveled out of the body to California, to realms of light. Where did I go really and what was the meaning and purpose of the experience? (continued on the next page)

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(A) This was a coordination of experiences the body had seen in the experiences of others; correlated with the edges of more than one experience to which the body had been subjected or subjugated in other experiences. As to place, - within self. As to conditions, the many experiences of the entity, both mental AND spiritual, in the various realms of consciousness.

As to its worth within self, - the awareness of the universality of consciousness as may be obtained in the one light, that is ALL light.

478-4, Male 45, 11/7/35

(Q) While listening to a sermon ten days ago, which did not fit my present developments, I for a few brief moments lost track of the speaker entirely and my whereabouts. I pictured myself walking up to the pulpit, pointing to the wall, and requesting the speaker to read. He dropped to the floor on one knee and exclaimed, "My God!" The words as pictured on the wall were, "Thou fool, seek and know the truth." I spoke no other word except, "Read." After this I came to myself and realized where I was. When I got home I related the above to Mrs. [...] and to my surprise she had a similar experience in that she pictured me walking up to the pulpit and expressing my views. This has in a way disturbed me greatly. Please explain. Was the message intended for me?

(A) Message intended for thee, in that thou hast (and as we have just given) viewed rather the glory as from the MOUNT, and that thou mayest - not in harsh words but in GENTLENESS of manner - point out the way to many that be even in high places.

Hold FAST to that thou hast gained. For He will comfort thee. How gavest He? "Let not your heart be troubled, neither be afraid." [John 14:1]

For fear ye rather him that may destroy or take away that thou already hast!

The law of the Lord is perfect, converting the soul, making the paths straight, guiding the self. [Ps. 19:7]

That troubles, turmoils arise; these, as He gave, must ever be - while in materiality. Yet, as thou didst vision, thou wert out of thine body and COULD proclaim to the minister, the speaker, "Thou fool."

How spoke thy Master? "Trouble not thyself because they speak to others so. For they that gathereth not with us in body may scatter abroad to those that are yet in darkness." [Luke 11:23; Mat. 12:30]

"Feed thou my lambs; tend thou my sheep." [John 21:15--17]

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853-9, Male 43, 7/24/37

(Q) Please explain what took place about February 1935 when while asleep I visited ..., N.C., and talked with an old neighbor. Later this neighbor told others that she had seen me. Should I attempt to develop this type of projection?

(A) This should be a result and not an attempt, unless ye know for what purpose ye are using same. This has been given in that which has been explained, as to how, for what purpose, what way, what manner, through what channel, for what use, the developments are obtained.

489-1, Female 53, 1/17/34

(Q) Should the entity allow self to go out of the body?

(A) Allow self to go out of the body if and when it has learned to surround self with the influence of the CHRIST Consciousness as to prevent the USE of self's abilities by those that would hinder.

(Q) How can the entity train self to do this?

(A) Much of this, much of the basic forces, has been gained by the soul, by the entity, in its manner of expressing love in the life of others; yet as self makes self a channel for the use of its own abilities, the use of its faculties for the spirit of truth, there is set about same that necessary. In any of the forms that have been studied by self, but knowing that the power of the Christ that is manifest in Truth, whether in this chism, ism, act or thought, IS that which may KEEP the body, the mind, the soul, as ONE - even as taught BY self in Atlantis, as experienced in Judea, as KNOWN in England, as found to be present in America.

2533-8, Male 39, 5/3/44

(Q) How may I project a counterpart of my conscious awareness to any given place desired and comprehend or even take part in events there?

(A) Read what we have just been giving. This is an explanation of how. For it takes first spirit and mind form, and may be aware of the elements in space. For time and space are the elements of man's own concept of the infinite and are not realities as would be any bodily element in the earth - as a tree, a rose, a bird, an animal, as even a fellow being. Yet, just as the body may in its own material mind visualize, draw, a concept, a picture of an incident that has happened in time, so may the body in spirit and in spiritual mind project itself, be conscious of elements, be conscious of form, by and through spirit mind - as patterned in a conscious mind. Mind, then, becomes as a stream, with its upper and lower stratum, with that which moves swiftly or that which is resting upon either spirit or physical being.

These come, then, as flashes to a conscious mind. They may be gradually sustained, maintained. Just as mind may be projected. [See next page for newspaper article.]

(continued on the next page)

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Here we will have an illustration: In a camp near here, near this particular spot or place ye occupy, there has been a gift taken by someone else. There will be a projection of the thought, "This MUST BE RETURNED!" and it will be. For here we have the parties to this physical condition existent - right and wrong, good and bad, spirit, mind, body. They are parts of this happening, and it is now being replaced.

(Q) How may I recognize sincere seekers of the Light, incarnate, and attune to those disincarnate?

(A) This, too, has just been explained in how and where and in what manner there may be the projection; or even as the body may interpret it when the body in itself may levitate itself from matter. Begin with self, then; attuning self in mind to spirit, until there is the ability in self to see self levitated from its own body. See it pass by. See it stand aside. See it act in all of the activities. This, then, will give the entity that ability within self to discern incarnate and disincarnate entities in their own activity.

Begin with self, not outside of self, if you would keep your own rational self.

5756-4, "Communication with those who have passed into the spirit plane," 3/17/27

(Q) What are the powers of the spirit entity?

(A) Raised to the highest power as is developed in that plane, and are - as outlined - as VARYING as individual's power or ability to manifest, or to exercise that manifestation, in the material. We have not changed, see? for as we would say: What is the power of an individual in the PHYSICAL plane? Naught as it enters. Naught until it reaches that ability to GIVE of self in service. Yet, as we find, there is in all the world nothing that offers so much possibility as when the body of the human is born into the material plane. In the minds of every other, nothing offers more beautiful condition, raised to its same power, as the birth into that of the astral plane. Hence, how oft, how oft, is such seen in this entering! How expectant becomes both? Does it become a wonder at that vision as Stephen sees, when "My Lord, standing ready to RECEIVE me," see?

9/13/66 Newspaper article from *Greensboro Record*

Astral Projection Scientist Dr. E. C. Bernard at Work in Laboratory Professor Says: Body-Mind Separation Possible by Rob Wood

RALEIGH, N.C. (AP) - A North Carolina State University psychologist is convinced the minds of many individuals can leave their bodies and drift away, uninhibited by physical barriers or distance.

The phenomenon is called astral (out-of-body) projection. Dr. E. E. Bernard, who is doing research on the phenomenon, said it is "like lying on a sofa, getting up and seeing your body still lying on the couch."

The mind, he said in an interview, may remain in the same room or be projected thousands of miles. Separation of mind and body may last from a few seconds to a few hours.

"These experiences definitely are not hallucinations," he said.

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Dr. Bernard, 36, said he had uncovered one case where an individual experienced astral projection while sitting at a desk. The mind was projected to a distant city the person had never visited, he said. After the experience, the individual described in detail a street, an office building and the persons he saw.

Dr. Bernard said he investigated and found the street, the building and the people.

Dr. Bernard said his research is not aimed at proving or disproving astral projection because, "I am convinced it is a legitimate phenomenon. In fact I have experienced astral projection."

His first step is to collect data from persons who claim to have experienced out-of-body projection. Dr. Bernard claims he has uncovered several cases of individuals who have experienced astral projection once or twice and others he called "old pros" who "can turn this on and off and control the destination of their minds."

Those who experience out-of-body projection once or twice, Dr. Bernard said, "are afraid and worried."

"One individual thought death had called and this person was watching what he thought to be his own dead body. It was not.

"Many others," he added, "are worried they are losing their minds and refuse to tell anyone in fear they will be committed."

He emphasizes that evidence he has gathered indicates that mind projection causes no harm to the individual.

Dr. Bernard is attempting to determine what types of personalities claim to have experienced astral projection; if those who have experienced the phenomenon can learn to control the destination of their minds, and if others can be taught how to project their minds.

"I believe," he said, "that man has the ability to perform this phenomenon. If he can be taught to project and to control, the prospects are staggering."

Dr. Bernard, a graduate of the University of California at Berkeley and the University of Leeds in England, taught at Cambridge before joining the North Carolina State faculty.

He said out-of-body projection is "much more frequent than many people realize, and estimated one out of every 100 persons has experienced it.

"Our objective," he said, "is to find how to produce the phenomenon, how to control it and how to put it to our most beneficial use."

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Psychic Phenomena and the Bible

by George Lamsa, Ph.D.

A.R.E. Journal, 1971, Vol. VI, No. 1

A few decades ago very few Christians in America and Europe realized that forty percent of the Holy Bible came through psychic perception; that is, in dreams, visions and revelations which men of God saw when they meditated upon problems which their conscious minds could not solve.

Both in this country and abroad, the subject of psychic phenomena, dreams and visions was largely ignored; notwithstanding that a large portion of the Scriptures came through such revelations. Jeanne d'Arc was burned at the stake because she said that she was called in a vision to help France at a critical time. In New England, men and women who claimed they had familiar spirits were persecuted or put to death.

All Hebrew prophets and seers were endowed with the gift of prophecy. Through their spiritual eyes they could see that which their physical eyes could not discern. Through their mystic sense they were enabled to transcend the material and physical world and eliminate time and space, and to see the rise and fall of great Empires which had not yet come into existence. In the realm of the Spirit, time and space do not exist and events which are to take place hundreds of years hence, have already taken place. Nearly all of the predictions which have been made by the prophets have come true. Not one word has failed. Babylon and Ninevah are still in ruins and their sites are used by shepherds for encamping and grazing, just as was predicted centuries before Christ.

Psychic ability may be called the sixth sense; one which can foretell disasters, tragedies and famines, and can also reveal periods of prosperity and happiness. The Hebrew patriarchs relied on guidance from visions and dreams for the welfare of their tribes. Pharaoh, who dreamed of seven lean and seven fat cows, and also, seven full ears of wheat and seven blasted ones, was told of seven prosperous years which were to be followed by seven years of famine. No Egyptian was able to understand the symbolic language of Pharaoh's mysterious vision; only Joseph, the son of the last Hebrew patriarch was able to interpret it because he had been trained by his father, Jacob.

Seemingly, the whole of nature is endowed with the sixth sense. Birds, animals and fish have this sense in order that they may be guided in their migrations and to avoid danger.

When man discovered modern means of communications and transportation, he discarded the sixth sense and began to rely on his own wisdom and knowledge. When a sense is not used, sooner or later it becomes dormant. If we were to cover our eyes for several weeks, we would find it difficult to see with them. Or, if we were to tie one of our arms behind us for a month, it would become almost useless.

There is also the seventh sense, that is, man's knowledge of good and evil from which we have the concept of the Golden Rule; not to do unto others what you do not want them to do to you; and also the concept of the law of compensation, man reaps that which he has sown and gathers that which he has scattered. These laws are immutable, just as the rising and setting of the sun. All great nations that have taken the sword have perished by the sword. All those who have oppressed weaker nations, have been

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oppressed. Assuredly, all men are endowed with seven senses which, whether they are used or not, are inherent in all generations.

Some of the Hebrew prophets were especially gifted psychically. In their dreams and visions they could converse directly with God. Others relied on symbols and similitudes which they saw in their dreams. Moses communed with God as one person communes with another.

The prophets acted as counselors for kings and princes. Although they were able to commune with God at any time, it was usually only during the night when nature is silent, for then the voice of God can be heard aloud.

Job says, "For God speaks once; he does not speak a second time; In a dream, in a vision of the night, when deep sleep falls upon men; while slumbering upon the bed; Then He opens the ears of men and humbles them according to their rebelliousness," (Job 33:14-16). This is why some of the prophets retired into the solitude of the deserts and desolate places where nature is still and where the voice of the Spirit is loud and the glory of God manifested. Here they fasted and prayed so that they might hear the inner voice, the voice of their Creator.

Even Jesus, with all of his knowledge of God and spiritual forces, had to retire into the desert to fast and pray so that he could be able to see the course of events which lay ahead of him. This enabled him to make the decision to embark on his great and hazardous mission. It was during these silent hours in the arid wasteland when he saw his triumph over evil forces and the road which would lead him to the cross and his triumph over death.

Some of the prophets abstained from meat, wine and strong drink, as did Daniel, in order to be able to commune with spiritual forces. Consequently, they were able to transcend the material world and see the course of forthcoming nations, events which would take place centuries after their deaths.

The ability to prophesy was acquired through constant intensive study and meditation. During the time of Samuel there were schools wherein men were taught the rudimentary elements of prophesying.

The prophets played an important part in the history of religion. They shaped the destinies of great nations. In their dreams and visions they saw what the leaders of the world could not see.

Clues to their origin are clearly seen in the first verse of some of the books of the prophets. For example: The book of Isaiah begins with these words, "This is the vision of Isaiah which he saw during the days of certain kings." The book of Ezekiel in a similar way states, "This is the vision of Ezekiel." Other keynotes to indicate that Scriptures were received in a vision are these: *God appeared; I was in Spirit; the Spirit of the Lord came upon me; I was in a vision and I dreamt.* All of the books of the prophets came through high revelation and the authors were admonished by God to write messages in plain language so that the people could understand them.

Edgar Cayce stressed the importance of visions and dreams as a way to commune with spiritual forces. His telepathic-clairvoyant readings exemplified his ability to see both the past and the future, which in Spirit, are one.

Today, we thank God that thousands of people are interested in the many areas of psychic investigation. These people see the great importance which the prophets of Israel played in changing the history of religion and the course of mankind.

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What a blessing it will be to the world when this spiritual, or mystic sense, is recovered and once again put into use! Perhaps some day psychically gifted men of God will be consulted by the governments of the world just as the prophets and seers in the olden days were consulted by Kings and Emperors. Then religion will be a blessing to mankind.

Dr. George M. Lamsa, F.R.S.A., is a renowned Bible scholar, author, and lecturer. Born in Syria, he grew up in a civilization whose customs, manner, and language were almost identical to those in the time of Jesus. The fact that his native tongue was Aramaic, full of idioms and parables unchanged since the time of the Master, contributes to the accuracy of his new translation of the Bible.

Dr. Lamsa has lectured and taught classes at A.R.E. headquarters in Virginia Beach.

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Communication with Edgar Cayce Fact or Fiction?^{*}

by Hugh Lynn Cayce

A.R.E. Journal, 1974, Vol. IX, No. 1

In 1947, in Chicago, at one of my very first lectures, I was confronted with the dilemma as to what point of view to take regarding communication with Edgar Cayce. After the lecture several people came up to speak to me. One of the first was a man who told me that he was the minister of a local spiritualist church. He said that he was very sorry to have to give me the message he had for me but that Edgar Cayce had been at the lecture, standing at my right side. My father had communicated to him that he was very sorry that he ever gave many of his psychic readings. He wanted me to burn all of them to stop the work which had been launched to study his records. I got the man's name and address and thanked him. Moments later I was confronted with another message bearer. A lady who was also a minister of a spiritualist church - this one on the outskirts of Chicago - said that she was happy to give me a message from Edgar Cayce. He had been there for the evening lecture, standing just to my left, and he wanted me to "go forward with the work of the organization." You pay your money and take your choice!

The whole field of psychical research is one which, at times, is extremely confusing. Evidence for survival is hard to clarify and harder to prove. In the light of modern telepathic and clairvoyant research, it seems almost impossible. We are frequently confused by what we see and hear. Too often we take words at their face value and are apt to misunderstand scientific data.

There is a great deal of information on life after death in thousands of the psychic readings given by Edgar Cayce between 1901 and 1945. He was not a medium in the ordinary sense of the word. That is to say that insofar as we could determine, he did not have guides nor controls. There were times when he seemed to stop on the beam of light on which he traveled to talk with those who were on other planes of consciousness or in a state of so-called death. On such occasions we could hear only one side of the telephone-like conversation.

In Virginia Beach, Virginia, On July 9, 1934, Edgar Cayce had completed a physical check reading for one of my mother's cousins - a man who had cancer and was to die shortly. Edgar Cayce had been given the suggestion to awaken. My father then, apparently, began to talk with my uncle, my mother's brother, who had died in his early twenties while he was in the southwest receiving treatment for tuberculosis. At the time he went to the southwest for this treatment, his grandfather was in the process of supervising construction of the home to which many members of the large family gathered, from time to time, for family reunions and special events. Also prior to his illness my uncle had been on the baseball team. According to the conversation, as it appears in the readings, in my uncle's mind the house construction had been finished on another level of consciousness and he was there with other members of the family who

* This article is adapted from a speech given by Hugh Lynn Cayce at the 16th Annual Conference banquet of the Spiritual Frontiers Fellowship in Chicago last May.

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also had died. It seems he continued to play baseball. In his consciousness, however, he had apparently arrived at a state of mind where he could say:

. . . for we have reached together [that place] where we see the light and know the pathway to the Savior is along the narrow way that leads to *His* throne. We are on that plane where you have heard it spoken of that the body, the mind, are one with those things we have builded. 5730-13

Later, when we asked questions about this communication, Edgar Cayce described this plane of consciousness as similar, in many ways, to the earth plane but of finer structure. Included in this reading is the following:

For the soul lives on; and as conditions are only the release of the soul body from a house of clay the activities in the world of matter are only changed in their *relationships* to that which produces same and that [which] the physical body sees in material or three-dimensional form. 5756-14

His reference to light was of special interest to us, because there were about seventeen times when Edgar Cayce retained memory from the altered state of consciousness from which he gave psychic information. On these occasions the memories related to his moving on a shaft of light. From the readings on these memories I have put together a composite statement as follows:

I see myself as a tiny dot outside of my physical body, which lies inert before me. I find myself oppressed by darkness, and there is a feeling of terrific loneliness. Suddenly, I am conscious of a beam of white light. As this tiny dot, I move upward in the light, knowing that I must follow it or be lost.

As I move along this path of light, I gradually become conscious of various levels upon which there is movement. Upon the first levels there are vague, horrible shapes, grotesque forms such as one sees in nightmares. Passing on, there begin to appear on either side misshapen forms of human beings with some part of the body magnified. Again there is change, and I become conscious of gray-hooded forms moving downward. Gradually, these become lighter in color. Then the direction changes and these forms move upward, and the color of the robes grows rapidly lighter. Next, there begin to appear on either side vague outlines of houses, walls, trees, etc., but everything is motionless. As I pass on, there is more light and movement in what appear to be normal cities and towns. With the growth of movement I become conscious of sounds. At first they are indistinct rumblings and then there is music, laughter, and the singing of birds. There is more and more light. The colors become very beautiful, and there is only a blending of sound and color. Quite suddenly, I come upon a hall of records. It is a hall without walls, without a ceiling, but I am conscious of seeing an old man who hands me a large book, a record of the individual for whom I seek information.

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Many individuals questioned Edgar Cayce about life after death. On one occasion he answered a specific question about communication with those who had passed on.

Q-20. Is it possible for this body, Edgar Cayce, in this state, to communicate with anyone who has passed into the spirit world?

A-20. The spirit of all that have passed from the physical plane remain about the plane until their development carry them onward or are returned for their development here, when they are in the plane of communication or remain within this sphere, any may be communicated with. There are thousands about us here at present. 3744-2

The following question brought further clarification on the subject:

Q-1. What is meant by souls within this sphere may be communicated with by the body, Edgar Cayce, in the psychic state?

A-1. Each and every soul entity, or earthly entity, passing through the earth's plane, radiates in that plane those conditions that are radiated from the soul or spiritual entity in the individual. This then becomes the fact, the real fact, in the material world.

When the body Edgar Cayce is in the psychic or subconscious condition, he is able then to reach all the subconscious minds, when directed to such subconscious minds by suggestion, whether in the material world or in the spiritual world, provided the spiritual entity has not passed entirely into [another level]. Then we only reach those radiations left in earth's plane that are taken again when entering in earth's plane, whether [the] entity is conscious of same or not. The consciousness of reaching that condition wherein the physical body may take up that truth known, must be reached by all. 900-22

Individuals asked questions about the form life takes after death. The following excerpt clarified this question:

... for thoughts are deeds, and are children of the relation reached between the mental and the soul, and has its relation to spirit and soul's plane of existence, as they do in the physical or earth plane. What one thinks continually, they become; what one cherishes in their heart and mind they make a part of the pulsation of their heart, through their own blood cells, and build in their own physical, that which its spirit and soul must feed upon, and that with which it will be possessed, when it passes into the realm for which the other experiences of what it has gained here in the physical plane, must be used. 3744-4

The following question and answer further elaborate this idea:

Q-4. What form does the spirit entity take ... ?

A-4. [It takes] that form that the entity creates for itself in the plane in which the existence is passed. 900-19

Many types of psychic information, purportedly from entities who have passed on, suggest that all emotions and even physical suffering are not wiped out at death. This extract from the Edgar Cayce data is one such example:

Q-1. Does death instantly end all feeling in the physical body? If not, how long can it feel?

A-1. This would be such a problem; dependent upon the character of which unconsciousness is produced to the physical reaction - or the manner in which the consciousness has been trained.

Death - as commonly spoken of - is only passing through God's other door. That there is continued consciousness is evidenced, ever, by the associations of influences, the

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abilities of entities to project or to make those impressions upon the consciousness of sensitives or the like.

As to how long - many an individual has remained in that called death for what ye call years without realizing it was dead!

The feelings, the desires for what ye call appetites are changed, or not aware at all. The ability to communicate is that which usually disturbs or worries others.

Then, as to say how long - that depends upon the entity.

For as has been given, the psychic forces of an entity are constantly active - whether the soul-entity is aware of same or not. Hence as has been the experience of many, these become as individual as individualities or personalities are themselves. 1472-2

Even more specific is this selection:

As to how long it requires to lose physical consciousness depends upon how great are the *appetites* and desires of a physical body! 1472-2

Other details about the forms of life following physical death appear in the answers to questions of a person who felt that he had had a projection into what he called "the astral plane." This individual saw human-like forms there, some of which were motionless, wax-like figures, and others which were animated. Here are the questions and answers concerning the incident:

Q-5. In regard to my first projection of myself into the astral plane, about two weeks ago: Some of the people were animated and some seemed like waxen images of themselves. What made the difference?

A-5. Some - those that appear as images - are the expressions or shells or the body of an individual that has been left when its soul self has projected on, and has not been as yet dissolved - as it were - to the realm of that activity.

For what individuals are lives on and takes form in that termed by others as the astral body. The soul leaves same and it appears as seen. Other individuals, as experienced, are in their animated form through their own sphere of experience at the present.

Q-6. Why did I see my father and his two brothers as young men, although I knew them when they were white-haired?

A-6. They are growing, as it were, upon the eternal plane. For, as may be experienced in every entity, a death is a birth. And those that are growing then appear in their growing state. 516-4

There is an interesting statement which F.W.H. Myers, early psychic investigator associated with the formation of the British Society of Psychical Research and author of *Human Personality and its Survival of Bodily Death*, is purported to have made to Mrs. Holland, a well-known medium of the day. "If it were possible for the soul to die back to earth again, I should die of sheer yearning to reach you, to tell you that all we imagined is not half so wonderful as the truth." In many ways the Edgar Cayce information seems to confirm these words.

This background of general information from the Edgar Cayce readings on survival after physical death encourages us to turn directly to the purported communications from Edgar Cayce. From time to time through the years since his death, a great many people have written to me, or spoken to me, indicating that they believe they are in touch with Edgar Cayce who is conveying messages through them to me. On all such occasions I have expressed what is certainly genuine interest, and in each case have written to ask that they seek identification for me. That is, I have asked them to have

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Edgar Cayce give information which would assure me and other members of the family that it is indeed he who is communicating. Over a period of several years I have asked all of these persons the same question, "What can you tell me about Gail?" Here are some of the answers which have been received over a period of three years.

Response No. 1: "Gail is a woman who was a friend of mine at one time. She was so despondent over lack of money that she was contemplating suicide. I was able to prevent this by informing her that her father was trying to communicate with her, to say that the money was coming soon. I also gave her a reading on the last day of my life by letter."

Response No. 2 - First try: "Gail was a playmate of yours, a ten-year-old girl that drowned. Gail was walking on a fallen tree, struck her head as she fell in the water. You were blamed, but you were the innocent bystander. She used to hold Edgar's hand as she skipped. She was of the Presbyterian faith. Edgar sends his fatherly love to you. Edgar says that you are anxious to contact him ... Back to Gail - she was inclined to fib. Do you remember the time that Aunt Nellie was run over by a horse? Gail told it as if it were a runaway horse. Gail's mother's name was Hilda." *Fourth try:* "Gail was my cousin on my father's side of the family. We were quite close as children. In fact, she lived in our house at one time. She's a grey-haired woman now. Big-boned, I'd say."

Response No. 3 - December 7, 1970: "Gail's death was an accident, due to the fact that he liked to climb. He had climbed up a tree, lost his balance and fell, hitting a tree limb with his head. There was also a spinal injury."

The most recent communication included the following:

Response No. 4: "Gail is a vacation area or resort, with a stationary boat included, for sleeping."

In my opinion, the question "What can you tell me about Gail?" was a valid one that should be of considerable concern to my father if, indeed, it is he who is attempting communication and provided, of course, that he is in touch with the family activities, as is the claim in most of these purported communications. Gail, as many people know since I have begun to relate this story, is Edgar Cayce's granddaughter who is making a recovery from physical difficulties by following the Edgar Cayce readings. She is, at present, working in the office of the Edgar Cayce Foundation in close association with Gladys Davis Turner, Edgar Cayce's secretary for many years. Gail was born after Edgar Cayce's death in January 1945.

In the book, *The Outer Limits of Edgar Cayce's Power*, my brother, Edgar Evans Cayce, and I have dealt with five types of readings given by Edgar Cayce which, in some instances, do not seem to be correct in the information given. In the chapter, "The Nature of Psychic Perception," we discuss the possible sources of Edgar Cayce's psychic data. We describe one of these areas as a world of thought form. The world of thought form may be identified by many different terms - the stream of mind, the universal mind, the akashic records. Edgar Cayce's readings describe it like this:

In giving the interpretations of the records as we find them, these are written upon the skein of time and space by the activity of the mental self. For the superconscious mind becomes the mind of the soul in those interims between material manifestations and the cosmic or universal manifestations - yet these are one. For it is as the activities of a day, of an hour - the reactions from same are dependent upon what has been builded in the consciousness of the soul. Thus these become, as here, a part of the whole entity's experience in the material sojourns.

3605-1

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And in another place:

Conditions, thoughts, activities of men in every clime are things; as thoughts are things. They make their impressions upon the skein of time and space. Thus, as they make for their activity, they become as records that may be read by those in accord or attuned to such a condition.

3976-16

Apparently, we are not able yet to measure thought energy as accurately as we may be able to do in the near future. It would seem that thoughts, especially heated, highly emotionally charged thought patterns, actually shape a finer kind of matter which is moving so fast that our senses are not able to perceive it. Sense perception is possible by an individual who has altered his state of consciousness and can thus tune to these higher vibrations. In his book, *The Edge of the Unknown*, Sir Arthur Conan Doyle makes a statement about thought forms which I think is pertinent:

If a sensitive is able to feel some record of a past event, then there is evidence that by an extension of this process one who is still more sensitive would actually see the person who left the impression. That it is the actual person in spirit is in most cases utterly incredible to me....

It is more credible . . . that some thought form is shed and remains visible, at the spot where great mental agony has been endured. 'How' and 'why' are questions which will be solved by our descendants. If we could conceive that we have form within form like the skins of an onion, that the outer skin should peel off under the influence of emotion and continue a mechanical existence at that spot while the rest of the organism passed on and never even missed it, such a supposition, farcical as it appears, would match the recorded facts better than anything else I know. Each fresh discarded skin of the onion would be a fresh thought form, and our track through life would be marked in its more emotional crises by a long trail of such forms.

Finally, each of us as individuals must come to grips with our own personal experiences involving survival. It is here that I, myself, have found the greatest source of consolation and understanding. Frequently such personal experiences do not constitute evidence for anyone else, and such experiences will not deter me from further investigation, searching out measurable evidence for survival. However, as any investigator knows, if telepathy and clairvoyance are allowed as possibilities, survival evidence is tenuous, at best. I have had dreams of both my mother and father since their death, dreams which have been so vivid and so helpful that they do constitute, for me, proof of their survival of bodily death. I have also had some conscious breakthroughs - small visions one might call them - which have sometimes involved more than one person. They have brought me and those with whom I am closely associated physical, mental and emotional help that has been most compelling. For the present, these experiences are too personal to relate in detail.

There is one peculiar story I would like to share with you in closing. It involves my mother, Gertrude Cayce, who had many readings from Edgar Cayce during her lifetime. In one of these she was given a life-seal. It consisted of symbols which Edgar Cayce suggested be painted or embroidered and kept where she could see them. This combination of symbols, he said, would speak to her unconscious and would be of help to

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her. A friend painted the life-seal for her, combining the suggested symbols which included two red roses with crossed stems. The reading indicated that the roses would stand for my brother and me. When my mother died, this life-seal was on her dressing table.

Shortly after her death and while I was still overseas during World War II, Florence Edmonds, a close friend of my mother, had a dream in which my mother appeared to her and said, "When I communicate with Hugh Lynn, tell him that I will give him two red roses."

Upon my return from overseas, Florence told me of the dream. She said she had not told the dream to anyone else. I asked her to keep it to herself. A few years afterward she died. As time went on I looked in the numerous purported communications from Gertrude Cayce, for the symbol of two red roses as identification. They were not given.

About three years ago I had a call from a man in a large eastern city who told me a strange story about his wife who had gotten into difficulties from playing with a ouija board. She had been directed to automatic writing, after which she began to hear voices. She talked to her doctor about this, and he put her in a mental institution for a time where she was treated to help rid her of the voices. Her husband told me she was back home again and that she was still hearing the voices but was no longer telling her doctor about them. Apparently she had got hold of my book *Venture Inward*, and had asked her husband to call me to ask if I would talk with her on the telephone, allowing her to describe what the voices were saying to her. She felt I might be able to help. That same day I accepted a long distance telephone call from the man and his wife. He was on one extension and she was on another. For some ten minutes I listened to her repeat the strange, confusing pattern of words she seemed to be hearing - idle gossip, dirty stories, dire predictions, teasing kinds of comments about the lady personally. It was a bewildering variety of nonsense, typical of the strange patterns of voices familiar to many disturbed people. Suddenly the woman stopped. Then she said, "Mr. Cayce, your mother says to give you two red roses." She then hung up.

There is a rather beautiful conclusion to this story, for at that point, the voices which had been disturbing the woman ceased.

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As given, "The heavens declare the glory of God, and the firmament sheweth His handyworks. Day unto day uttereth speech, night unto night sheweth knowledge." This from the beginning and unto the end.

Just in that manner is the way shown how man may escape from all of the fiery darts of the wicked one, for it is self, and selfishness, that would damn the individual unto one or the other of those forces that bring about the change that must be in those that willfully wrong his Maker. It is not that Man's doing. It is that which is done, or left undone, or that indifference toward the creation that makes or loses for the individual entity. Then, let's be up and doing - doing. "Be Ye Doers [of the word]; Not Hearers Only."

3744-3