



## Edgar Cayce on Reincarnation

Reincarnation is the belief that each of us goes through a series of lifetimes for the purpose of spiritual growth and soul development.

The subject of reincarnation was explored in nearly 2,000 Edgar Cayce “Life” readings from 1923 to 1945. The Cayce approach to reincarnation focuses on practical ways of dealing with one’s *current life*—by living, growing, and being of service in the present. It isn’t nearly so important who we have been as it is that we focus on the present and the opportunities and challenges we face today.

“In the studies, then, know *where* ye are going . . . to find that ye only lived, died and were buried under the cherry tree in Grandmother’s garden does not make thee one whit better neighbor, citizen, mother or father! But to know that ye spoke unkindly and suffered for it and in the present may correct it by being righteous—that is worthwhile!”

—Edgar Cayce reading 5753-2

Our talents and skills are never lost. Someone who has developed an ability in one life will still have it to draw upon later. Our abilities are channeled in the directions that will best help us to fulfill our purpose for a particular lifetime.

### Reincarnation and Karma

Another key component from the readings is the idea of *karma*. The word karma is a Sanskrit term that means “work, deed, or act”; it has also been interpreted to mean “cause and effect.” The readings define the idea of karma as soul memory—a pool of information that the subconscious mind draws upon and can utilize in the present.

For example, an individual may meet a person and feel an immediate affinity or animosity. This subconscious memory may have an effect on how they think and act, but the component of free will is always available.

The readings indicate that there really isn’t karma “between” people; instead, there is karma with one’s self. It is an interesting dynamic that we often meet ourselves through our relationships with others, and it is how we decide to “meet self” that will essentially determine our life’s experiences.

With free will, we can turn the challenges life presents to us into stepping-stones toward growth, or we can see them as obstacles and stumbling blocks. Either way, we reap what we have sown.

## Reincarnation and Life After Death

In Cayce's explanation of reincarnation, when we die, the next lifetime does not occur immediately, for our soul is given a chance to take stock of all it has come to know. Then, we decide for ourselves what lessons we need to learn next. Our soul chooses to be born again into the earth, generally among people we have known before. We can choose to be born male or female in any given lifetime or, as Cayce often called it, "incarnation." The choices made are such that our soul might best fulfill the specific purpose chosen for a particular lifetime. We select surroundings (parents and family, location, time period, etc.) that will best allow us to learn those lessons we need for completeness.

## Reincarnation and Life's Challenges

We may not always be able to understand why a certain situation was drawn to us, and in fact the "why" may not be of primary importance. What is important is how we choose to respond. The way we respond to any given situation determines the next experience to be called into action.

### JOIN OUR SPIRITUAL COMMUNITY

Invest in your soul and explore topics of spirituality, personal development, and overcoming life challenges with online resources including an extensive health database, dream interpretation app, a meditation course, and more. You'll also be joining a community of people who are striving to do as Cayce suggested, and "Make the world a better place, because you live in it."

All members enjoy a full year of benefits including exclusive online access to the member-only section of EdgarCayce.org featuring:

- Complete access to all of Edgar Cayce readings in a searchable online database (more than 14,000 readings and 24 million words);
- Quarterly *Venture Inward* magazine;
- *Cayce Quarterly* newsletter with member experiments;
- Free online audio files and videos from recent events;
- Members save 20% on all products at ARECatalog.com.

We promote the oneness of God, the spiritual nature of humankind, the purposefulness of life, and the connection of body, mind and spirit.

**Learn more at [EdgarCayce.org/membership](http://EdgarCayce.org/membership), or call 800-333-4499 to discuss membership options. New members receive a free Gift!**

