



Edgar Cayce on Spirituality

One of the great ironies of human nature is the fact that the very structure intended to enrich our relationship with God is the one thing which divides us most as a human family. For countless eons, more wars have been fought on religious principles than for any other reason. The Edgar Cayce material states that part of the problem is due to our ignorance of our oneness with one another.

Although religion often deals with form, spirituality generally deals with an individual's application of his or her own personal knowledge or awareness of Spirit. Since our natural state is Spirit, reawakening to full spiritual awareness is one of the purposes we all have in common. In fact, in one reading (3357-2), Cayce stated that "Soul development should take precedence over all things."

Cayce stated that soul development is not achieved through some great deed or act but is a gradual accomplishment that is attained "line upon line, precept upon precept." What appears to be most important is our *application* of the fruits of the Spirit in our interactions with others, in other words, acting with love, kindness, gentleness, and patience.

According to Cayce, *attunement* and *application* are at the heart of spiritual growth. Attunement is the process of awakening to our spiritual nature and our true relationship with God. The most frequently recommended tools for achieving this attunement are the regular practice of **prayer** and **meditation**. Cayce believed that prayer was talking to God, while meditation was listening to God. Both prayer and meditation are invaluable at reestablishing a conscious awareness of our spiritual source while inviting God's will to work through us as a "channel of blessings" to others.

Repeatedly, a core concept from the Edgar Cayce material has been stated, "Spirit is the life, mind is the builder, and the physical is the result." **Spirit** flows through us and is the activating force of life. The **mind** focuses that energy into creative (positive) or destructive (negative) avenues of expression. The impact of our choices will eventually find expression in the **physical**, affecting ourselves and our relationships with one another.

From Cayce's perspective, too often, we are out of touch with the intention (the why) behind our everyday actions. For this reason, he recommended that we establish a spiritual **Ideal** to live by. By consciously establishing a spiritual ideal—such as service, compassion, love, or Jesus as a pattern—we can accomplish a personal transformation with soul development as the result.

“Then, just being kind, just being patient, just showing love for thy fellow man; that is the manner in which an individual works at becoming aware of the consciousness or the Christ Spirit.”—Edgar Cayce Reading 272-9

Like the story of the prodigal son (Luke 15:11-32), we were with God in the beginning and, through choice and experience, found ourselves cut off from a complete awareness of Him. In one respect, the fall of humankind was really our descent in consciousness from the realms of infinity to those of time and space.

However, this was not necessarily a “bad” thing or an erroneous choice. Just as a child learns through experience, choices, and making mistakes along the way, our own experiences will embody a maturation process that will enable us to come into our full heritage and an awareness of our true spiritual nature.

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