

TOWARD A DEEPER MEDITATION

Rejuvenating the Body
Illuminating the Mind
Experiencing the Spirit

By

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We Are More Than We Imagine

When Edgar Cayce read the Akashic Records, he gave the most marvelous descriptions of our abilities in Atlantis and other ancient cultures. For example, in his first reading of Mrs. 823's soul record, he said this:

She was in Atlantis where she oft laid aside the physical body to become regenerated. She was among the priestesses of the Law of One, serving in the temples where there was the raising of the light in which the universal forces gave expression and brought for the body and mind the impelling influences. She was not only the priestess but also the physician, doctor for those peoples. The entity lived in Poseidia, in the temple, in the spirit influences of the material activities for some six thousand years—if counted as time now. (Based on 823-1)

She could rejuvenate herself so well that she lived for 6000 years! Cayce continues with this:

With the last of the destructions that were brought about by the sons of Belial through the activities of Beelzebub, the entity journeyed with those people to the Yucatan land, establishing the

temple there. But with those inroads from the children of Om and the peoples from the Lemurian land, or Mu, the entity withdrew into itself; taking, as it were, its own flight into the lands of Jupiter.

Notice how casually Cayce speaks of the activities of Beelzebub! It's as if the Devil were an actual person, a being leading a band of bad guys, the sons of Belial. Apparently, they drove out our light-bearing priestess to Yucatan. Eventually, even Yucatan became a negative place, so she took flight to Jupiter! How cool is that! How often have you wanted to take flight out of here?

In reading the soul record for another amazing Atlantean, Ms. 3004, Cayce gave the following description:

The entity was in the Atlantean land, before there were the second of the upheavals, when there was the dividing of the islands [the continent of Atlantis broke into five islands]. The entity was among those that interpreted the messages that were received through the crystals and the fires that were to be the eternal fires of nature, and made for helpful forces in the experience of groups during that period.

When the destructions came, the entity chose rather to stay with the groups than to flee to other lands.

The unusual activities that may come with today's new developments in air and water travel, are not new to the entity; none of these are as surprises to the entity. For, these were the beginning of the developments at that period for the escape.

This lady then asked Cayce three very strange questions, but Cayce replied to each one with astonishing answers. These were her actual questions, as strange as they may be.

Q: What is the meaning of 532, the number on my forehead?

A: The number as indicated in self in the Atlantean experience, and that to which each of these numbers may attain.

Q: The Mene [a count of numbers, found in the Bible, such as "a time, times, and half time"] which is clearly written on my left eye?

A: This is as a part of the experience in the Yucatan activity as the priestess. Some call it the evil eye. Some call it the surety. What make ye of it? According to that for which ye may use same is the deeper meaning found in thine own self.

Q: And the double triangle between my eyes, just at the top of my nose?

A: This is a part of the experience to which the entity attained in the building, during the period of the Mound Builders. 3004-1

What a soul journey this lady had prior to her present incarnation. Here's the strangest part of this: in her present life she was a housewife in Pennsylvania—the great priestess of the Mound Builders, Yucatan, and Atlantis!

Consider one more reading.

When Cayce reviewed the records of 2464, a female art student at the time of the reading, he calmly gave this description:

In giving the interpretation of the records of the entity during the Atlantean sojourn, something of the history and something of conditions at the time should be comprehended—if the interpretation is to be in the consciousness of the present day experiences.

Through that particular period of experiences in Atlantis, the children of the Law of One—including this entity, Rhea, as the high priestess—were giving periods to the concentration of thought for the use of the universal forces, through the guidance or direction of the saints (as would be termed today).

Does this mean that the High Priestess was channeling the universal forces and the guidance from the saints in higher dimensions? It sure seems to be what Cayce is saying. He continued with her reading:

There are few terms in the present that would indicate the state of consciousness; save that, through the concentration of the group mind of the children of the Law of One. They entered into a fourth-dimensional consciousness—or were absent from the body. Thus they were able to have that experience of crystallizing, through the

Light, the speech from what might well be termed the saint realm, to impart understanding and knowledge to the group thus gathered. 2464-2

No doubt now, the high priestess and her group were tuned to the higher, saintly realms and channeling guidance, understanding, and knowledge into this realm.

I could go on and on with Cayce readings like these, but now it is time to ask ourselves, What has happened to us? How have we fallen from such heights? How long will it be before we regain some of these abilities and awarenesses?

Actually, it's not as bad as it appears to be. Certainly, Cayce doesn't see our situation as poorly as we do. To Ms. 825, the 6000-year-old Atlantean priestess, he gave much hope and opportunity in this present incarnation and said that her activities in Atlantis and Yucatan were a part of her present-day abilities: "As a result of this incarnation [in Atlantis], she can create within herself the higher energies that are stored up from the emotional forces of the body to find regenerations in the lower form of electrical vibrations." Our priestess still had her regeneration powers within her.

One interesting point: Cayce connected her powers with "the emotional forces of the body." That is very interesting because in other readings, Cayce says that our past earth-life memories are in our emotions, while our past non-earth-life memories and influences are in our urges and dispositions. If we have an emotional reaction to someone or something, then it is likely a past-life connection. If we have an innate urge toward certain perspectives, activities, and interests, then it is likely that we have sojourned in dimensions associated with them. For example, our priestess flew to the "lands of Jupiter" after her Atlantean/Yucatan incarnation; therefore, she is likely to have innate urges toward large groups (the masses), expansiveness, high ideals, benevolent activities and perspectives, optimism, generosity, education, and so on—all astrological influences associated with the realms of Jupiter.

Let's return to Ms. 3004, who used the sacred fires and crystals to channel guidance into this physical world in Atlantis, Yucatan, and Ohio as the leader of some Mound Builders. To her, in this present incarna-

tion, Cayce gave the following guidance and identified her present-day abilities.

As the tenets of old, all the principles of the divine that are manifested in the material man are found deep within self. And all that we may know of a universal consciousness is already within self. But know thy ideal, that has been, that may be manifested in the material plane—spiritually, mentally, materially; and, most of all, know the Author of such ideas and ideals. Then, study to show thyself approved unto that chosen ideal; condemning none, but living, manifesting that ye profess to believe.

In the organizations, in groups, in activities that have to do with historical facts, with legends, with ancient data, ye find the outlet for thy greater contribution to others. Thy greater help will be in aiding others to find themselves, not finding themselves through what any group or individual may believe but through what responds to themselves.

Because of her diverse experiences and attunements in ancient times, she became a rare teacher and helper to those seeking to find themselves.

A fascinating astrological influence in her present incarnation is identified by Cayce as Uranus. Here's what he said about the effects of her sojourn in the nonphysical realms of Uranus between incarnations:

Uranus makes for the interests in all matters pertaining to the occult, to the metaphysical, to the cosmos, to the universal consciousness, to that having to do with the basic cause or the reasoning of things. Thus not merely from the three-dimensional and that of lesson, or karma, but rather the cosmic consciousness becomes a part—as will be seen from the sojourns in the earth of this entity in those periods of activity in which there were undertakings that were to be a part of a universal consciousness of a peoples. . . . 3004-1

Fascinating, isn't it? As I shared earlier, in this present life she was a housewife, but beneath her exterior lay the great high priestess of the

Atlantean crystal and fire altars, still able to reach into the realms of the saints and awaken within others their personal connection to the divine within. She even lifted them out of their karma into the higher perspectives of the universal consciousness.

Finally, let's look at what Cayce told Ms. 2464, the young art student who was once able to attune with her group of light bearers to the "realms of the saints." To her, Cayce gave this present-life ability: "As the entity in the future opens (as it has done in the past) those connections between the soul force and the spiritual force, the influences and activities in other than the three dimensions of materiality will become a part of the entity's experience. As we find, then, the entity is one very intuitive; easily separating self from itself—which so few may do; or, as it were, the ability to stand aside and watch self pass by. This is an experience that may be made to be most helpful, if there is first the determining within self as to what is thy ideal—spiritually, mentally, morally, socially or materially."

She was still powerful in her present life! She had within her all the powers she had had back in Atlantis, and they would open again. She might not have retained the title of High Priestess, but in this present life, she was still able to give the guidance and insight she had given in those glorious times.

As a weakness that she took from Atlantis, Cayce warned that she developed quite a temper toward the sons of Belial. He suggested that she be careful about reacting too negatively, even to evil. "In other words, with what spirit do ye declare thyself? That in conformity with the universal consciousness, the law of love? Or that of hate, dissension, contention—which brings or produces burdens upon thy fellow associates? For, the law of love is unchangeable; in that as ye do it to the least of thy fellows, ye do it to thy Maker." Sounds like the Master's guidance about loving even our enemies.

As to her present abilities with art (being an art student), Cayce gave the following: "Thus we find a highly emotional entity, one needing to keep itself literally—in body and mind—close to nature, close to the earth. Not as of the earth earthy, but as of the constant rebirth of those influences that so significantly indicate the closeness to God—and creative forces that are manifested in things, conditions arising from na-

ture itself. For, the artistic temperament—with those abilities to draw on nature, as it were—brings the greater harmony, the greater balance within the experiences of the entity in its activity with things, conditions and people.”

As for her present astrological influences (from sojourns in these nonphysical realms), Cayce gave these intriguing insights: “In Mercury and Venus we find those activities in which there is a high perception of ideals or tenets or ideas. Hence the artistic temperament towards the depicting of nature, or figures presented in nature; those things as would be of stone or plaster, or murals—as of decorations, should be a part of the entity’s activities in the material associations with others. With Jupiter as well as Neptune, we find that these will bring the greater opportunities not only for self-expression but for giving ideas to others that may become helpful, hopeful influences in their experiences.”

Obviously, from these three examples, you and I are probably better off than we realize. We have more power and wondrous capabilities than we realize. It’s just that the physical world and life are often so mundane and fatiguing that we sink into the blues over our limited powers and often boring lives. We must shake this off, because latent within each of us is the ability to journey to the higher realms of consciousness and catch the energy and motivations that come with higher purposes!

How do we do this? First, we have to set aside some time in our lives for such activities and attunements. Now we might say that the ancient high priestess didn’t have to wash clothes, clean dishes, make meals, mow lawns, drive the kids to activities, and so on; and we’d be right. Today we are all our own servants. In this respect, life in Atlantis was different. We might also say that we do not live for 6000 years any longer and 80 years goes by fast; and we’d be right. Life today is not like those ancient times in the temples and gardens. But the “sleeping” Cayce is clearly calling us to awaken to the power and awareness latent within us and to our important purposes for incarnating today, as indicated in his readings for these three Atlantean priestesses.