



Edgar Cayce on  
**The Mysterious Essenes**





Edgar Cayce on  
**The Mysterious Essenes**

*Lessons from Our Sacred Past*

John Van Auken  
Ruben Miller, PhD



A.R.E. Press • Virginia Beach • Virginia

Copyright © 2016  
by John Van Auken with Ruben Miller, PhD  
1st Printing, March 2016

Printed in the U.S.A.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

A.R.E. Press  
215 67th Street  
Virginia Beach, VA 23451-2061

ISBN 15: 978-0-87604-866-5

John's biblical quotes come from *The World English Bible* which is a 1997 revision of the American Standard Version of the Holy Bible, first published in 1901. It is found on the web and is in the Public Domain.

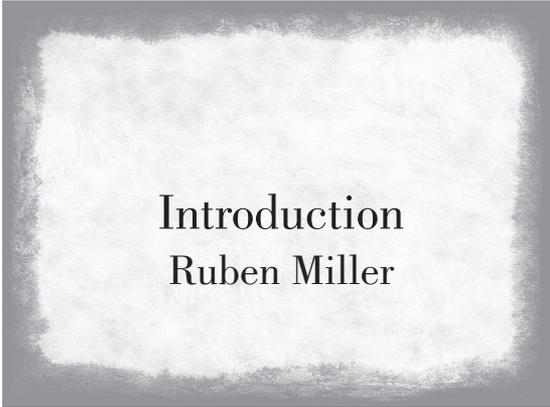
Edgar Cayce Readings ©1971, 1993-2007  
by the Edgar Cayce Foundation.  
All Rights Reserved.

Cover design by Christine Fulcher

## CONTENTS

<i>Introduction</i> by Ruben Miller.....	vii
Chapter 1 Reincarnation of Soul Groups .....	1
Chapter 2 Mysterious Essenes— <i>Rediscovered</i> .....	9
Chapter 3 Essenes' Scrolls— <i>Found</i> .....	21
Chapter 4 Essenes and the Legendary Magi.....	25
Chapter 5 Tales of the Young Nazarene and the Magi.....	35
Chapter 6 Edgar Cayce's Discourses on the Essenes .....	53
Chapter 7 Young Jesus' Essene Teacher .....	99
Chapter 8 Two Sons of the Essenes: John the Baptist and Jesus of Nazareth.....	135





## Introduction

Ruben Miller

The idea for this book began when I was reflecting on the Norfolk, Virginia study group and how all of these people back in 1930–31 got together with Hugh Lynn, Edgar Cayce’s eldest son, and how they formed the new Association for Research and Enlightenment (A.R.E.). And I got to thinking about something that Eula Allen (the author of Cayce books: *Before the Beginning*, *The River of Time*, and *You Are Forever*) once said to Hannah Miller and me, “We are the *same* people that were back in those days, and we are here again.” We are those Essenes who have come back in a group at the A.R.E. This is what made me keep thinking about the Essenes. The more I thought about it, the more I felt it would be wonderful to have a book to give the background of why they started. We are the Essenes, and we are doing those same things we did back then. It may be in a different way, but we are doing the same things. And we still have the soul of Edgar Cayce to help us with his readings. He was one of those who was also incarnate during the time of the Essenes as Lucius.

In 2014 I was at the A.R.E. headquarters for the annual Congress of Members in Virginia Beach, Virginia and shared my idea with writer

John Van Auken. He immediately liked my premise and agreed to join me in writing this fascinating topic: the reincarnation of the Essenes.

John flew down to my home in south Florida, turned on his recorder, and listened as I began to share my many years of working with these people whose souls Edgar Cayce had identified as reincarnated Essenes. Some of whom were my dearest friends. I had never heard of the Essenes before Cayce. And the more I heard about the Essenes and knew them personally, the more I felt this book had to be written.

The stories are truly amazing. For example, Judy Chandler was alive when I came to help the Association. She worked for the government in Washington, DC at that time. She came down to headquarters a couple of times, and that's when I met her. She was an elderly lady then and was very ill. Hugh Lynn asked us to pray for her because she was suffering. I learned that she had been an Essene teacher and that she had actually taught the boy Jesus in the Essene school on Mount Carmel! And here I was praying for her well-being in this lifetime! "Oh yes," I told John, "We can have a whole chapter on her!"

I thought this book would be a wonderful way of explaining to most people about their souls' lives, where their souls have been, and how they return to complete what their souls started.

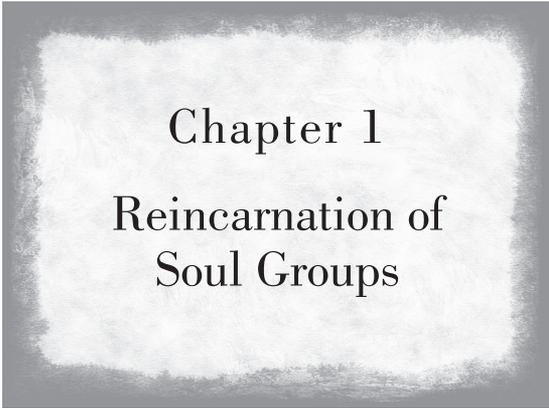
I was a newcomer in the Norfolk study group. We mostly talked about the Bible. Noah Miller could bring the Bible alive. We studied Genesis for about seven years. He made that book come alive! And you know, I used to tell Mom and Pop about these things and they would say, "You have your God and we have ours." So I brought Papa a New Testament written in Yiddish. He would read that every night at dinner and he couldn't believe what he was reading. Well, Jesus was a Jew. Yes, he was. But Papa also came from Russia, so he wasn't accustomed to this. And his mother lived with us, so we were very Orthodox. To this day, I don't eat meat and milk together, or butter and meat together, or a hamburger with cheese on it—no dairy and meat. I don't mix the two, never have in my entire life. So I'm still Orthodox—a little bit.

Ruth Denney had been told by Cayce that her soul was the reincarnation of Josie. Josie was a nurse and she had a grandson. When Ruth was in the hospital dying, she told me that I was that grandson of hers in the time of the Essenes. She died about two years after I knew her. She said the reason why she came to me is that she recognized me as

her grandson from Bethlehem when she was Josie. That's what brought me into the A.R.E. I never thought about that. I just put it out of my mind as it never meant that much. It was the same as when Hugh Lynn and I were in Israel in front of the Billy Rose Museum, sitting on those stone stoops, and Hugh Lynn said, "You know, Ruben, you were the Jew my father spoke about." That Jew was supposed to be the necessary ingredient in the new Association succeeding. Me. I didn't believe it. But now, these many years later, maybe it's true. I do love the Edgar Cayce readings and many of the people I've met through this organization. It has meant so much to my life.

I hope you will find this material as interesting and helpful as I have.





# Chapter 1

## Reincarnation of Soul Groups

**T**his is a book about reincarnation, specifically the reincarnation of a group of souls who were once known as the Essenes. It is also about souls *associated* with the Essenes, their origin, eventual establishment, and their legacy. And it is also about souls today who carry in their hearts and minds the principles and mission of the Essenes.

In some respects souls are like rivers—on the surface they are all shiny and clear, shimmering with freshness and life, but deep beneath the surface run powerful unseen currents which influence the outer incarnate self and its relationships with other souls. These influences make for attractions and repulsions. And since souls are immortal, their physical bodies age and die but they, their souls, do not. They carry on, both in this physical world and beyond. Our soul is of God, made in the image of God (Genesis 1:26), and only the outer *persona* is temporarily living as a terrestrial physical being for as long as the physical body remains animated with the life forces. The deep currents of the unseen nonphysical self bring influences into this life and personality from cumulative ages of soul-life which consist of both incarnate lives in earth

and discarnate sojourns beyond earth. These deeper influences are the cause for our easy love and patience with one person while having impatience and dislike for another. These undercurrents cause us to feel wonderful vibrations with a particular individual in one aspect of our lives only to feel awkward and uncomfortable with that same person in another aspect of our lives. For example, we would naturally have a warm comfort and attraction to a soul with whom we had been a sibling in a previous incarnation but quite uncomfortable with him or her in a sexual setting. Dynamics of relating with one another on a soul level have been formed deep within our inner consciousness, and they shape the way we innately interact with one another and situations in this present incarnation. Most everyone in our present life was very likely in one or more of our past lives. Souls that are very close to us in this life were likely involved in *many* of our past lives. Our parents, brothers and sisters, spouses, children, friends, colleagues, bosses and employees, and even those we dislike were involved in our past lives. Again, on the surface they have new faces, freshly developing personalities, and likely new roles, but beneath that shiny surface runs currents of lengthy times together carrying their often unconscious influences.

The effects of these many past-life experiences are reflected in the circumstances that now surround our present situations and relationships. This is karma. Our soul's memories of past-life activities with others shape innate reaction to them today. Of course, *their* memories of our past-life actions influence how they react to us. Through the same eyes that the personality sees life, the soul sees it, but the soul looks with a memory covering ages of passion and adventure, care and love, hatred and revenge, doubt and fear, hopes and disappointments. When we feel a seemingly unfounded fondness for a person, it is very likely due to soul memory of the positive role he or she played in our past lives. On the other hand, when we react with what seems to be an unfounded dislike or even revulsion, possibly even hatred, we can be pretty sure it is because our soul recalls how harmful they were to us or those we loved.

However, the influences of past-life actions are not always so clear. Often those with whom we have had good lives and relationships are the same people with whom we have had problems and disagreements. There is usually a mixture of good and bad karma influencing us today.

Those positive, well-developed aspects from our past lives will give us much pleasure and support in the present. Conversely, those aspects that were not positive will challenge us today, causing us to struggle to resolve the lingering disharmony. Avoiding these influences is simply not possible. Whether we like it or not, the Universal Law of Karma flows through us with the currents of *unresolved issues* that force us to greet the boomerang of past actions, thoughts, feelings, and words spoken. Thus, what we have done to other souls and they have done to us is reflected in the circumstances surrounding our present relationships and the innate urges, attitudes, and emotions we feel toward each other—and *how we feel about ourselves internally*. Much of our self-judgment is the karmic result of how we've used our free will prior to this lifetime. And no one can change that perspective *except us!* That is why we reincarnate. Each lifetime is an opportunity for resolution and soul growth which includes learning about ourselves, others, and the God-force running throughout life. "Live and learn" is the theme.

These basic ideas of past relationships and their present influences are not only true of individual relationships but also of *group* relationships. From the beginning souls have traveled together in *groups*, and the very act of traveling together for such long periods creates forces of attraction and repulsion that reinforce the group dynamics. Nearly all souls on the planet today were together in past ages of human history. As a result, the relationships among the peoples of the world today are a reflection of their past activities. In fact, Edgar Cayce points to a verse in the scriptures that reveals who we are and how we once traveled together as one single, massive soul group: "When the Morning Stars sang together and all the children of God shouted for joy!" (Job 38:7) Cayce teaches that all souls associated with this dimension of life were those Morning Stars traveling from out of the heavens into this realm of physical existence, joyfully ready to live and learn. At that time we were in harmony, of one mind, and intimately connected to one another in a collective consciousness. We moved as a group, not as individuals, like a flock of birds, like a school of fish. Cayce teaches that as we gradually descended into matter and physicality, we became more *individualized*. Eventually it came to the point to where each soul had its own separate body, completely individualized. This reduced the sense of togetherness, connectedness, and *belonging*. Yet, even in

this materialized condition, there remain some smaller group dynamic to which we considered ourselves to be a part of—this family, this neighborhood, this race, this faith, this culture, and so on. But now it was with a profoundly individualized self. And this was a natural flow of life. From the moment we were conceived, we have been driven to know ourselves to be ourselves and yet somehow retain the sense of our belonging to the Whole of beings and life. Oneness with all life is an innate feeling that surfaces in souls who become even slightly enlivened or enlightened.

The soul-group journey is neither simple nor homogeneous. Souls who came in to this planetary system and entered the realms of consciousness associated with this region of the universe comprise our largest soul group: The Morning Stars. This group can then be divided into the subgroups we call “the generations,” containing souls who move through the natural cycles of Earth life together, and can then be further divided into the various nations, cultures, races, religions, and so on. Within these groups are the subgroups of souls which share similar philosophies, ideals, purposes, aspirations, and attitudes. From here the soul groups further divide into the many smaller groups of personal relationships: communities, families, businesses, teams, schools, and so on.

Soul groups create an affinity among their members not only by the cumulative experiences they share, but also through their *collective* memory of how life has been for them and what they mutually desire and detest. In a manner of speaking, such groups form a distinct *collective consciousness* and spirit, much like the souls who gave us “the spirit of ‘76” that led to the founding of the United States of America in 1776. This spirit reflected that soul group’s *mutual* hopes, attitudes, purposes, and memories. And as we all know from history, they had *differing* individual ideas about how best to form a new nation, but they were nevertheless in harmony on the *ideal!* Thus, they worked through their differences for the sake of the ideal: a nation that could allow for differences while maintaining a collective unity. They stated this in their declaration: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness.” And stated it again in the preamble to their constitution: “We the People of the

United States, in Order to form a more perfect union, establish Justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.” These words reflect a soul group’s collective consciousness that binds them into a distinct group while allowing for individual differences.

It is important to keep in mind that soul groups are neither rigid nor static. Any individual soul can use its free will to seek an experience with another group. There are many cases of souls changing political allegiance, race, or religion from one lifetime to another. Neither do the generations incarnate in strict, rigid patterns. A member of one generation may enter again with a different generation. For example, two members of a family group who were father and son in one life may change positions and become grandfather and grandson. They may also choose not to be in the same family. Thus, amid the predominant flow of the undercurrents of the collective there remains a degree of individual freedom.

Although soul groups are fairly well established and have significant pull on the individuals in them, they do *not* have greater influence than an individual soul’s free will. That is the great individualizing power given by the Creative Forces that conceived souls. Each soul has the inner power to determine its own way. It simply has to understand that its choices have reactions, consequences, and outcomes—its karma.

Generally, however, soul groups cycle in and out of the earth together and, therefore, at approximately the same time. (I am speaking in eras and ages, not days or years.) This is particularly evident in Edgar Cayce’s past-life “readings,” as they are called. Many of these past-life readings were for souls who fell into one of two major soul groups and naturally followed their group’s cycles of incarnating. Edgar Cayce and those who worked closely with him also traveled with one of these two groups. Gina Cerminara, author of one of the best books on Edgar Cayce’s past-life perspective, entitled *Many Mansions*, researched Cayce’s past-life readings and developed these lists.