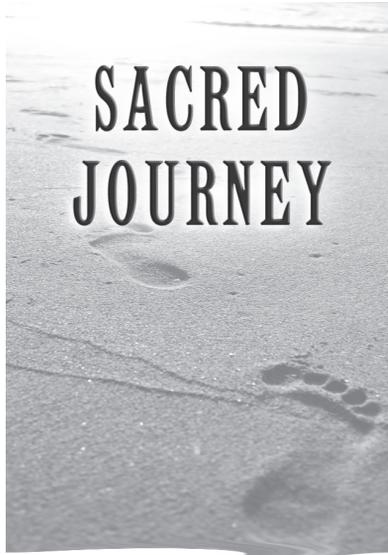


**SACRED  
JOURNEY**





**Edgar Cayce, the Bible,  
and the Path to  
Enlightenment**

**M.K. Welsch**



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*A Note to the Reader*

Edgar Cayce's readings are numbered to provide confidentiality. The first set of numbers refers to the individual or group for whom the reading was given. The second set of numbers refers to the number in the series from which the reading was taken. For example, 254-8 identifies the eighth reading that was given to the subject who was assigned #254. All Cayce quotes in this book are given as Gladys Davis typed them with the exception of words originally typed in all caps. Those have been written in italics using both upper and lower case letters as appropriate. When curly brackets appear around a word(s) in italics, they represent what the author has added to the quote for clarity. It is important to remember that the readings were given for individuals even though they carry a universality of content.

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The power of the word is limitless. It takes the stuff of your heart  
and gives it life, filling it with the timeless breath of heaven.

MKW



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## *Preface*



**E**very story has a beginning—the precipitating event that kick-starts the action into motion. This book is no exception. It began many years ago when I stumbled across the name Edgar Cayce and read about his life and extraordinary psychic readings during a time when I was searching for more meaning in my life. At first I was leery. Was this some kind of cult or religious scam perpetrated by a skillful con artist out to fool gullible people? I promised myself then that if I ever discovered anything in the work attributed to Cayce or the organization he founded—the Association for Research and Enlightenment—which didn't ring true or deviated from my highest and best sense of what was right, I would run away as fast as possible. I never did.

By the end of his lifetime, the renowned seer Edgar Cayce (1877–1945) had given more than 14,000 psychic readings on subjects ranging from the mundane to the mystical. A humble man with only an eighth-grade education, Cayce hailed from the small town of Hopkinsville in Christian County, Kentucky. Ever since he was a young child, this simple tobacco-country farm boy had demonstrated remarkable psychic abilities. Luckily

for young Edgar he was brought up in a loving family surrounded by people who accepted his prodigious gifts. Cayce always believed his unusual talents to be God-given and decided early on to make it his life's purpose to use those powers for the greater good of humankind.

That decision eventually led him to give psychic readings for thousands of individuals suffering from dis-ease of body, mind, and spirit. They had heard about his remarkable abilities, at first mostly by word of mouth, and approached him in person or by letter, asking for help. Even as the numbers of requests for readings increased and his reputation grew to the point where celebrities and highly placed public officials were seeking out his advice, Cayce made no claims to being someone the world should set apart as special. In fact, he believed that by holding onto the right ideal and making a sincere effort to develop their own gifts, everyone had the innate capacity to do what he did.

It is difficult to imagine the deep faith and personal commitment to service it must have required for Edgar Cayce to set aside the immediate circumstances of his life every day, twice a day, and to lie down on the couch in his office in order to give readings. (And near the end of his life, he was giving multiple readings per day to try to fill the thousands of requests for help from people with loved ones embroiled in the conflict of World War II. Overtaxing his body in this way would take a huge toll on his health, which eventually led to his death.) After lying down and putting aside his conscious mind, Cayce would enter into a semiconscious state, totally unaware of his physical surroundings and the people around him or the words he might utter in answer to their questions. This outgoing but gentle man had to trust that those present in the room conducting and transcribing the reading had his best interests at heart. He also had to hold fast to the conviction that whatever emerged from his unconscious state would do no harm but bless those individuals who needed it most.

Remarkable information came through this sleeping prophet during those daily sessions, including medical prescriptions and advice, information about the history of the human race since the beginning of time, and material on astrology, dreams, world events, planetary sojourns, previous lifetimes, religion, and philosophy to name several. In addition to some of the amazing events that transpired during the time Cayce was actually asleep, such as his proclivity for describing in detail the state of

health of people located thousands of miles away, what has always struck me about his body of work is its astonishing breadth and consistency. Taken together the 14,306 readings Edgar Cayce left behind present a formidable record of important but heretofore unknown information. Many decades after his death we have only begun to plumb its depths.

Edgar Cayce was a deeply religious man who read the entire Bible once for every year of his life and attended church regularly, yet many of the ideas articulated in his readings veer away sharply from mainstream religious beliefs. It's easy to overlook the fact that in the 1920s, '30s, and '40s, during the period when Cayce was most productive, topics such as reincarnation, meditation, and astrology were not widely acknowledged or discussed as they might be today. The taproot of the philosophy outlined in the readings is the Christian tradition as defined by the ideal of the Christ, but its branches spread across cultures, traditions, centuries, and the world. The readings paint a picture of history as the story of the movement of consciousness through space and time as human beings seek to fulfill the soul's deep longing to return to its Source, to God.

In the years since Edgar Cayce's passing, numbers of outstanding books and articles have been written expounding on the wealth of information compiled in the readings. And more than a few have served as guideposts on my own spiritual quest. My aim in adding to that library was to try to explain in laymen's terms Cayce's story of the soul and its passage through the earth as viewed through the lens of one particular soul: Jesus of Nazareth. In general, the mystical thread running through the Cayce material begins with Spirit, manifests in the multitudinous religious philosophies the world has embraced throughout history, reaches its apex with the appearance of the second Adam, Jesus, and will culminate one day in the expression of the risen Christ in each and every incarnated soul.

The approach this book takes is to synthesize information scattered among a cross section of the readings with select passages from the Bible, especially the New Testament, in order to highlight the congruity of the two messages. The significance of the Christ sits front and center in the Cayce philosophy, but it is difficult for most people to get their arms around the somewhat presumptuous notion that the man called Jesus really did lay out a pattern others could follow in order to do what he did—a pattern detailed in the most practical way by Edgar Cayce

who interpreted the Master's message for people living in the twentieth century and beyond. Despite the challenges posed in trying to decipher some of the convoluted syntax found in many of his readings, Edgar Cayce generally did not speak in platitudes. He was direct, solved real problems, and presented seekers with a clear plan of action for making spiritual progress.

My aim in integrating Jesus' parables and teachings with the wisdom culled from Edgar Cayce's unconscious mind was to merge the two records into a more cohesive whole. Seeing the ideas laid out side by side might help fill in some of the missing pieces of the puzzle about why the Prince of Peace came to earth and what he did while he was here. The Cayce information changes the picture of the Christ from an "idol" to be worshipped from afar into an ideal and presence within, and the Master soul, Jesus, to our elder brother and teacher who came to show us that we, too, have the ability to advance to the same level of spiritual understanding and expression he had achieved. My secondary objective was to try to unravel some of the symbolism coloring the Old and New Testaments, which supports this more inclusive description of Jesus' words and work. Hopefully the result will allow others, perhaps for the first time, to catch a glimpse of the greater purpose for humanity's sojourn in the earth and begin to understand its meaning to the destiny of the soul.

Since Edgar Cayce never attributed any of his achievements to himself, when I employ phrases such as "Cayce says" or "according to Cayce," I am referring to the words that came through him as he slept while tapping into the universal mind. I have placed quotation marks around those passages lifted directly from the readings as well as selections from the King James Version of the Bible. In other cases I paraphrase Cayce's words to try to help clarify their meaning while attempting as far as humanly possible to stay true to the original intent of the reading. The specific readings that appear in the book and references for segments quoted from the Bible remain with the text; citations drawn from secondary sources are listed in the footnotes.

I hope, dear reader, you will join me in fearlessly venturing into the uncharted territory of this sacred journey to find the God within.

M.K. Welsch  
August 2015

# Chapter 1

## *The Long Road Home*



For a man is a little lower than the angels, yet was made that he might become the companion of the Creative Forces; and thus was given—in the breath of life—the individual soul, the stamp of approval as it were of the Creator; with the ability to know itself to be itself, and to make itself, as one with the Creative Forces—*irrespective* of other influences. 1456-1

Every moment spent on earth has profound meaning. We are here to allow “the divine purpose of the universe to unfold.”<sup>1</sup> Human history is a tale told through countless iterations of the soul’s journey back to

---

<sup>1</sup>Eckhart Tolle, *The Power of Now* (Novato, CA: New World Library, 1999), 109.

God awareness—a record of the human race and its pilgrimage through the earth on a quest to find the Holy Grail of its God-self again. The time has come to remember who we really are. Consciousness is expanding, and each of us plays a vital role in its universal evolution.

Masters throughout the ages have pointed out the way back to the Godhead—the wellspring of our existence and true abode. The great teachers that were Shankara, Buddha, Lao Tze—and every other awakened individual able to directly experience the presence of God on this plane—have helped map out the route for this spiritual adventure, which began so long ago. So, too, did the work of a twentieth-century psychic and mystic named Edgar Cayce shed new light on the soul's tenure on earth by offering a more expansive and multifaceted view of humankind and its passage through time and space in the search for God. His legacy of more than 14,000 readings focused extensively on the journey of one particular soul, which more than any other, had discovered the way back to a state of paradisiacal harmony with its Creator and then chose to serve as the transparency by which others might experience that reality here and now. By fully reuniting with the central principle of the universe, this soul established the pattern for salvation and in the process literally became the law: Jesus of Nazareth.

For Christians especially, the movement back to God consciousness was demonstrated most powerfully by this one man whose life story has mesmerized and inspired billions of people around the globe. Jesus' unsurpassed mastery over sin and the downward pull of materiality had ordained him a *Christos* or Christ, the anointed one. And for twenty-one centuries his followers have venerated him as God itself. But the belief that he alone was divine corrupted the core truth this deliverer had come to reveal. God-with-us was the message the Son of Man had disclosed to the masses and proven with the miracles attributed to his ministry. Yet ever since his death and resurrection those who dreaded the impact this truth might have on the status quo have tried mightily to suppress his astounding revelation, burying it under the weight of thousands of years of theological constructs, religious iconography, and fear. But the good news Jesus preached has refused to die. The evidence of its vitality lies in the remarkable staying power of his words.

The New Testament narrative about an historical figure named Jesus of Nazareth is the tale of a soul who had reached the pinnacle of divine

awareness and entered into a state of being beyond the scope of mortal limitation and law. As such his extraordinary achievement and benediction speak to souls everywhere by calling on them to wake up and embrace their heritage as the sons and daughters of Spirit traversing this planet on a sacred journey homeward. Our elder brother became a Savior when he successfully completed his soul's mission of unveiling the truth of Immanuel to the human race. But the job had taken eons to complete. It would be a protracted struggle to attain the heights of a Christ able to release the lost souls estranged from their Maker from ignorance and the viselike grip of a material world. The effort had begun millions of years ago.

## Evolution of a Soul

**In the first cause, or principle, all is perfect. In the creation of soul, we find the portion may become a living soul and equal with the Creator. To reach that position, when separated, must pass through all stages of development, that it may be one with the Creator.**

900-10

The soul that became Jesus had trod the globe during many lifetimes under different guises before its final incarnation as the Nazarene rabbi. Like the rest of us, Jesus had stood center stage during these previous appearances in the earth, playing the starring role in his soul's evolution through time and space. His earliest incarnation is reported to have been as Amilius, a being who abided in spirit form in a place called Atlantis more than ten million years ago. Edgar Cayce explains: ". . . Individuals in the beginning were more of thought-forms than individual entities with personalities as seen in the present . . ." (364-10) Known as the first begotten of God, Amilius was also the first soul to become aware that the original divine plan for creation had somehow gone awry.

Before time as we count it now and the human body as it appears today, souls—unique aspects of the divine—manifested solely in spirit form. Fashioned to be companions with the Creator, these beings were the mirrors which allowed Spirit to reflect back to itself. But things began to diverge from the primordial plan and veer off track when the

wayward mind entered the picture and an “involution” of spirit into the material realm occurred. Souls originally spun off from the Godhead in spirit form slowed down their vibrational frequencies and began to play with matter, using thought and free will to create new worlds for themselves. It did not take long for these rookie “creators” to become enamored with their own formations and start yearning to experience material sensations. The desire to feel various sense impressions kept growing stronger until it led to a startling mistake. These nonmaterial beings of light, which until then had been completely unencumbered and free to move about the universe, pushed themselves into matter.

At first the situation appeared temporary and for a while spirits were able to enter and depart the physical realm as they pleased. Eventually, however, captivated by this new dimension and seeking greater and greater sensual pleasures, they became completely encased in physicality and no longer were able to leave at will to reside among the higher celestial vibrations. Souls were trapped. Worse, tantalized by the fascinating exercise of generating new creations in the province of lower and slower vibrations, they turned away from the light and grew increasingly distant from the transcendental force out of which they had emanated. As time passed, souls would completely forget their spiritual origins and begin to see themselves as totally separate beings confined by the boundaries of a physical form. And with that sense of limitation, selfishness entered the picture. Incorporeal souls whose true home was the boundless cosmos were stuck—spellbound—in the third dimension, cut off from the light by the inventions of their own minds. Such was the fall from grace of which so many spiritual traditions speak.

### ***Earthbound***



Myths from around the world recount the remnants of this prehuman era. Some of the mesmerized spirits were so intrigued with matter that they entered and occupied plants and animals, taking on the characteristics of those species. Strange creatures projecting tree limbs and leaves or possessing animal legs, hooves, fish scales, and furry skin now inhabited material form. Edgar Cayce indicates that universal

legends about mermaids, centaurs, satyrs and other exotic beings are the vestiges of this far distant past. The Bible also describes one group of entities intensely enmeshed in materiality as the sons and daughters of men or "Sons of Belial" who assumed a variety of forms, including as the Nephilim (giants) portrayed in the Old Testament. The readings refer to this particular group of souls as " . . . those that sought more the gratifying, the satisfying, the use of material things for self, *without* thought or consideration as to . . . the hardships in the experiences of others. Or, in other words, as we would term it today, they were without a standard of morality." (877-26)

All was not lost however, for the Father-Mother God desired to prepare a way out for the souls that had gone astray. " . . . For He hath not willed that any soul should perish, but hath prepared a way of escape," (262-84) assert the Cayce readings. Recognizing the dilemma the entangled spirits faced, the first begotten of the divine, Amilius, was moved to action. He and a group of souls not yet hopelessly locked into physicality determined they would provide a way to free other souls from their entrapment in matter. The law of limitation and self-aggrandizement characterized the Sons of Belial and their activities, but the souls Amilius led were different and offered a sharp contrast to the "fallen angels." His group comprised those who understood and followed the Law of One because they still could remember their spiritual origins and intimate relationship with the divine. Together Amilius and his cohorts made the decision to act as guides to help the wayward children reestablish a relationship with their Source. They would lead them back to the presence of God.

The task was not without peril, however. Even Amilius, whose original purpose in entering the earth plane was to help other souls remember their innate divinity, eventually succumbed to the attractions of a material world. According to Edgar Cayce, Amilius " . . . allowed himself to be led in the ways of selfishness . . ." (364-8) When all was said and done, this self-proclaimed leader and principal representative of the Law of One was going to have to find his way out too. Fortunately for the human race its prospective savior never strayed so far afield that he was not able to extricate himself. Despite myriad temptations to abandon the Herculean task, the first begotten of God continued working lifetime after lifetime—advancing in most but occasionally losing ground—to