...dedicated to those souls who accept the shame forced upon them. The truth shall set you free.

I expect several different reactions from readers. I got four from my family alone..."everyone already knows all that"..."you need to take medication"...(I'm gonna get Wade good this time)...and totally no reaction at all. No doubt there could be a dozen more reactions. There might even be this one...(hmm, l know what you are talking about).

I write to get a reaction. I don't care what reaction it is. I'll take note of every one of them. I would be perfectly satisfied with someone being willing to show me I am wrong. It is simply the reaction that matters. Our actions establish our identity. We can take the path of least resistance, and stroke our egos, giving ourselves a false impression of who we are. Or, we can walk the walk...without excuses.

I seek truth, admittedly one of my "issues"(#1). I seek to achieve goals, not caring so much about a targeted success, but to find out what sort of success it will be. Failure (issue #2) is inevitable, because I choose to stay who I am. Successes always seem to require a compromise of our identity. We pay a price to conform. A good friend said..."Life is a contradiction". I acknowledge that contradiction (#3). I tend to intimidate (#4) naturally, although I am gangly, have scoliosis, and a weak chin. I seem to get reactions.

No matter what I do in life, there will be a valid opinion that portrays me as a fool. In fact, I can mathematically demonstrate that I am. It took a long time, but once I finally felt comfortable with who I was, being a fool just didn't matter. That is who I am. I make fool look good (issue #5). A fool has higher priorities than seeking profit.

Who would proclaim that living through ideals, rather than serving ourselves, is a quality trait? We have ten times more incentive than necessary to control...or manufacture perceptions, and who would rather be who they really are? Who would expect to be judged on merit, and not to be given a chance to control the opinion? Who accepts difficult challenges with no profit, just because it is interesting? Who is willing to examine their own true individuality, with true being the key word? Who stands up for what they believe in? Obviously it is the insane...the fool...the condemned.

Insanity, as enforced by society, allows me the opportunity to say things a normal person cannot. I have the freedom to challenge a concept...until I am forced to take medication (yeah right). A medicated person is a good person...and they never say..."humanity is nothing more than a planetary infection with potential to be more". They never say "truth is discovered, not created".

I doubt that it is possible for us to have the same outlook on life at age 50 that we had at age 20. We learn as we grow, and hopefully growing is a large part of living. I'm talking about spiritual growth as well as physical growth. Things start out simple but quickly life transforms into something else. Hopefully, before this life is over we get a sense that it is simple once again.

I am going to show how life has meaning. There is a purpose for all of us, and although we are each unique, there is a common thread that connects us all. We will likely not find answers in obvious places although they will be in plain sight most of the time. Before we have answers, we first have to ask questions. Our first

obstacle is ourselves.

Anyone can be objective in theory. Anyone can let spirituality dominate their lives. Anyone can search for truth and understanding. But, it is rare in our society for these things to occur. Since we live our lives day by day, we focus on the physical world. Conforming to society and aligning with the majority have a positive effect on our success, while staying true to our beliefs gets increasingly less important. Being accepted is more important than truth. Trading identity for image is the American way.

We have infected our planet with humanity. The infection can only be slowed by Nature, and ultimately, the universe. Even if we transform into a responsible species we will still overpopulate the planet. That alone seals our fate. And since we have proven that we make selfish choices with little effort...and wise choices when we are forced into a corner, we have exhausted our options. We will find a way to avoid the corner.

In the future this planet will look as it did in the past. It will be beautiful, serene, and simple. By definition, humanity will fail. Nature will prevail. If we are simple, we will be part of the planet. If we are complex, then we aren't sure what we will be. That is the math of the universe. The equation will balance itself.

Insanity understands an equation which inspires a person to be objective. Insanity embraces the universe with open arms...ready to learn. Insanity has clear vision before, during, and after a decision is made. Insanity has a conscience and needs no excuses. Insanity accepts a quest. And it is insanity that removes the barriers built by the ego. Insanity is open and honest...vulnerable to the influence of truth.

Sanity must first consider all the options and alternatives...not as to effectively search for truth...but to soothe the ego. Sanity requires results...so the priorities get rearranged at will. And sanity rewards those who keep secrets...embrace group ideals...and wait for opportunity. It is the ability to stroke the social order of egos that leads to a sane life...history proves that. Sanity is a fortress that protects the ego.

I have read about the universe. I have read about the ego...our intuition...secrets to success in life...and the history of mankind. About UFOs, psychology, government, philosophies, and most aspects of science. About each religion and its leaders. I am left with this one question. Are we flawed as the result of society, or is it a part of the soul and we bring flaws to society?

## Truth

After having survived 50 years of living in America, I have formed a few personal opinions on matters I consider important. The things that we each find important define who we are, providing us with our individuality. As our lives reach a pinnacle there is a good chance that our priorities have changed or will change. We begin to sense that life has meaning...a tangible concept if we can tell truth from fiction.

If there was no limit to human knowledge...if we knew everything...all about the universe and different dimensions...about our souls, angels, and God...the past and future of mankind...and how dinosaurs managed to exist for millions of years with so many poop mountains stinking up the place. If we knew everything, we would also know the true meaning of life. From my perspective it concerns the search for truth.

In order to understand truth we need a perspective that relates to more than just the physical world. Truth is a reality in the universe. Reality is a state of balance among many opposing forces. If it was unbalanced then the reality would be something else. So, the universe is an equation...containing many diverse components which balance each other to form the result. Our planet is a part of this balanced equation.

From a universal perspective, truth is a constant reality that balances the equation. It is simple and cannot be adjusted to taste. From the human perspective, truth varies from person to person. It is virtually impossible for a group of people to agree on much. In being human, we bring subjectivity into the equation. So it may be possible that truth is a rare commodity in human society.

So, to find truth we need to have a spiritual power. In the physical world, which offers us distractions and illusions, truth is fleeting. In addition, we may not be inclined to seek truth. Without some physical proof that we have spiritual needs that take priority, then we may choose to live only in the physical world. With faith we can be more spiritual, but it may well be misdirected. We either need more than faith or we all need to be born with a similar type of faith.

Had we a weapon which could force people to only see truth...just by touching that weapon, we would control the world. Truth destroys illusions...if we have no choice but to witness truth. When we are forced to see who we really are, then we would likely be faced with internal suffering. Some ancient religions recognize that life without suffering has little meaning.

If we knew for a fact that our souls are reincarnated, then maybe we can find a way to all be a spiritual match. I think it is more likely that what mankind needs in order to succeed is a tool. Probably a tool we already have available to us. If truth was available to us, then with the answers provided, mankind could solve problems and make progress. The tool we need is to be able to communicate with the spiritual realm...with God.

I think that life does have meaning, although we may be disappointed in how insignificant it could turn out to be. In the long run, truth is the most important thing. It is what we leave behind after we have completed a life. Upon death, it certainly appears that things will change for each of us. Our lives will be something we can look back on from a new perspective. It appears that no matter what happens after death, it will be more spiritual and less physical...don't you think?

As I delve into philosophy and idealism, I will try to balance it with some reality. Consider this my book report on my life and what I have learned. It may not be much, but this is the culmination of my search for truth. I think that as we live each day in the physical world, we have an opportunity to embrace the spiritual world. In fact, I think we have the ability to connect to the spiritual world. I will try to illustrate my concept on why we are here and why we are all much more than we seem to be.

## The Universe

For obvious reasons man has always been fascinated by the mysteries of the universe. Throughout history philosophers have been inspired by the stars to search for truth. Looking to the heavens gives us a sense of being more than who we are. We can almost feel the immense energy of all the forces that combine to keep the stars on course.

My theory on the universe is based on some facts combined with a stretch of faith. I like to call it common sense...the most important human trait. If we pay

attention to our personality traits, we can isolate a behavioral theme to our individuality. How we perceive and react to information is our perception on life...our common sense. To define it, it is the ability to process information that does not fit perfectly into any certain category. Abstract reasoning if you will.

I believe that our common sense is one of the closest links to our souls. It may well be an indicator of where we are in our spiritual goals. Judging right from wrong is the most obvious use of common sense. If computers and robots are our future, then common sense will be something that will always set humans apart. I think that for a computer to have common sense it would need a soul. If we can put a soul into a computer then we will have created life.

The dominating force in the universe is magnetism/gravity, or a similar unknown force...or several similar forces. I assume that it is a complex balance in the relationship of particles of matter that occupy a dimensional vacuum. The particles may form tiny objects or huge planets or stars, and they pull on each other. With very large objects, these pulling forces are so strong that they create a vacuum.

There are more stars in the universe than there are grains of sand on every beach on Earth. Each one is a huge mass which generates great forces. Forces hold the star together, as well as provide stability against the pull from other stars. The vastness of the universe, combined with the quantity of stars, provide us with a great mystery.

Even with the vastness of space we have stability among the various objects in the vacuum. Galaxies vary in their stability, but overall, there is enough of a balance that we can exist. Stable enough that we can see a relationship between time and space. It is reasonable to assume that forces such as magnetism are all around us, in varying strengths from multiple sources. In fact, without magnetism nothing would exist as it does.

On Earth we can see three basic dimensions in our physical world. I think there is also a different type of dimension. Matter is composed of tiny particles...atoms. They are invisible to the naked eye, and can be considered a smaller dimension. Atoms themselves are made from smaller particles which may be another dimension. So, the atoms might be a smaller solar system and a kitchen table might be a galaxy. In turn, Earth may be a particle and our universe may be a molecule in a table. Theoretically science may see 4 dimensions here.

Even if this theory is inaccurate, there are still powerful forces keeping atoms and subparticles, as well as planets and stars, stable as they relate to each other. It is quite reasonable to accept a theory like this as a workable tool to find answers to the mysteries of the universe. Our quest is truth, and we need to have imaginations to find equations that make sense. Yes, we need our most important human skill...common sense.

To accomplish a goal, we need inspiration. We can go our entire lives and never care about the mysteries of the heavens. I was never inclined to study the stars and I never had a desire to know why they were in the sky. I did wonder about God, but all I knew was based on my life experiences. I was more interested in the physical world. Maybe if we are struggling with daily life then the spirit takes a back seat.

Would truth be inspiring? Answers to your questions? I think truth and answers have always been available to us. To understand why people don't care about truth, maybe we should define life in America. We need to take a look at ourselves. Or, is the truth unbearable? What would you think if you knew that a man communicated with the spiritual side several times a day for 40 years and it was publicly witnessed and

documented. And this man lived in America in the 20th century.

Edgar Cayce

Edgar Cayce (pronounced, Kay-see) is arguably the most important man of the 20th century. He did more than make the world a little better. He gave us documented proof that we have a spiritual world that is just as tangible as the physical world. We've just lost the ability...or right...to see it. We only see what is directly in front of us, and then our perspective is altered by illusions. It is called psychology.

Cayce said we have three levels of consciousness:

The conscious mind is where we feel and think. This is where most of us "exist". We are able to ignore the remainder of our consciousness if we choose, but most often we are unconsciously influenced by them.

The subconscious is where unconscious or semiconsciousness exists, such as fear and doubt. This is where the soul exists in us. We don't access this part of the mind easily, if at all. It has a way to access us.

The superconscious is where our souls exist in a collective entity. If we could connect with our superconscious mind, we would have direct access to truth. This is the most expansive portion of our minds, and is also the place we never go. The ability to connect with this consciousness would answer all of our questions. We don't have this skill. Yet, Edgar Cayce went to this place every day for 40 years.

Sigmund Freud had his version of the consciousness...the ego, super ego, and id. He said we lived through our ego, which is our daily variety of choices. That explains very well how potentially flawed we can be. We have the free will to make the choice, or avoid any choice at all, and we do it through our ego...which is our natural tendency to delude ourselves. In making choices, the path of least resistance is our default choice. And if we refuse to consciously consider the choice, the default takes over.

The super ego is where our morality lies. Our conscience along with our sense of right and wrong are underlying "themes" which influence the ego, and can be powerful or weak. With the proper balance among the two egos, we are stronger to defend against the negative control of the id. Our environment, physical and psychological, can affect that balance. While many people consider "common sense" to be simple and common, I consider it to be a display of our super ego...or our subconscious. Common sense can be quite uncommon.

The id is the counterpart of the super ego. It is where our soul overrides our two egos, and is selfish and egocentric. The id also controls the ego, but is not a conscious decision. It is a trend or tendency that always repeats itself unless there is a commitment of both egos to control it. Addictions and impulses are more apparent when the super ego is weak. Serial killers are periodically controled by their id, as are chain smokers.

Cayce's version of conscousness came from a unique source of knowledge, while Freud's came from research and hypothetical thinking. They both are simlar, but Cayce's version presents an extra variable...the soul. It has the ability to combine science and religion and even form an equation that defines life. Plus, it paints a picture that is clear and precise as opposed to offering a general concept. In studying both Cayce and Freud, we have a better understanding of each.

Cayce gave thousands of psychic readings to different people by tapping into his superconscious mind. His ability was documented and recorded each time he used it,

and has been witnessed and verified by prominent Americans throughout his life...even former Presidents and their bosses...the billionaires. He was mostly known as a healer with great results, using technical knowledge that he does not possess himself...healing people on a daily basis using mostly home remedies. His healing was the result of diagnosing and eliminating the cause of the problem, as opposed to modern medicine...treating the symptoms and investigating the cause.

Evidently, while in trance, he was able to connect to the spritual realm (similar to a near-death experience). Other souls could speak through him, and he was able to access the "Book of Life" (akashic record). It shows that we have this ability inside our superconscious minds. Cayce said that we all could do the same thing. We are truly spiritual beings, temporarily living in a physical world.

While Cayce was in trance, he was basically asleep, while his superconscious mind was going down the path of light that we encounter after we are dead. He had access to other souls as well as all the knowledge of man throughout all of man's history. He never did any of his readings alone. They were always documented by several people, which sometimes included doctors, scientists, skeptics, or celebrities.

There was no limit to the content of the questions, although in the beginning for many years, they were always medical or health related. In the last few decades of his life, Cayce was asked questions about all knowledge. Thomas Edison was one of the subjects, and some of his inventions were in part caused by Cayce. The Rockefeller fortune is said to be, in part, due to Cayce.

I have read much of Cayce's readings and they are full of elaborate technical information that few men could possibly recollect at that time. Cayce was a modest uneducated man, and had no manner by which he could have provided effective healing of the body. By the end of his life, he had healed thousands of people, as well as influenced just about all forms of science and history.

In his readings, Cayce described everything that concerns man...life as well as death. Through his readings, we now know how mankind started and where we go when we die. We know that the Bible is almost all fact, although it has been modified to "taste" by man many times. We know the truth about the meaning of life, although his readings suggested no urgency in our quest for that meaning.

This is a quote from Cayce while he was giving a lecture in 1933...not in his tranced state. He was asked about the source of his readings:

"The experience has come eight or ten times while giving life readings for individuals. I remember nothing of the reading, but have a very vivid impression of the following."

"I knew my spirit, mind, or soul was separated from my body and that it was seeking information for another. I passed into outer darkness, so dark that it actually hurt-yet there was a stream of light that I knew I must follow, and nothing on either side of the light must detract from my purpose to receive for that other what it was seeking in the way of aid for itself."

"As I passed along the line of light I became conscious of forms of movement crowding toward the light. Coming to the next plane, I realized that the forms of movement or figures were taking shape as humans...rather the exaggeration of human desires. Passing a little farther, these forms were gradually lost; still I had the consciousness that they were seeking the light-or more light. Then the figures gradually took form, continually coming toward the light."

"Finally I passed through a place where individuals appeared much as they do todaymen and women-but satisfied with their position [rather than crowding toward the

light]. The number of individuals in this state of satisfaction continued to grow, and then there were homes and cities where they were content to continue as they were."

"Still following the light, which grew stronger and stronger, I heard music in the beyond. Then there came a space where all was springtime-all was a-blossom, all was summer. Some were happy, some desired to remain, but many were pressing on and on to the place where there might be greater understanding, more light, more to be gained. Then I reached a place where I was seeking the records of the lives of people that lived in the earth."

"Don't ever think that your life isn't written in the Book of Life! I found it! I have seen it! It is being written; YOU are the writer!"

Cayce said in his readings (under trance) that most of his information came from that book of life (akashic record), which is a record of everything our souls experience in physical form. While some information came from other souls directly, most came from the shared knowledge among the entity which is the entirety of all souls.

His life gives us the most important discovery as it relates to mankind. A bit more important than going to the moon wouldn't you say? Yet, illusions are what we dwell on. What would happen if we all woke up tomorrow and expressed ourselves in a totally honest manner. Society as we know it would fall apart. I suggest that our future as a species, as it relates to Earth as we know it, includes the ability to discover actual truth. There's that word again.

Edgar Cayce (1877-1945) was born on a farm in Kentucky. He only had a seventh grade education, which was not unusual for a child living on a farm. He was a deeply religious man throughout his life, and read the entire Bible when he was a child, as well as read it over and over again. Throughout his adult life, Cayce taught Sunday school.

When he was 21, he lost his voice. Doctors were unable to find the cause. During that time, he saw a stage performance of a hypnotist. He volunteered to be put into a trance, and while under hypnosis, he could speak. When he was brought back, he again lost his voice.

When Cayce was told that he had been speaking, he went to a local hypnotist, Al Layne. He asked to be put into a trance and had the man ask him questions related to his problem. While under hypnosis, Cayce not only spoke, but also gave a diagnosis and remedy for his condition. He later restored his voice after the medication and therapy improved an existing circulatory problem.

Layne was impressed with the results, so he suggested that Cayce try to do it again...but this time with Layne's stomach problems. While under a hypnotic trance, he was able to suggest treatment which solved the ten year old health problem. Local doctors found out about Cayce's ability and wanted to test it themselves. They had him try his hypnosis session for their patients, and soon learned that not only could he diagnose and remedy health problems, but he could do it with only the patient's name and address given. They were astonished with the accuracy and results.

One doctor submitted reports to a research facility in Boston. In 1910, the New York Times published a two page article on Cayce, which caused him to become a phenomenon...the "sleeping profit". Cayce started giving "readings" under trance to people all over the country. He gave readings to thousands of people, including President Woodrow Wilson and other famous people.

All of Cayce's readings were performed using a set routine. He would make sure he was comfortable and lying down, and fold his hands on his chest. After some deep breathing, his eyelids would flutter. This indicated that he was ready for questions. If the timing was incorrect, he would continue into a deep sleep. If done correctly, he would begin to respond verbally. His readings started by locating the patient's body in his mind. He would "scan" that body and talk about the condition of it. He would then say that he was ready for questions. When he was done, he would say "we are through for the moment" and the "conductor" of the session (usually his wife Gertrude) would bring him out of the trance.

Cayce had no recollection of any of his readings. That is why every word was written down during each session. A stenographer would record everything, and occasionally Cayce would correct the spelling or grammar while in trance. It was as if he was aware of everything while in the trance. Each individual who had a reading was assigned a number for the records, so the names were kept private. The number associated with Cayce himself was 294. His first reading of his voice condition was 294-1, and each subsequent reading of himself was numbered 294-2, 294-3 and so on.

Eventually, Cayce was asked questions that were not health related. When he died, he left behind 14,306 documented stenographic records for over 6000 people, consisting of 49,135 pages. Cayce never charged for his readings...his meager income came as a professional photographer as well as from donations. He was an avid gardener, fisherman, and carpenter.

Many of the Cayce readings discuss the past and future. There was a time when certain people got rich from his predictions of the stock market, horse races, and political outcomes. It seems that anytime his readings were used for profit, Cayce became ill. After that, he only answered questions from his wife, which were mostly medical in nature. But he did explain the complete past of mankind, and our future.

The Edgar Cayce material provides a number of fascinating glimpses into epochs of human history. For many individuals, perhaps two of the most notable periods discussed by the Cayce readings are those which deal with the ancient civilizations of Atlantis and Egypt.

From an online article on Cayce:

["Hundreds of readings discuss the lost continent of Atlantis - a civilization which was one of the most advanced that the world would ever know. According to the readings, records of this society exist to this day in Egypt, the Yucatan, and near Bimini. In fact, the readings considered the Bimini Islands the remnant of a mountain range from this once-massive continent.

From Cayce's perspective, much of modern-day technology is simply the rediscovering of knowledge and information possessed by the Atlantean culture. Yet, although the Atlanteans were advanced technologically, many of the people lost their sense of purpose by becoming too attached to power and the material world. In time, this once spiritual populace became fractured into two distinct groups: the Children of the Law of One and the Sons of Belial. Those of the Law of One carried on the spiritual tradition of their ancestors, while the Sons of Belial became engrossed with satisfying their physical appetites and desires. This split would eventually lead to the continent's downfall and eventual destruction.

Essentially, by focusing upon materiality and ignoring their true spiritual nature, the people brought upon themselves a series of three cataclysms. The first, about 50,000 B.C., destroyed their major power source. The second, about 28,500 B.C., caused the continent to break into three smaller islands: Poseidia, Og, and Aryan. The third and final destruction – which is the one mentioned by Plato – occured

about 10,500 B.C. and caused the three islands to sink, forcing those who survived to migrate to other parts of the world.

In fact, prior to the final destruction of Atlantis, many of the Atlanteans migrated to Egypt and were absorbed into a culture that reached its height of glory at about the same time as the third Atlantean cataclysm. Under the direction of a High Priest named Ra Ta, Egypt began to lead the world in social programs aimed at equality, personal transformation, and moral responsibility to others. Eventually, the Egyptian civilization was considered unsurpassed in the scientific history of the world and given credit for introducing the world to writing, medical science, irrigation, architecture, and nationalism.

Cayce stated that records of this once glorious civilization would one day be discovered in Egypt. In addition, the readings suggest that between 1958 and 1998 the world would again be presented with many of the same opportunities and challenges that faced the Atlanteans, eventually requiring humankind to remember its true spiritual nature as we head toward a new millennium of peace and hope." ]

Many of the important archaeological sites on Earth are under water. The destruction of our ancestors resulted in geographical changes. Cayce said that we will discover Atlantis, plus find chambers in 3 locations that contain an immense collection of Atlantean records. One is located under the paw of the Sphinx in Egypt. We have located this chamber using advanced sonar, but the Egyptian government has not yet allowed it to be excavated. Another is under water in the Caribbean, while another is under a Mayan temple in the Yucatan.

According to Cayce's readings, mankind began more than 10 million years ago when souls accessed primitive life forms with limited consciousness. They gradually started entering various animal life forms until they found early primates. Some were tiny "midgets", while others were giants which were 10-12 feet tall. At the time of these readings (1930's), these concepts were very abstract and unbelievable. In the last decade, science has discovered remains that verify the existence of these primitive primates.

Cayce said that 210,000 years ago the primates became more human in form...becoming what we recognize as early man. About 100,000 years ago the modern form of man had evolved (homo sapiens). Science has now verified this date as the beginning of modern man. The first destruction of Atlantis was 50,000 years ago, and that is when modern man relocated to other parts of the world. Science has also verified this recently.

The five races began at that time. The red race was in Atlantis, white in the Caucasus and Carpathian mountains, yellow in Mongolia, brown in the Andes mountains, and black in Africa. Modern science involving DNA has proven the history of the races to coincide with the events Cayce described, and the regional origins...as well as how they were all evolved from the same beginning.

In fact, Cayce's readings have been substantiated by science even after they were first disproven by it. Science is only as accurate as our abilities dictate, and we continuously change our scientific minds when new evidence is found. Truth is a constant in the spiritual world, the universe, and in Nature. In the physical world we wander around humanly, not knowing exactly what truth is.

The fact that Cayce was able to connect with the spiritual world gives us insight into who we are and why we are here. His readings constitute the most important glimpse into the spirituality of mankind. They provide the evidence needed for man to make the leap from being potentially spiritual to becoming truly spiritual. In being human, we need more than inspiration from our peers to maintain faith, we need evidence provided from the spiritual realm.

Spiritualism is a religion based on this principle...that we can communicate with the spiritual world. Some people believe that there is enough evidence to support the idea that mankind is a spiritual being living in a physical world. In his readings, Cayce said that we are not physical beings with souls, but spiritual beings who incarnate into the physical world. Finding a way to connect with our superconscious mind is the key to becoming complete.

One thing I discovered while studying Cayce's readings is that much of the Bible is recognized as truth. I found that quite important, because I turned away from the Bible when I was disallowed the right to believe in reincarnation. In his readings, Cayce's history of man (actually, his definition of man) is based on reincarnation. In Cayce's lifetime, he was very religious and reincarnation was a reality that he did not accept freely. With Cayce's life work, not only is reincarnation a fact, it is the foundation for "the meaning of life".

Another interesting Cayce insight: Duality and the human body

When man was created, there were several logistical problems in converting spiritual beings into physical. One is that souls are united as a whole in the spiritual realm. The act of individualization was necessary to be physical beings. A lonely situation is created, and souls have a difficult time with this. Souls are isolated from the oneness that they had known in the "collective mind".

As it is recorded in Genesis, the Creator helped the yound minds coming into this world to divide their yin and yang qualities into male and female bodies. To become whole in self, these two bodies need to unite in order to provide the companionship necessary. There was a process by which souls evolved into the totally separate forms. This process took over 100,000 years, and even now, there are logistical problems. Is this love?

Through the akashic record, our lives leave karmic remains from each life that usually embodies itself in a newly incarnated body. This can be a positive or a negative aspect, depending on the life we live and karmic "residue". Freud would say that the id is this residue, and is commonly a negative dominant trait. Cayce would say that life is much more precious and creative. In my studies it would seem that the great mystery of life is simply a generation gap between the harsh reality of the physical world and the philosophical potential of the spiritual world.

## Heaven

From the many insights provided by Edgar Cayce and his near death experiences, we have a glimpse into the actual existence of Heaven and Hell. Although he did not have conscious recollections of the content of his trance readings, he did, on a few occasions, recall the experience of entering the spiritual realm.

Once we leave our bodies in the form of a soul, we enter an extreme darkness. So dark that it dominates every sense of understanding that we have. There is a stream of light that creates a path for us to follow. Apparently not all souls follow that path. Some remain in the darkness attempting to retain their physical forms in the physical world. Some are not able to find the stream of light and focus on it. Others struggle to reach for it and for some reason are unable to follow it.

Once we are able to follow the stream of light, we then encounter more distractions. The flaws of our souls...the selfish desires...somehow make it more difficult to stay on the path. We are tempted to stop our quest for light and take the easy path toward our egos, which apparently are the impurities of the soul. Some force makes it impossible to proceed towards a harmonious realm, so some souls are stuck here attempting to reach the light.

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