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YOUR PSYCHIC FACULTIES Selections from the Edgar Cayce Readings

Definition

"Psychic means of the Spirit or Soul. . . in the broader sense meaning spirit, soul, or the imagination of the mind, when attuned to the various phases of either of these two portions of the entity. The phenomena of psychic forces are as material as the forces (of nature) that become visible to the material plane. Psychic means that of the mind presenting the soul and spirit entity as manifested in the individual mind. Psychic means the expression to the material world of the latent, or hidden senses of the soul and spirit forces whether manifested from behind, or in and through, the material plane,

"Psychic, then, is of the soul, operating through faculties of perception, whether hearing, seeing, feeling, or any portion of the sensory system; and those divisions of the physical organism acting as the basic, i.e., the brain and glands which function with conceptive, constructive and destructive thought, dependent upon that they were fed. It is similar to the trained physical body that may be raised to such power as to meet any antagonist, yet allowed to become unstable - through associations or derangements of the physical body by abusing these laws that govern particular portions of the system - is easily defeated, and loses that for which it has trained. In psychic forces we find the sum conscious mental forces as a means, or manner of expression. The subconscious, we know, partakes of both that which is a physical dormant consciousness and of the spiritual or that upon which the body has fed through its activity in a material plane, and is a portion then of soul of the entity." (3744)

"The mental body, the soul body and the physical body are but shadow of the Triune; for, the body physical is a man, the body mental is as the Saviour of man. For is through the application of the mental influences that we would control, we would build, that which finds expression in the physical in the soul. The soul-body is of the Creator, for the soul is man in the image of the Creator. It made to be a companion (with the Creator) in spirit, or in the unseen world from which the soul or spirit that quickens and gives life to physical body, passes as it leaves the physical for its sojourn in the realm that has been prepared, or is created by the activities of the mental body through any experience in this material plane. That the physical is a house which is the home during the sojourn of the soul in the material world must be evidenced to everyone who thinks about it. What one does to or with the opportunities that are presented it in its varied experiences, in associations one with another is but giving expression of those things that are lost to each soul, each mind, each body in its passage through experience in the earth. As these are used in

their relations one to another by an individual in his activities with his fellow man, so does the individual show his concept, his awareness of his relationship with his Maker. For, 'As you do it unto these, the least of my little ones, you do it to me'."

At this point it might be well to remember that the change called death does not free an entity from the material plane. Life continues in a body composed of matter of a finer structure. While laws that applied to the dense material body no longer are governing factors we can not say that the entity has thrown off *all* material laws, for just as the laws of gases differ from the laws of solids, so the laws pertaining to the new material shell (the so called astral) differ from those of the physical body. Much confusion and misunderstanding could be avoided if this concept were kept in mind. If a friend were to write us from a distant country, describing the beauties and opportunities to be found there, we would be most foolish to undertake a journey there without first carefully preparing for our departure and properly closing up our affairs. Just so in the consideration of our spiritual development, let us take one step at a time completing each task before us to the best of our ability that we may be well prepared for the next.

In consideration of the full meaning of psychic, let us understand that, while it pertains to the soul, concerns an activity of the soul in relation to any factor in the physical, spiritual development depends upon the application of such activities in accord with universal laws. Let us be thorough and constantly consistent with the best that we know.

Purpose of Development

The question naturally arise "Why should one develop psychic faculties?" The answer is given in a reading by other questions. "Would one be on speaking terms with the cosmic forces, with those influences that magnify the spiritual life? If individuals saw the visions that were experienced by the men of old who walked close with God, they would be called extremists (as a mild terms) and devils. The soul is that which is to be made one with the Creator, through experience and application of that knowledge and understanding respecting the laws of the Cosmic or God-Force in a material plane.

What the soul, the individual does respecting such laws, such activities, makes for that preparedness within the inner self for the companionship with those celestial influences that make for the directing and the associations of ideas and of conditions in the real of whatever activity in which the entity finds itself. And, the choice also makes for the realm of activity in which are those things and conditions upon which every soul's development must depend, For, will and choice are the gifts to the soul. . . that it may make of itself that which may be in closer relationships with the spirit of truth, of life of light, of understanding. In whatever realm of activity the soul's relationships are found, the soul is subject to the environs, the laws, the relationships of that realm.

What the soul, the mind, the mental faculties, the intellect, do respecting that known and are able to apply in their experiences respecting the soul's development or laws of the creative forces or energies called God, in whatever realm governs whether there is produced in self and in the soul that harmony, peace, understanding, that makes for a contentment in any realm; not satisfied, no, but using. . . and with the abilities to use that in hand day by day, that here a little, there a little, line upon line, precept upon precept, there may be added unto self that

which will bring more and more awareness of that soul's development for the purpose for which it came into this special realm of activity at this time. Enter often into closer communion with Him, for He has promised to meet those there that seek in the inner recesses of the heart for the voice of thy leader, thy saviour, thy God. . . So let the inner self direct thee.

"For, in the earth the body is the temple of the living soul. And here in the temple may one meet with one's Maker and thus become aware of His consciousness dwelling within, and of self being. . . through the knowledge of self, physically and mentally . . . in accord with those purposes for the fulfilling of those activities He would bring in the experience.

"Knowledge of all universal force that may be obtained through psychic force is that of man's individual condition to be dealt with. All force that may be obtained from such sources, and not used as self aggrandizement or for selfish purposes of physical attributes, but may be, should be, used and given to the world. Understanding of all laws should be sought. Then we would give, any condition that may be met through such knowledge without the advantage taken of another individual, through his lack of knowledge of such law, should be used. The use of psychic force by any individual, is only the using of that spiritual law that makes one free, but not free to take advantage, no more than God takes advantage of the knowledge of man's weaknesses to use them as means of destructive forces. Through man, all law to the physical plane or material plane as made manifest, but the manifestation is of the compliance as made with the law. The knowledge of such gained through psychic force can not be abused without receiving the same conditions under which this puts such a condition upon the individual,"

From the above it can be seen that the purpose of the development of psychic faculties should be that the individual comes to a greater realization of the God force within. It is evident that the manifestation of psychic faculties is an indication of previous soul development. Unfortunately it is not always true that faculties are properly used for the benefit of mankind. Where this is true there is a great retardment of soul development, for misused talents bring greater destruction to self and others. It is true that the higher the position the greater the fall. Soul development should be the aim of all activity based on consistent application of the known universal laws. As that known is used greater understanding will come.

Mental Attitude

"The mind of man is divided into the conscious (physical conscious), the sub or under conscious (unconscious conscious), and the super or soul conscious. . . For, each soul must seek for its own development to the consciousness of being in accord with, and one with, that which is creative in its elemental as positive forces in its experience. Hence, whether in life as manifested in a material place or whether in the inter-between, that which has been and is the impelling influence for the consciousness of the individual is the determining influence in that reaction which that individual soul (that is a portion of the Whole) is to become, whether it is to be one with or separate . from its creative influences in its experience. All souls must come to the knowledge and consciousness of their oneness with their individuality; yes, their consciousness of being one with the influence that makes for growth to that they worship in their inner selves.

"Each soul should ever seek and be directed to be under the protection of the Christ Consciousness in its seeking for information, or for guidance in seeking for same; and ever be surrounded by that Consciousness.

"Humble thine self before Him. Let meekness, let long-suffering, let gentleness and kindness, let these things that bring forth fruits of the spirit guide thee. Thou art His, and He is thine, will thou but claim Him as thy guide.

"Much depends upon what ye seek. If ye seek a lie, then the sources must be those from which there come that which will gratify thine own self. If ye seek to know the truth, then seek only through those channels or from those sources that may bring thee to the knowledge, to the understandings that those promises are those that have ever been to man: "If ye will be my people, I will be your God." And, 'I will not leave thee alone, I will come to thee. . . if ye seek me.' But if ye seek for the gratifying of thine own self alone, or how thou may take advantage of thine brother, then know the Spirit of Truth departs from thee. Through whatever channel ye may seek, be sincere with thyself. If ye would have that which is the manifestation of the Spirit of the Father through any channel, be sincere with thyself; for like begets like. The Spirit of Truth is nigh unto thee; not who will ascend to bring him down or to bring him over the sea, but seek him in thine own heart; for thy soul is the image of thy Father. . . and as ye seek in truth, as ye seek in sincerity, so, will it be opened unto thee. Today—if ye will hear His voice.

"What seek ye? Why seek ye? As ye seek, ye shall find. As ye knock, it shall be opened unto thee: for He is in thine own heart, if ye will but seek to know Him.

"Then the source is from on High, if the seeking is from the soul within. If the seeking is from the carnal forces of the earth influence in thine self, that thou hast hated thy brother and begrudged that which may make for the lauding of thine own self - what be the fruits? To bring sorrows sickness, yea, even death; for ye have forsaken His ways, ye seek after other gods and they have beckoned His children and they have wandered astray. What do you seek? The Spirit of Truth, or that thou may justify thyself in thine own carnal eye? Each may be found. Yea, the way is broad. . . and many there be that wander therein, but ye that love the light, ye that would find a helping hand, give a helping hand to thy brother; and as ye give, so shall it be measured to thee in that thou seeks in thine inner self. For there the Spirit of Truth may indeed only—to thee— first be found.

"Know in whom, in what thou believes. If the desire of the heart, the soul of self is constructive in thine own consciousness, then that thou receives in thine own consciousness, may not come save from that sphere, that soul, that may—too— be constructive in its progress through that journey that is before each soul in its activity in eternity in which each soul finds itself in a physical, a mental consciousness."

Before concluding this section, let us turn to the readings for an example of a mental attitude that will illustrate the general theory propounded above. The following question and answer furnish, I believe, just what we need. (705-2)

Q- "To bring a desired thing or condition into manifestation is it advisable to visualize it by making a picture or just to hold the idea in prayer and let God produce it in His own way without our making a picture?"

A- "The pattern is given thee in the mount. The mount is within thine inner self. To visualize by picturing is to become idol worshipers. Is this pleasing with thy

conception of thy God that has given, 'Have no other gods before me'? The God is self, the God of the universe, then meet thee in thine inner self. Be patient, and leave it with Him. He knows what thou hast need of before ye ask. Visualizing is telling Him how it must look when you have received it. Is that thy conception of an All-Wise, All-Merciful Creator? Then let rather thy service ever be 'Not my Will, O God, but Thine be done in me, through me.' For all is His. Then, think like it - and, most of all, act like it." (705-2)

First Steps in Development

Information received in psychic readings through Edgar Cayce does not advocate some simple formula, a patented course of instruction, a system that will bring magic results. Those who seek an easy way, predigested spiritual food, or an escape from themselves had best seek elsewhere. True spiritual enlightenment does not come quickly to an entity who has not prepared himself, for one's own conceit and ignorance will act as a barrier. The following selections from readings state clearly the principles upon which the Association bases its studies and recommendations for development.

"So live in body, in mind, that self may be a channel through which the Creative Forces may run. How is the current of life (electricity) used by modern science in the commercial world? By preparing a channel through which it may run into, or through that necessary for use in material things. So with the body mentally, physically, spiritually, so make the body, the mind, the spiritual influences, a channel—and the natural consequence will be the manifestation.

'What shall I read? Wherewithal shall I be clothed? Where shall I dwell? What shall I eat? and the like become the questions of many. *He that takes thought of such things has already limited the powers that influence through those forces in life.* The natural things, as known and given, are the things that make for the better physical body in normal activity. Normalcy, not extreme in any manner! And there will be shown thee day by day that which will be necessary for thine own development; to some certain amounts of exercise, certain amounts of various characters of breathing, of purification, of prayer, of reading - as is found necessary. But most of all be true to that thou promises that source from which all health, all aid, must come! Don't fool yourself; for you cannot fool your Maker, and if there is fooling it is yourself—for your brother will soon find you out!" (705-2)

"Study thyself. That of the spirit is the spark, or portion of the Divine that is in every entity, whether complete or of the evolution to that completeness. The study from the human standpoint, of subconscious, subliminal, psychic, soul forces. is and should be the great study for the human family, for through self man will understand his Maker when he understands his relation to his Maker, and he will only understand that through self... Each and every person getting that understanding has his individual force toward the great creation, and an individual niche, place or unit to fill. There must be gained the understanding of the unity of psychic forces or phenomena that may be manifested in the earth plane, yet the understanding for the individual entity, viewed from its own standpoint, with its knowledge, is obtained and made ready by itself, to be manifested through itself, towards its own development, and in that development of the creation or world."

"Forget not that it has been said correctly that the Creator, the Gods, add the GOD of the Universe, speak to man through this individual self.

"In all thy getting, my son, get understanding. That of self. When one understands self, and self's relation to its Maker, the duty to its neighbor, its own duty to self, it cannot, it will not, be false to man, or to its Maker. Give then more thought, FOR THOUGHTS ARE DEEDS, and are children of the relation reached between the mental and the soul, and have their relation to spirit and soul's plane of existence, as they do in the physical or earth plane. What an individual thinks continually, he becomes; what he cherishes in his heart and mind he makes a part of the pulsation of his heart, through his own blood cells, and builds in his own physical that which its spirit and soul must feed upon, and that with which it will be possessed, when it passes into the realm for which the other experiences of what it has gained here in the physical plane, must be used. The attributes of the soul and Spirit are as many, and as many more, as the attributes of the physical or mental mind.

Each, in the beginning, was endowed with that same condition or position. Each, in itself, building to itself, through its development known through the ages, as called from the earth plane, that which is manifest upon the earth. With each development, that force, known upon the plane as WILL, is given to man over and above all creation; that force that may separate itself from its Maker, for with the Will man may either adhere or contradict the Divine law - those immutable laws, as are set between the Creator and the Created. The study of these, through their phases and forms, and especially through any of those phases wherein the carnal or material or normal forces are laid aside, may make an individual aware of the ever present elements of spirit and soul forces and makes possible the communion of these forces as are found in each entity. Study these and KNOW THYSELF.

"Study all, only taking those portions that the soul may have that proper relation to that it would develop itself. Give not the soul indigestion though taking those things which it cannot comprehend; rather build, not in the poisoned forces, but in those manifestations that would bring nearer those injunctions as given by Him who said, "I am the Way, the Truths and the Light. No man comes to the Father but by me." (5756-1)

The Ideal

The following extracts are taken from one individual's readings yet they are so applicable to every person's experience and especially in regard to the development of psychic faculties that they find a natural place in this article.

"In considering conditions in the spirituals it is recognized by the body more and more that all things that have to do with the mental and physical bodies must of themselves have their inception in the spiritual; else the results, or the fruits of either physical or mental experiences, must become more or less blasted by the association with individuals, places, or things. Hence, the spiritual is as a criterion for the development of the mental and the spiritual welfare of an individual. (911-2)

"Find first that which is the ideal, not physically, but spiritually. What is your ideal? What do you think of life? Why life at all? What is the purpose of life? Then look at self in relation to that which is the ideal." (911-4)

"Selfishness is the greater fault in most individuals. There should be set before self an ideal, a spiritual ideal. Not such an ideal as, 'I would like to have a house like John Smith's, and a wife that dresses like Mrs. Smith, and a car like John Smith's boy drives, or a dog or horse such as theirs.' That is material. Rather set an

ideal in the spiritual sense, and know that he that would be greatest among men will be the servant of all. The servant cannot be selfish either in nature, in person, in fact, but prefers the other in preference to self. (912-1)

The Will

"All souls were created in the beginning. Will is that power given to each soul at the time of creation which enables it to choose its direction of activity. 'There is set before thee good and evil; choose thou.' This was true in the beginning; it is true today.

"Each entity, each individual, has his own vineyard to keep, to dress. For whom? For his Maker, from whence he came. What is to be the report in thine own life? What has been done with those abilities, those forces, manifest in self? How can the spiritual life be magnified? The carnal mind must be crucified and nullified while the mental is opened to the Spirit of Truth that may flow through the psychic faculties: Be ye faithful unto that committed into thy keeping. Life itself is precious, for it is of the Creator."

While the will is a faculty of the soul, it finds expression through the physical. The mind is the channel of its activity, for it is ever the builder, yet the force involved is spiritual in essence, magnified or crushed according to the application of the individual in his surroundings. Our first concern is with the activity of the will in relation to the physical body. The following counsel was given one whose struggle with self had reached serious proportions.

"The body must make up its mind as to whether it is willing to pay the price in mental (and at time physical) anguish to reach the point where conditions may be for the betterment and eventual awakening of the body. With the arising of rebellious forces, or some physic pains that are minor in themselves it is necessary to fill self with the hopes and the desires to overcome. The body has assumed, 'I will break over this time, and next time I won't. I will eat this because it pleases me at the present. I will take this, for I don't want to suffer right now and next time I won't.' This has been done until self has lost such a hold on self as to become in a manner a slave in self's own indulgences, in mental, physics and material things.

"These conditions require that definite stand be made: 'If there is given me a definite plan to follow, I *will*, I *will*, I *will* adhere to it, no matter what I suffer mentally or physically. I will trust in the Divine Forces innate within my inner self for the strength to endure for the ability to say 'no' when I should.' With such a definite stand taken, there may be followed the program which has been outlined so well for the body, as this:

"First, I know a diet is necessary in my physical condition. I will adhere to that I know is not harmful. I will adhere to the use of only that which is beneficial now and hereafter for my welfare. I will take only such medicinal properties as will be an aid to my physical well being. I will take such mental and physical exercises as will aid in improvement. I will so conduct my own reading my own studying, my own associations, in a manner as to be beneficial to my physical and mental well being.'

"Will the body meet these, or will it continue to be combative with those things that do not suit for the moment, without respect of the future or the balance physically or mentally? The body should strive to reach that place where it can say, 'I will think, I will act, I will consider others' needs before my very own- even in my

ministering to that within myself that requires adjustment, mentally or physically. '

"First the determination must be created within self's own heart, mind and soul; for the body knows, *it is not all of death to die, neither is it all of life to live*: but, to be of service to someone else is the only way that life can be made to bring contentment and pure joy.

"When such a determination has been made, choose that surrounding (wherever it may be) which is most conducive to bring those conditions in the experience of the entity. There make the physical stand, that, 'Though the heavens may fall, though my body may be racked with pain, I will conquer it here and now!' Only with such a determination may the body find that peace, that hope, that place where shadows do not fall, where joy and pleasure in well-being are the lot of the mental and material body." (91 1-7)

"Only by sheer will is there the desire to make beautiful the spirit of truth and life that gives animation to any desire of the body, the mind, or the eye; and these conditions may only be met by that which has so often been given: 'Not in self, but in the inner self - the God that speaks within - give that, in thought, in act, in desire, for the welfare of others.' Become selfless, and there will grow that which makes the body, the mind, strong and able to meet every obstacle in the physical conditions, in the social surroundings, in the family circles, with a smile; knowing that, 'If my life is one with Him, the rest matters not.' *Mean it. Do it! Be it!*" (911-2)

Spiritualize Desire

"When desire for death and the desire for life are both present, what is it that makes the life go on? The will! The spiritual life, the essence of God itself! Would the body be so weak as to crucify that it worships, rather than that which is only tagged on - in desires. Make thy life one with His love! When such desires, such thoughts, even, find lodgement, look about self and see the struggle so many souls are making to keep body and soul together. How have you in any manner ministered to making their burden lighter? In lightening the burden of another your own is lightened two fold. In lightening the burdens of another the whole of will's power is strengthened many fold. (911-7)

"Study in body, mind and soul to show thyself approved unto God, who gives eternal life; becoming less aware of the needs or desires that gratify the carnal forces in the body, and show that thou has- by your prayer, your meditation - reached into the inner self sufficient to make self less and less needful of the material things; for what is life, that you gain power, position, wealth, and satisfy the longings of the flesh? Are you but to lose your own soul by so doing? It is in your keeping. He stands ready to help, if you will but let Him help. But if self bars the door to your consciousness, then indeed sad becomes the end. (911-7)

"To gratify any desire in the carnal forces of the body - rather than in the satisfying of the spiritual life that comes of creation itself in such emotions - is to become such a one as to make for the pricks that are to be kicked against, time and time again. Self well understands that such gratification has been and is conducive and inducive to those periods of torments that arise at times. Cultivate the spiritual, the mental and physical desires, rather than those carnal desires that are Ratified only for the moment." (91 1-7)

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