

Circulating File

DEATH: BEREAVEMENT

**A compilation of Extracts
from the Edgar Cayce Readings**

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DEATH: BEREAVEMENT CIRCULATING FILE

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Blessings, A.R.E. Member Services Team

Death: Bereavement

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3. Jesus the Pattern and You
4. Journey/Cycle of the Soul
5. Oneness of Life and Death
6. Prayer Healing-Group Readings [The Glad Helpers] Research Bulletin
7. Reincarnation Series
8. Rejuvenation and Longevity
9. Resurrection
10. Suicide
11. Understanding the Purpose of Life
12. Vibrations

E. Related Books:

God's Other Door, by Hugh Lynn Cayce

Life after Loss: Conquering Grief and Finding Hope by Raymond A. Moody

Life and Death, Edgar Cayce Library Series, Vol. 1

Place We Call Home: Exploring the Soul's Existence after Death, by Robert Grant

Reincarnation Unnecessary, by Violet Shelley

For Life is continuous, and only changes in its phases and in its application, owing to the state of consciousness or that produced by change in the vibratory rate of experience or existence.

For, put thy trust in Him who is able to keep that committed unto Him against any experience that may arise in the activities of a soul, of an entity; and He hath not willed that any shall be lost, but hath prepared a way of escape to all who call on Him.

HOLD FAST, then, to the faith in Him who is life and light; for He alone can give immortality; He alone has kept and keeps the Book of Remembrance.

Blessed is His name! 1378-1

* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: <http://www.edgarcayce.org/circulating>

Coping With the Loss of a Loved One

<http://www.edgarcayce.org/are/edgarCayce.aspx?id=588&terms=grief>

Of all the helpful information from the Edgar Cayce philosophy, one of the most comforting is the promise that life is continuous; our time on earth is just one aspect of a soul's journey of growth and transformation through time. Not only will we meet our loved one again beyond the veil we know as physical death, but our relationship with them will continue as well.



Cayce suggests that one of the greatest gifts we can give to someone who has passed on is to pray for them. And most importantly, to pray that they will recognize that they have moved on from earthly life, and now have the opportunity to continue their soul development in a different way. Cayce says that those we love on the other side are actually as close to us as our thoughts, and we can be most helpful to those individuals by focusing on the happy, joyful times together, and releasing – as much as we can – the sadness and grief we feel at their passing.



Praying for Others who have Passed Over

281-8, The Glad Helper's Prayer Group, 7/20/32

(Q) To what extent was [[5678]'s husband] helped by our prayers, mentally, physically or spiritually?

(A) Still gaining from same!

(Q) Can we help him further?

(A) If he is still gaining, you can still help him!

281-15, The Glad Helper's Prayer Group, 2/22/33

(Q) Please give a prayer for those who have passed on.

(A) FATHER, IN THY LOVE, THY MERCY, BE THOU NEAR THOSE WHO ARE IN - AND HAVE RECENTLY ENTERED - THE BORDERLAND. MAY I AID, WHEN THOU SEEST THAT THOU CANST USE ME.

2280-1, F 57 (Christian Scientist), 6/15/40 [her two sons died recently]

(Q) Can you tell me if my older son, who passed away last May, died of natural causes or was he killed?

(A) An accident.

(Q) Can I be of any help to my sons now? If so, how?

(A) Prayer for those who are seeking a way, THE way to the light, aids ever.

As ye meditate - as ye pray - for as thy body is indeed the temple of the living God, there He hath promised to meet thee - then as ye meet Him, thy Maker, thy Lord - pray that there may be the light, the help needed, that they may be guided in that way and manner which will bring all together in the way as HE, thy Lord, would have it.

(Q) Can you tell me how they are developing, and what is happening to them?

(A) This ye may find the better within thyself. For as ye seek, as ye speak with Life - the Lord - THERE ye may know as to what, as to how they each are developing.

2524-5, M 43 (Engineer, Christian Scientist), 1/13/44

(Q) Regarding my brother [2564] (who passed from the earth life about eighteen months ago), is it indicated that he is happy?

(A) As was his purpose, so is the activity. As indicated through the experience given thee in His word, pray for and with him if ye would help.

2783-1, F 58 (Housewife, Widow), 7/13/42

(Q) Please explain the seeming communications I have had from Harold Lockwood, an actor who died in 1918, whom I never knew in life.

(A) As self is a "sensitive," at times, and as Lockwood and others seek expression, these oft become close to the borderline. Ye may help Lockwood by thy prayer, that he be released from the earthbound hope.

3416-1, F 39 (Housewife), 11/23/43

(Q) The entity has had the experience of awaking at night and feeling the presence of her brother – would appreciate an explanation of this.

(A) This is a reality.

(Q) On June 2, 1942, the entity heard her brother calling her - was this the exact time that he passed on?

(A) Not the exact time, but when the entity could – and found the attunement such as to speak with thee.

(Q) Was there something he wanted her to know?

(A) Much that he needs of thee. Forget not to pray for and with him; not seeking to hold him but that he, too, may walk the way to the light, in and through the experience. For this is well. Those who have passed on need the prayers of those who live aright. For the prayers of those who would be righteous in spirit may save many who have erred, even in the flesh.

(Q) How may I best develop myself spiritually?

(A) Through prayer and meditation. Turn ever to Him for as He has given, practice daily the love of the Christ. For as He gave, "A new commandment I give unto you, that ye love one another." Then manifest that in every way. Let everyone that you meet be happier for having met you, for having spoken to you. This ye can do by spreading joy.

This is the manner to unfold, to develop. Then in thy meditation, present thyself as a willing channel, to be as the hands, as the eyes, as the voice of thy Master.

3657-1, M 58 (Horologist, Jeweler, Optometrist) 1/29/44

. . . Be sincere with yourself and other outside influences, even disincarnate entities with and through whom ye may obtain much, will be sincere with you.

Sincerity will drive away those that might hinder, but do not use them, do not abuse them. Know that these come to thee for aid, not to aid you. Aid them! Thus are we admonished to pray for the dead. Pray for the dead, for they only sleep - as the Lord indicated. And if we are able to attune to such, there we may help. Though we may not call back to life as the Son, we can point the way. For there's only one way. And point to that, that is safe in Him, who is the way, the truth and the light.

900-311, M 32 (Stockbroker), 4/11/27

(Q) I finished the reasoning by simply applying my understanding of this world being but the outlined application of the inner cosmic world - i.e., that as that baby subconsciously cries for sustenance or self preservation, this is a manifestation of the life force's activity and thus upon becoming physical so manifests self. Likewise, then, upon changing back into the cosmic, the desire of self preservation is changed to the cosmic kind of seeking that necessary to preserve self consciousness, which is knowledge gained for self consciousness of what all of consciousness is and is doing. It is seeking to expand the self margin of consciousness to embrace the limitless universal storehouse of knowledge. If this expansion, obtainable in this plane, where self relationship to the whole may be gained, is curtailed by suicide one cuts off the very thing for which the cosmic self changed to become physical, and in the case of suicide will wish it had taken full advantage of physical life to gain this while the opportunity presented. Correct?

(A) Correct. And, as is seen by the reasoning with the entities as present themselves to the body, the body consciousness of [900] gains the further concept of how this consciousness of self may add to that building of that to be gained by such a one, that even cuts off such conditions, and through same build to that better understanding in self, by adding and giving to such a one the better knowledge of self's application of cosmic laws from the material plane, just as the material may gain understanding from cosmic laws, see? for, even as the body consciousness of this body gains from that of those in the cosmic or universal plane, those earthbound by such cutting off may gain from those in the present plane - for the lessons ARE LEARNED FROM that plane, see? Hence there has been given that the Master preached to those in purgatory, [Luke 23:43?] and that the passing through same was for their understanding, and again there is seen the prayer made even in the law of Moses for one passing into that land in between, and again is prayer made by him who would intercede for the soul passing into the borderland [Luke 23:43; I Peter 4:6], see? [GD's note: Is this referring to the basis for the custom in both the Jewish and Catholic religion to pray for the dead?]

(Q) Saturday Morning, April 9, 1927. Voice - I believe of [...]: "I seek rest. I want to leave and be with my family down there." I felt a wandering impression of restlessness.

(A) Again that understanding given to the entity of the soul seeking solace, counsel, guidance, from an entity that finds self loosened from the bonds of the flesh, seeking that FROM Him who may give, in the supplication, that understanding necessary. Apply it - apply it - apply it! For, as has been given off to the entity, in the application of those laws and lessons as are being gained by same will the entity come to the full understanding and conception of their worth to mankind.

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BACKGROUND OF READING 136-25 F 21

B1. 12/27/25 Request phoned by husband [900]. For background see readings for Mrs. [139], [136]'s mother, who was ill in the hospital.

TEXT OF READING 136-25 F 21 (Housewife)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 27th day of December, 1925, in accordance with request made by her husband, [900].

1. GC: You will have before you the body and the enquiring mind of [136], of New York City, and the dream this body had on the date which I will give you. You will give the interpretation and lesson to be gained from same, as I read same to you, and you will answer the questions regarding same that I ask you.

2. EC: Yes, we have the body, the enquiring mind, here. This we have had before, you see. The dreams, as we see, come to the body under the stress of those conditions which exist in the mental forces and are the experiences of the mentality of the individual, that the development or the usage of same may prepare, may so bring to the consciousness that best for the development, for the mental, spiritual and physical forces of the body. Ready for dream.

3. (Q) Sunday morning, December 27, 1925. "Dreamed that my sister and myself were on my bed with our mother. Mother was unconscious. Both my sister and myself were crying and saying, 'Don't leave us!' Suddenly our mother awakened and started to talk out loud, very loud, but it didn't seem like our mother talking at all."

(A) In this we see the mental strain under which the physical forces of entity is passing, with the subconscious giving the possibilities of actual conditions that might be existent in the physical forces, and with same giving the spiritual interpretation to, or through, the subconscious forces; that the entity, through the study of same, may gain the strength to bear with the weaknesses of the heir of fleshly conditions. This, then, is the lesson, and the interpretation is as the lesson, see?

4. (Q) Does this mean that the mother, [139] will not recover, or does it mean that she WILL recover?

(A) Does not mean either. Rather the possibilities and the weighing of conditions, and a reasoning of the subconscious with the physical conditions, and the lesson is that as given, that the physical may gain strength in same.

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5. (Q) Can anything more be done than is being done?

(A) This, as we find, applies more to others than this condition, see?

6. (Q) What does it indicate to the two daughters?

(A) The lesson as given, that the physical may know the truth of "The soul liveth." Just as we see in the vision as is seen by [900] in this relation, in seeing the weeping of the entity, this shows to the entity how the physical empties self in trying to obtain the physical understanding of spiritual conditions that may be existent in regards to physical conditions that are apparent.

7. We are through for the present.

REPORTS OF READING 136-25 F 21

R1. 2/13/26 Mrs. [139] died - [136]'s mother.

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BACKGROUND OF READING 136-33 F 21

B1. 2/13/26 Mrs. [136]'s mother, [139], died.

TEXT OF READING 136-33 F 21 (Housewife)

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 15th day of February, 1926, in accordance with request made by her husband, Mr. [900].

1. GC: You will have before you the body and the enquiring mind of [136] of New York City, and the dreams this body had on the dates which I will give you. You will give the interpretation and lesson to be gained from each of these, as I read same to you, and you will answer the questions which I ask you regarding same:
2. EC: Yes, we have the body here, with the enquiring mind of same. This we have had before.
3. The dreams as we see which come to the body are for the edification of the mental forces of the body, and when used aright these may give the entity the better understanding of the phenomena of life, and of how same, in its various forms and manners, are manifested in the spiritual and physical world, and how the physical may become cognizant of same. Ready for dreams.

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4. (Q) Night of Saturday, February 13, or Sunday morning, February 14, 1926. "I heard a voice that I recognized as J. S.'s, our old friend from New Orleans, who loved me dearly as a child, yet whom I have not seen in 2 to 3 years. The impression of J. S. talking to me was very pronounced, and for a while I did not see her figure, yet I felt that she was with Mother at the hospital, as mother changed from this earthly consciousness to the other. J. S. was there as the transition was made - was now with Mother as she said to me: 'YOUR MOTHER IS AS HAPPY AS EVER -'" More J. S. told me about Mother which I can't remember. Recall and explain to me, please.

(A) In this there is given to the entity that understanding of what is meant by the life other than the physical. For, as it is seen that the companionship of loved ones seek the companionship in that plane, for "As a tree falls so shall it lie," there is seen the message coming from the loved one to the one regarding the loved one, showing then that companionship, that without the loss of the care of others, as is seen.

Then, the entity should gain that strength from that given regarding the condition, and know that the mother lives in that realm in which there is recognized J. S., and that the companionship is there, until those developments come from the earth plane to lead on to those higher realms, or to come again. For those many changes must come to each and every entity in its development. And as these are seen, then, the strength, the understanding, should be gained by this entity. For as is given, she is WELL, HAPPY, and FREE from the care as is given in earth's plane, yet with that same love as is raised through the companionship with the oneness of the spiritual forces with the soul, see?

5. (Q) I was not thinking of J. S. who died 3 weeks before Mother - how and why did this entity transmit the message to me?

(A) As is seen, the entity may answer same from within self, if the entity would not condemn self for physical conditions, for this brings the sorrow in the heart, physical self-condemnation toward conditions existent. Then, when this is laid aside, there may be seen how that the friendship, the love of one close, near and dear, is ready to give that aid, when one attunes self to that position, condition, wherein one, the entity, may gain from each and every experience to bring self to that better understanding of that phenomenized force in the physical world. See? For, as is seen then in this presented, that the entity may know, NOT ALONE does the mother go out; not alone in that unseen world, yet with that same care, that same love, raised to a better UNDERSTANDING of the forces as are manifested.

6. (Q) Was J. S. there to guide Mother over the transition from physical to spiritual? Both died within 3 weeks - both must easily have yet been - be in this plane as yet - is this so?

(A) Both in physical plane or earth's sphere as yet, until that force leads on in its ever developing toward that Oneness with the All Force, see?

7. (Q) Then, does one spirit guide another over?

(A) "Lo! I am with thee, and though I walk through the valley of the shadow of death, my spirit shall guide thee." As is seen in this, these are given in this manner that those may see, those may know, through that experience of such

earthly partings, that is the lack of an understanding of that spiritual consciousness that prevents these forces from manifesting in the physical sense.

8. (Q) Voice: "Your Mother is alive and happy."

(A) Your mother is alive and happy. Just as is given, the entity may know that all force goes to show, to prove, to bring to the consciousness of the entity, that through that as ye LIVE in Him ye shall be made ALIVE in Him! for there is no death, only the transition from the physical to the spiritual plane. Then, as the birth into the physical is given as the time of the new life, just so, then, in physical is the birth into the spiritual.

9. (Q) Then, does my mother see me and love me as ever?

(A) Sees thee and loves thee as ever. Just as those forces were manifest in the physical world, and the entity entertains and desires and places self in that attunement with those desires of that entity, the love exists, in that far, in that manner, see? for in spirit all sham is laid aside.

10. (Q) Does she try to tell me "I am alive and happy?"

(A) TELLS the entity "I am alive and happy" when entity will ATTUNE self to that at-oneness.

11. (Q) I feel her with me, particularly as I kissed her clay body - I felt she knew and responded - but did she, or do I fool myself?

(A) In that manner that entity poured out self to that entity, the response came. No, not fooling self, for the SOUL liveth, and is at peace, and would that this entity know that it liveth. And as has been given, "In my Father's house are many mansions, were it not so I would have told you," and "I go to prepare a place for you, that where I AM there YE may be also." This is as applicable to the entity in this hour as was given by the Redeemer to those gathered about Him.

For as we entities in the physical plane prepare that at-oneness, it is as He gave: "Even as I be lifted up will draw all men unto me," or has been given, when speaking to those that would seek His face, "Say not to thyself who shall descend into the depths to bring Him up, or who shall fly into the heavens to bring Him down, for the spirit of peace, truth, and love, is WITHIN THINE OWN HEART." As the spirit of self gives that attunement that may be at a oneness with those spirits in that sphere, they may know, they may understand, they may gather, that TRUTH that MAKES one free.

12. (Q) "I saw an animal crawling over the ground, just sort of semi-conscious, in a condition of half gray dawn."

(A) This is as the entity itself awakening to that consciousness of the indwelling of that spirit that beareth witness to the truth of the indwelling of the spirit of that One that gives and takes, and gives and takes, that we may become One with Him.

13. (Q) Is this some awakening - of what and who?

(A) Apply to self, [136].

14. (Q) "My old beau, J. S., came to our house (New Orleans) to see me in my grief at the loss of my mother. He said to me: 'I just came to see you because I loved your mother so.'"

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(A) Again that presentation to the entity from the physical standpoint of how that love rules, guides, directs, the world; as is said, "God is Love," and as these physical beings give manifestations of that desire to comfort, cherish, for the love held in physical, so may the physical being understand the love held for the souls of those who love the Lord and His coming.

15. (Q) Then what does this indicate in relation to past events as related -

(A) (EC breaking in) That just as has been given. Not to the past but to the PRESENT conditions, and as this becomes, and is, as a beautiful tribute in the mind of the entity, to SELF and to the loved one, then let this be as the LESSON to the entity: If the filial love is shown in the MATERIAL world in such a manner, how much GREATER must be that love expressed by the Father in Heaven!

REPORTS OF READING 136-33 F 21

R1. 2/25/26 See 900-201, Par. 6-A--8-A indicating that [136] should eat more vegetables, especially tomatoes, etc.

R2. 3/14/26 See 136-34, a physical reading.

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[edited]

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BACKGROUND OF READING 136-62 F 22

None.

TEXT OF READING 136-62 F 22 (Housewife)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of April, 1927, in accordance with request made by self.

1. GC: You will have before you the body and the enquiring mind of [136], of New York City, and the dreams this body had on the dates which I will give you. You will give the interpretation and lesson to be gained from each of these, as I read them to you, and you will answer the questions which I will ask you regarding same.
2. EC: Yes, we have the body, the enquiring mind, [136]. This we have had here before. The dreams again and again present to the entity those lessons, those truths, that the entity seeks to apply in the life, and as these are presented may the entity take those warnings and those lessons from same, and applying same in the life brings about those things that bring more peace, more satisfaction, and a better understanding of the conditions, the purposes, and all of life - for it is not all of life to live, nor yet all of death to die.

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7. (Q) Morning of April 27, 1927. Dreamed that I was out dancing and many criticized me for so doing so soon after my father died. It has been given "Mourn moderately for the dead." Yet if I remain with the living and not the dead who bury their dead in earth and find the end of life in the grave, if I may so live with my father and mother among the living, I can go about my duties in peace, seeking what happiness I may in either my duties or my recreations. In that case the question is, for the benefit of all and everything considered, to what extent am I to make my will in the matter act in accordance to what others think is my duty and show of respect? To what extent is it wise that I take into consideration what others will think of me? Advise me.

(A) Within self there is being gained more and more that consideration which the body physically and mentally should take in regards to those conditions which have transpired in the physical being concerning the loved ones, and in the way and manner as is presented to the entity as regarding those things that should be done by the entity as respecting its activities in its manner of living, in its mode of action, in and out before others. In THAT way and manner conduct self - for this is well pleasing to those the body and the mind would honor, and is the peace and happiness to self. That as has been shown as condemnation from others: let not thine own self condemn thee. Rather abhor what others say, and be within self, and in the actions of self, in that way that is given by those the entity would honor.

8. We are through for the present.

INDEX OF READING 480-37 F 25

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BACKGROUND OF READING 480-37 F 25

B1. See 480-36 on 6/13/37.

B2. 6/15/37 "I have been feeling very well and even Dr. O'Connor said that he's waiting for me to complain and he's never seen such an easy prenatal case."

B3. 7/6/37 See 480-36 Reports [Below].

REPORT OF READING 480-36 F ADULT

6/15/37 "I have been feeling very well and even Dr. O'Connor said that he's waiting for me to complain and he's never seen such an easy prenatal case."

7/6/37 GD's note: Telephone request by Mrs. [601] Tuesday morning, July 6, 1937, around nine o'clock - "Have bad news for you, Gladys - we have no baby. Get a Rdg. on [480] - find out what happened. Everything was going fine - baby was born around seven o'clock - fine boy - couldn't get it to breathe." By then she was crying so, I could hardly hear her - "I don't know how we can break the news to [480] - she doesn't know it, is still under the influence of gas. Fourteen hours' labor - don't know what happened; whether they gave her too much of the rectal anaesthetic, which killed the baby - or what. Please find out what happened, and what to do for [480] - she is at the Osteopathic Hospital. Call me around seven o'clock at home." Her voice died out and she hung up - crying.

1. What precautions should be taken to restore this body to normal?
2. What happened to the baby that it did not stay alive?
3. Was the fault in the applications before birth or afterwards?
4. Please explain, from a spiritual angle, this tragedy; or was it just a physical accident?
5. Can any consolation or comfort be given through these sources for the mother, the father and the grandparents?
6. Just how may they reconcile themselves, mentally, physically and spiritually?
7. Did a soul enter the body of the baby for just a passing experience, or is the same soul still waiting to enter a child born to these parents?

TEXT OF READING 480-37 F 25

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 6th day of July, 1937, in accordance with request made by the mother - Mrs. [601].

(Physical Suggestion - and conditions surrounding birth of her baby this morning. Questions.)

1. EC: Yes - not so well are the general conditions and the mental, as well as the physical, from those activities and reactions as we find concerning the body, [480].

2. Great precautions should be taken not only for the welfare of the body as related to those conditions which exist in regard to the genital organs and the activities there, but the mammary glands; especially the conditions - as the anxiety begins - by the very urges that arise in the body physically and emotionally from the conditions.

3. As to that which has happened - this - to blame or to condemn anyone for that is to build that which would be a detriment to all concerned.

4. These, as to the responsibility - this had best be left as has been attempted to be explained.

5. But know that these conditions, for all, are to be used in a manner in which there is no resentment, no animosity, no blame. Just know rather that it IS; it cannot be changed - in the present - and that the soul has preferred to stay with its Maker.

6. Then, the anxiety would be rather in that more and more ye CAN be, ye are - if ye take the associations in such a manner - in a closer walk with Him, who is the Giver of all good and perfect gifts; who taketh life, who giveth life; that is, in taking life it is God - and that it is withheld, it is in those conditions in which all are so overcome with disappointment, discouragement.

7. DO NOT blame anyone. DO NOT hold any feeling against those who may have or may not have neglected, who may not have carried out that as might have been possible; but know, thy Redeemer liveth - and that flesh of thy flesh is one again with thy Maker!

8. Ready for questions.

9. (Q) What specific precautions regarding the mammary glands should be taken?

(A) That there should not be the attempt to too quickly stop the flow; or that it should not be allowed to accumulate as to become hard or as to cause inflammation of any nature.

For the natural anxiety will tend to - in the material manifestation - make for a full flow that MUST be taken care of.

10. (Q) What precautions regarding the other conditions as referred to?

(A) As has been indicated heretofore, precautions as to kidneys; precautions as not to be overwrought about general conditions mental or physically.

11. We are through for the present.

REPORTS OF READING 480-37 F 25

R1. 7/8/37 Letter from [601], mother: "It is so difficult to try to understand what happened. [480] had such a happy pregnancy, was coming along beautifully in her general health.

"Monday morning about 6 a.m. she was awakened by a pain and they did not come again for about 20 minutes. About 9: 30 I called her & realized she was due. [633] took her to the hospital about 11: 30 & the Doctor saw her then. He said dilation had not begun & it probably would be night before the baby would come. About 5 p.m. the pains about every 5 minutes & slow dilation. The Dr. was pleased with her condition said she was reacting normally, a little slow. About midnight she was given the rectal anaesthesia which had been suggested in one of the readings. From then until six a.m. she suffered every 2-1/2 & 3 minutes was as brave as any soldier can possibly be. She was taken to the delivery room & while I was waiting outside for the first cry was astounded to hear slapping & no wail & realized something was happening to our baby. Oxygen was used, they worked over him over an hour but no use. Dr. O'Connor did all he possibly knew how but no use.

"[480] began awakening about 10: 30 - asked about her 'Jim' whether it was a boy & could she have a peek at him. She said she had a weird dream that something had happened to her 'Jim.'

"There isn't any use in going into more of the heartache we all went thru that Tuesday.

"[480] is trying very hard to be brave, another lesson to learn & carry on.

"What we cannot understand & Dr. O'Connor wants to know, is why the rectal was recommended in the reading if her body cannot burn up the anesthetic & it was absorbed by the infant which must have destroyed him.

"We must have this cleared so that Dr. O'Connor can have a more clear understanding of the metabolism of [480]'s body. He is anxious to follow the suggestions in the readings & appreciates the spiritual advice but there must be more clarity in the physical suggestions. We are trying very hard not to blame or condemn anyone. Dr. O'Connor did not give [480] the usual amt. of anaesthesia, less to her & has never in his experience had this happen before. He is very much broken up over this as he admired [480] very much & was most anxious to do all he possibly could for her.

"He wants a definite question asked, What is [480]'s metabolism & why wasn't she able to absorb the anesthesia? Why was the rectal recommended in a previous reading?

"We must have these questions clarified for future understanding.

"Gladys dear, my greatest regret is that I did not call for a reading when [480] went to the hospital Monday morning. Perhaps we could have saved our 'Jim.' Such a CURLY dark haired Jim. I saw him & believe he resembled [480] or [619]. It is a very bitter pill to swallow. I guess it wasn't to be that [480] & [633] should enjoy the happiness they were anticipating.

"[619] came in from Chicago by plane for a few hours & went back Tues. eve.

"After talking to you Tues. eve. I went back to the hospital & had the nurse remove the tight bandage from [480]'s breasts & also explained about the

DEATH: BEREAVEMENT CIRCULATING FILE

precautions to Dr. O'Connor. He is having a urinalysis test made today & please make a more definite question about WHAT PRECAUTIONS to take regarding the kidneys. This has been mentioned in several readings. Also what to do about the lessening of the milk flow. Should a pump be used or what is advised at this time. Please make a list of these questions & take care of this at your very earliest opportunity. Call me the evening of the day the reading is given. Wire the hour & the day. Love to you all at home."

R2. 1/12/39 Ltr. under 480-51, Par. R1 following birth of baby son [1788] on 12/8/38, "The doctor I had [...], M.D.] was an excellent man and fortunate for me he was, because my pelvis is so constructed as to prevent the baby coming down as fast as it should. The bag of waters had to be broken surgically and the baby taken (See 480-50, Par. 4). I labored for 13 hrs."

R3. 7/20/42 Ltr. under 480-55 Reports, following birth of baby daughter, [2781], on 5/8/42, "I had a difficult time again and, too, the cord was wound around her neck twice. We are lucky to have her."

INDEX OF READING 480-47 F 26

Bible: Books Of: Job 1: 21	Par. 17-A
: Study: Deuteronomy 30: Melancholia: Tendencies	Par. 17-A
: Psalms 1:	Par. 17-A
: Psalms 23:	Par. 17-A
: Psalms 24:	Par. 17-A
: Psalms 91:	Par. 17-A
: Psalms 150:	Par. 17-A
Death: Bereavement	Par. 17-A, Reports
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 9
: Minerals: Calcium: Pregnancy	Par. 16-A
: Vitamins: Codiron:	Par. 16-A
Exercise: Warnings	Par. 7
Human Relations: Companionship: Healing	Par. 6, 13-A, 14-A
Melancholia: Tendencies	Par. 14-A
Osteopathy: Pregnancy	Par. 10, 11
PREGNANCY	
Soul Retrogression: Condemnation	Par. 17-A

BACKGROUND OF READING 480-47 F 26

B1. See 480-46 on 4/7/38 during first month of pregnancy.

B2. 5/2/38 She submitted questions [her mother died with cancer on 4/20/38]:
"I'm all WORN OUT! Just can't get myself together."

TEXT OF READING 480-47 F 26

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of May, 1938, in accordance with request made by the self - Mrs. [480].

1. EC: Yes.
2. There are changes in the general physical forces, as well as the mental attitudes and activities of the body, since we last had it.
3. Most of these as we find, or all of these, are the nominal, normal conditions; all circumstances and surroundings taken into consideration.

DEATH: BEREAVEMENT CIRCULATING FILE

4. As we find, there are NOMINAL developments; and there needs to be kept only those precautionary measures, those activities that have been indicated for the body under the circumstances.
5. Owing to the great nervous strain, mentally and physically, under which the body has been and is passing, there will be required the greater effort to keep in a cheerful frame of mind BY associations with those who MAKE for the changing of attitudes as respecting the general activities or the influences about same.
6. Keep in the open as much as is practical, especially of evenings with those of the associates and activities that are of the nature to MAKE for the better attitudes.
7. However, we would refrain from those greater strains, of course; such as rushing up or down steps, or jumping, or lifting or the like.
8. The diets would be kept very much in order with those things that have been indicated for the body through the general conditions. [See 480-28 through 480-36 during last pregnancy.]
9. That there may be no great disturbance with the bodily forces as related to the activity of the kidneys, as the upper hepatic circulation or the pancreas and the spleen activity, [Diabetic tendency which followed birth of her dead baby son on 7/6/37.] include the artichoke at least once a week. This should keep sufficient for a normal balance in these directions.
10. The gentle manipulations or care in those directions would be very well.
11. We would insist upon examinations occasionally by those of surgeons, or those of the osteopathic surgeons, for the proper position, the proper placement of the organs of the pelvis during these developing periods.
12. Ready for questions.
13. (Q) How may I overcome complete fatigue, and pull myself together?
(A) As indicated, it may only be done by such physical activities in the companionship of those who intend or are inclined to make for creating an atmosphere that makes for the overcoming of such.
Do not rely upon drugs or chemicals for such a change, for these are ONLY those that may momentarily relieve and the end is worse than the condition.
14. (Q) What should I do to prevent melancholia?
(A) Just the same as has been indicated.
15. (Q) How stimulate appetite?
(A) As we find, if there are the activities and the influences as indicated, these will make for the better stimulation than taking drugs.
16. (Q) Should I take anything in particular to help me gain strength?
(A) As we find, the Codiron would be very well in these directions; but only take about ONE tablet a day instead of one after each meal. Let it rather extend over a long period. These properties as we find would be carrying sufficient of the vitamins. Of course, it should not be overdone, but be careful that there is plenty of calcium in the foods taken.

17. (Q) Can you tell me what is the best approach through this channel for me to gain an understanding from the spiritual angle of the apparent tragedy which has come in my life through the loss of my mother? [See 601-31.]

(A) The Lord giveth, the Lord taketh away. Such as these appear to come as trite sayings, but as we study the Scripture and the promises therein, we find that only does the answer come within the self. Know that as He WILLS, only that which is for the individual - for ALL concerned - the will of Him as it is done in each, able to make for that a awakening necessary for the better understanding.

Condemning of self, of others, of the lack of this or that or the other, only creates barriers that make for the INABILITY OF the self to catch the glimpse.

Read that which has been indicated in the last admonition of Moses, in the 30th of Deuteronomy. Read of those promises in the Psalms - as in the 24th, the 23rd, the 91st, the 1st, the 150th. All of these will indicate that which is the SOURCE of strength mentally and spiritually, and - if we coordinate our mental and physical selves - also the source of our body's strength. For, as indicated in those, the SOURCE of all is there.

If we look, then, for other means - or material means - for the answer, there is none. Only is it found in Him.

18. We are through with this Reading.

REPORTS OF READING 480-47 F 26

R1. 5/7/38 "My rdg. came Thursday aft. very fast. I realized all those things that applied to me physically, and how true they are. I have been reading the Bible passages mentioned and am trying very hard not to look for some reason for all this. There is such an emptiness in Daddy's life [see 619-5 Reports] and in mine. No one will ever know the place she filled in our hearts and minds. We all seemed to live for one another. The companionship and understanding she gave us - only she could give. I wouldn't have wanted her to suffer, though; she was too fine for that. She knew when she went to the hospital (March 7th) that she didn't have long - she told me so. She suffered intensely that previous week...

"It's very hard to believe she is gone - I feel her near me all the time. Could I have some kind of reading through which she could counsel me or suggest to me? Didn't Tommy House have that once? [See 5756-13 on 7/9/34.] She didn't talk to me a whole week before she passed away and my, how I miss her sweet voice!

"There is little more for me to say. I'm just filled up and locked.

"Give my love to all at your home."

INDEX OF READING 851-1 F 68

[edited]

Death: Bereavement

Par. 14-A, 15-A

TEXT OF READING 851-1 F 68 (Widow, Protestant)

This psychic reading given by Edgar Cayce, this 25th day of June, 1931, in accordance with request made by self - through her daughter, Mrs. [264].

14. (Q) Why was my son, [...] taken so early in life?

(A) Seek not to find THAT, that is best to be understood in Him!

15. (Q) Did he leave a work unfinished that I could help to carry on? If not, who could carry it on?

(A) Each have their individual portion in life. As each are in, or out, or pass through these activities, there are those that are brought in line to carry on in a way as is in keeping with those forces that direct, rule or govern, that as seen.

INDEX OF READING 1059-1 M ADULT

Death: Bereavement

Par. 8-A

PROPHECY: PROGNOSIS: DEATH
TUBERCULOSIS

TEXT OF READING 1059-1 M ADULT

This psychic reading given by Edgar Cayce, this 18th day of November, 1935, in accordance with request made by the daughter - Mrs. [601].

2. As we find, conditions are very serious. There are in the present those separations in the blood supply in its attempt to create the coordination between the functioning of the organs and that as will stimulate heart's activity.

3. These, then, as we find, may have those periods of recuperative forces - by that which has been administered in the circulatory forces; yet these are temporary in their assistance to bringing about the normal forces.

4. We would not alter, then, or change those administrations that are being made. Ready for questions.

6. (Q) What can be done to relieve him, other than that being done?

(A) As we find, and as just indicated, those administrations being made are the more helpful. To be sure, there might be added those that might be more effective in a manner, but these would cause or produce disorders or dissensions among the administrators; and these present ministrations are as well in the long run.

7. (Q) How long will he linger?

(A) This depends upon those conditions as just intimated; that as soon as there in the breaking up again of the cellular forces, then the separations will begin. This will depend upon the vitality of the body, and the ability of the heart's action to work under the distresses and disorders that exist.

This may be eighteen to twenty-four days.

8. (Q) Anything further for the body, or advice for his daughter - Mrs. [601] - who is with him?

(A) There should not be the attempt upon the part of any in the material activities to make for distresses about the body. For these changes that come in the experience of the soul and spiritual activity of a body are the natural consequences. And these should be viewed from that ideal; that those forces which make for the greater construction should be kept in the spiritual manner for the body.

9. (Q) Should the daughter, Mrs. [601], come home at the present time?

(A) It is as well, if the conditions are the better for the activities of the body herself. For all the care that is being administered is sufficient in the immediate.

10. (Q) Any further advice?

(A) Follow those outlines that have been indicated by those ministering to the needs of the physical conditions in the present. These are the better, as we find.

11. We are through with this reading.

REPORTS OF READING 1059-1 M ADULT

R1. GD's note: Mrs. [601] phoned us that Mr. [1059] died the next day, 11/19/35.

INDEX OF READING 1073-3 F 51

Death: Bereavement	Par. 12-A, Reports
Diet: Obesity: Tendencies	Par. 7
OBESITY: TENDENCIES	
Occupational Therapy: Obesity: Tendencies	Par. 3--6, 12-A
Time: Budget	Par. 5
Work: E.C.: Quotations & Similes: "If Ye Would Have...Give..."	Par. 12-A

BACKGROUND OF READING 1073-3 F 51 (Housewife, Opera Singer, Hebrew)

2/10/36 She wired from Florida: "Will be at ... time set. Gaining weight. Not convenient to get treatments. Can anything be taken from same? Still grieving [for son [988] who died on 1/3/36], cannot help it.... Anxious for Life Reading."

TEXT OF READING 1073-3 F 51

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of February, 1936.

1. EC: Yes, we have the body here, [1073]; this we have had before.
2. Changes in the mental and physical attitude and aptitude of the body have been experienced since last we had same here.
3. Under the varying circumstances, we find there should be an activity in which the self would be required to mingle with other groups, to use those talents within self as a means for aiding, helping others to UNDERSTAND themselves and their opportunities in the experiences of life to be helpful to others.
4. And in this manner may the body find within itself those helpful influences; in that as it aids others, it finds the greater help and aid to self.
5. This would require, then, that the body make, as it were, a budget of its time. Have periods of rest in the sunshine, the sand. Have periods for practice of its abilities in voice, in music. Have periods when it INTERESTS itself in those things that will ENABLE others to know something more of the beauties of life, something of those things that make for an arousing within the mental and physical forces of others of the beauties in nature, in music, in rhythm, in HARMONIOUS conditions in the experience.
6. And as the entity gives out, so will it make for that which will bring physical and mental reactions that will be as a stimulant, as a tonic, for its own better mental, physical and spiritual developments.

DEATH: BEREAVEMENT CIRCULATING FILE

7. In the diets, and in those things that make for the BODILY affectations, as we have indicated, keep close to the alkalin-reacting foods. And when the activities of the body require other foods, do not mix sweets with starches nor make for a conglomeration of starches, carbohydrates, proteins, all at one meal!

8. To be sure, it will be necessary to FORCE self to these activities in the beginning; but make each period of the day a something worthwhile.

9. Thus we will make for the better conditions in the physical forces of the body.

10. Ready for questions.

11. (Q) Can anything be done to prevent gaining weight?

(A) As indicated.

12. (Q) Any spiritual advice?

(A) Not to self alone nor to self losses give away. Rather make of life and the love thou hast felt and shown, as an ENSAMPLE - as an example to others; that they may know the love thou hast to give, that is broken - yes, yet it may be amended most in GIVING same to others.

If you would have peace, MAKE peace in the lives of others. If ye would have harmony, MAKE harmony or harmonious experiences in the lives of others.

13. We are through.

REPORTS OF READING 1073-3 F 51

2/27/36 She sent letter of appreciation.

4/11/36 "... I am again struggling to learn how to live without [988]. His death has done something awful to me. It seems to have changed completely all my ideals of everything. Try as I will I just can't reconcile myself to anything without him... Please do not lose patience with me, as I am really trying."

INDEX OF READING 1073-4 F 51

[edited]

Bible: Books of: I Corinthians 10: 13
: II Peter 3: 9

Par. 43-A
Par. 43-A

Death: Bereavement

Par. 43-A

BACKGROUND OF READING 1073-4 F 51

B1. See 1073-3, Check Physical, on 2/11/36, giving mental-spiritual advice on coping with her grief over son [988]'s death on 1/3/36. [Von Recklinghausen's disease/ neurofibromatosis]

TEXT OF READING 1073-4 F 51 (Housewife, Opera Singer, Hebrew)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 17th day of February, 1936.

43. (Q) What was the purpose of my son [988] coming into my life, and passing?

(A) As has been given, that each might have the opportunity for knowing the activity one of the other.

For, as has been given, He hath not willed that any soul should perish, but with each temptation hath prepared a means, a way of escape.

Through that the individual may do for those it contacts, the soul becomes aware of those experiences of beauty, of joy.

For as He hath known thee, as thou hast known thy son in the flesh, each represents, each signifies an experience that - held in the light of that given - makes for a BEAUTY, a joy.

INDEX OF READING 1318-1 F ADULT

[edited]

Animals	Par. 35-A, 36-A
Bible: Books Of: James 5: 12	Par. 38-A
: Matthew 5: 37	Par. 38-A
Death: Bereavement	Par. 38-A
Human Relations: Companionship: Healing	Par. 38-A
Incarnations: Rome	Par. 31-A, 33-A, 34-A
Karma: Human Relations	Par. 33-A--38-A
Truth: Growth	Par. 38-A
Vibrations	Par. 36-A, 37-A

TEXT OF READING 1318-1 F ADULT (Viennese, Occult Teacher, Religious Preference: "Universal")

This psychic reading given by Edgar Cayce, this 14th day of January, 1937.

33. (Q) In what previous incarnations have I, where and how, been associated with [268], present in this room?

(A) As has been indicated, a sister in the Roman experience.

34. (Q) What should be our relationship in the present?

(A) As helpmeets one for another. As those associations in that experience brought differences, why should they not be welded or overcome or met in the present?

35. (Q) What association in the past have I had with Mrs. [286]'s present little dog, Mona?

(A) We do not find same.

36. (Q) Why has little Mona been so attracted to me?

(A) The vibratory forces of the high vibrations of each.

37. (Q) Of what effect or benefit is my rate of vibration in the [268] home as regards Mr. [280, Mrs. [268]'s husband]?

(A) These are at times VERY quieting, harmonious; at others very aggravating. But if they are kept as in attune to those as indicated for the entity in its applications of its abilities in self, these should be more and more harmonious.

38. (Q) Through my visit and in the next few months can there be a general readjustments for Mrs. [268]?

(A) Within the year, not a few months [See report below]. Remember, as is the experience of the entity, as is the knowledge within - such changes are a GROWTH; they are not a shedding, for they are a growth; and require the adjustments, vibratorially, in every form and every nature.

Let thy yeas be yea, ever.

REPORTS OF READING 1318-1 F ADULT

R1. GD's note: Mrs. [268]'s husband, Mr. [280], died 5/16/38, after an illness of one month at home, having been hospitalized for several months previous to that.

INDEX OF READING 1408-2 F ADULT

DEATH: BEREAVEMENT

: Healing: Spiritual

Par. 6--8

WORK: E.C.: SPIRIT COMMUNICATION

BACKGROUND OF READING 1408-2 F ADULT

B1. See 1408-1.

B2. 6/11/37 EC's letter to [269] and Family:

Dear Mr. [269] and Family:

Was never so surprised or grieved to hear of the death of Mrs. [1408] [on June 8, 1937]. Am so sorry to hear it, and know each of you have a loss that can not be measured. May the God of Mercy temper this for all of you. To know her was to love her, and I shall never forget the kindness and consideration given me in her home. May the loss just not be too much for you all. Know God has greater work for her to do. For you know she is with Jesus the Christ for He calls his loved ones by name.

She died on the anniversary of My Grandfather's death and my Father's burial. Lost him just lately.

Would like to keep in touch with you and the family, for think a great deal of all of you.

May the love of God keep you in these days of sadness.

With love to every one of the family.

Sincerely [signed] Edgar Cayce

B3. 6/17/37 Second daughter [...]s letter to EC:

..., Pa.

Dear Mr. Cayce:

We received your kind letter a few days ago and want to tell you how greatly it was appreciated.

Mere words fail to comfort us, for as yet we cannot realize that Mother has gone from us.

Tuesday June 8th the day Mother died, she had been up and around during the morning, partook of the noon meal and complaining shortly afterwards, laid down on the sofa, and at 2: 30 P.M. had passed away.

Our family doctor told us that she died from a heart attack, that I don't know, as I never heard mother complain about her heart.

We would, of course, feel somewhat relieved if we knew what it was that caused her death.

Would it be possible to have a reading concerning her previous condition? What would be necessary for me to do, in order to have a reading for Mother?

If you feel, as though it would do us some good, reply to me and I would be glad to make the necessary contribution to pay for a reading.

DEATH: BEREAVEMENT CIRCULATING FILE

Of course we will always keep in touch with you, and we think a great deal of you. We would be more than pleased to have you visit with us sometime. Home, will still be at ..., and I expect to be the housekeeper. So, try and come up to spend a few days in the near future.

B4. 6/22/37 EC's letter to [...]:

Dear [...] and all:

Thank you so much for you letter of the 17th. Also for telling me a bit of the detail. Don't know how many, many times have thought of you all. Of course you all have grown up, and most of you have your own family but I can't help but think of you as children as I knew you when was in your home and My Oh my, how everyone depended on your dear Mother. Your poor Dad, know he's broken up, and it is fine of you to take over the running of the house for him.... Feel such an interest in every one of you for do not know any friends I hold nearer or dearer than the [269]s.

Now about the reading, have tried one such reading with most satisfactory results [See 4938-1, 10/28/35], and would be very glad to try for you if you wish. It will have to be after our Congress which will be meeting next Monday, say about the 6th or 7th of July. Would that be alright? Your Mother was a member of the Ass'n., and you will only fill out the enclosed blank if you still wish it, then make a list of questions that you would like to have answered, and we will see what can be gotten. Of course we do not know whether we will get anything or not but will be glad to try....

With love to all and very best wishes from all here.

Sincerely [signed] Edgar Cayce

B5. List of questions submitted by [...] [daughter] [See Par. B3 above]:

1. What was the cause of her death? 2. Did she realize that she was about to die? 3. Would it be best for [...] [her son] to go to college this fall? 4. Which one of the girls who are married should remain here permanently? 5. Any other information regarding mother's passing will be helpful and appreciated.

TEXT OF READING 1408-2 F ADULT

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of July, 1937, in accordance with request made by the daughter - Mrs. [...], through Associate Membership of the husband, Mr. [269], in the Ass'n for Research & Enlightenment, Inc.

1. GC: You will have before you the circumstances and conditions surrounding the death of [1408], ..., Penna., June 8, 1937; together with the various members of her family and the questions resulting from her sudden death; especially the questions of [...], her daughter, who requests a Reading on these conditions. You will give that which may be helpful to the family at this time and answer the questions which they have presented.

2. EC: Yes, we have those circumstances and conditions attending the separation of the body and soul of [1408].

DEATH: BEREAVEMENT CIRCULATING FILE

3. In giving that as would be helpful and constructive in the experience of each member of this family:
4. As has been so aptly said, her life, her work, her love, is an example of Christian faith and fortitude.
5. Hence for those that wait:
6. It would be selfish to wish or desire conditions to be different. For in His wisdom He hath seen fit to leave - in the love as was manifested in the life - an example for each; in patience, in courage, in forbearance; in keeping a watchful, careful attention on the lives of each of the family.
7. The body was so tired from the cares of the material world that the physical reactions were in the heart; that had been so ready to open itself to the needs of each, not only of the family but to all that knew, that even were acquainted with the body.
8. Yet it grew so weary with these cares that He, in His love, saw fit to let the separation come; that the soul might in peace REST in the arms of Him who is her Savior - JESUS!
9. Hence you each should take the lesson of that courage, of that patience, of that forbearance, of that longsuffering, as a part of YOUR own lives; and let it become - as she manifested - the EXPERIENCE of the everyday life, in the dealings and in the associations with the fellow man.
10. The physical condition that wrought the change was the engorgement of the arteries between the heart and the liver. The dregs of hardships, of trials, became heavy.
11. As to the message that she would leave, that she would give to each:
12. To [269]: Keep a watchful eye upon [...] [son], and keep the children together in their varied experiences; for in the union of purpose is there strength for all.
13. To [...] [1st daughter]: Keep the care that has been given thee, even as a good shepherdess watching over the flock, even as He has shown in His ways.
14. To [...] [2nd daughter]: Care for the home. Let that be thy part, thy mission, now. When there are the changes that are natural to come, these then will be a share of another; but keep thou the home for Papa, for [son], for [...] [Baby - 4th daughter].
15. To [...] [3rd daughter]: Let those things wherein oft reproved, oft directed, be kept in that loving faith that has been thy outlook upon life. For hold fast to the things that bespeak of the true spiritual life; for in these ye find peace and happiness and joy.
16. To [...] [son]: Attend thy father's needs. Be his right hand. If it is in keeping with thy inner self, prepare thy ways in the preparations in school for the activities of life itself. But look after him.
17. To the BABY [...]: Let [...], [...] and [...] [3 older sisters], keep watchful care with thee. Know, as is in the experience of those that have lived and know the pitfalls; know those things that make one weary, but hold fast to that which is good.

DEATH: BEREAVEMENT CIRCULATING FILE

18. And may the blessings of the Father, through the love as shown in the Christ, guide each of you. Through the vicissitudes of life, through all the shadows, through all the disappointments, through all the sorrows, know He is near - and will hold thee by the hand.

19. We are through.

REPORTS OF READING 1408-2 F ADULT

R1. 7/16/37 Letter from EC to [...] and All: "Have forwarded that received in the reading, do not know that can make any comment, or that any is necessary, feel it will make many questions arise in your minds, as it does for me - but after you have studied it over would like very much to hear from you, and can we from our limited experience in such work, be of any help in understanding what is meant, know will be more than glad to try and help.

"There was no opportunity given to ask any questions, but are there any that you would like to undertake, will be glad to try and go farther with this. Am sure it is hard for you all even yet to feel that she hasn't gone on a visit and will soon be home again. My feel I realize how very much she is missed there.

"Know will like to keep in touch with all of you, and will appreciate your letting me hear from you.

"Please remember me very kindly to each one of the Family..."

R2. 2/10/38 Mrs. [1408]'s 2nd daughter gave birth to a baby girl (1st child) whom she named for Mrs. [1408]. EC received an announcement.

DEATH: BEREAVEMENT CIRCULATING FILE

INDEX OF READING 1567-2 F 52

[edited]

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"Life Is Continuous"	Par. 13, 15

BACKGROUND OF READING 1567-2 F 52

B1. 4/6/38 She obtained a Physical Reading.

B2. See subsequent correspondence under 1567-1 Reports indicating her frustrations: "Was I meant to only take care of my father and mother's lives? [GD's note: Her 81 yr. old father still living and being cared for by her.] ...Others in family got what they wanted, yet I could not have my mate...have stopped struggling to find an answer... At every crucial period of my life 'the door was slammed.' ...I never believed in a personal God...at middle age I seem high and dry on the road after voyaging over the earth... My little mother understood me. I miss her so much!"

TEXT OF READING 1567-2 F 52 (Presbyterian Background, Religious Preference: "New Thought")

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of May, 1938.

1. EC: Yes, we have the records here of that entity now known as or called Miss [1567].
2. These as we find may be said to be very beautiful records, yet in ways such that it may be questioned by some as to why one who has been so far advanced in some experiences has been so little in the limelight or in the position of prominence through the same ways in the present.
3. If the varied experiences are studied with an eye single to service, these may possibly be understood or comprehended. For remember that God looketh on the heart and not, as man, upon the outward appearances.
4. Hence there are lessons to be gained by the entity from even those feelings, those innate urges that cry for expression. For in their very expression, not finding outlet they turn as it were upon those influences from within.
5. But we find that if these are used, the entity may yet find a peace, a manner or way of expression that will bring joy into the experience in this sojourn.
6. In giving the interpretations, know that these are chosen with the purpose that they are to become helpful experiences.
7. An experience, then, is not only a happening, but what is the reaction in your own mind? What does it do to you to make your life, your habits, your relationships to others of a more helpful nature, with a more hopeful attitude?
8. These are the criterions for every individual's experience - sincerity of purpose, of desire; putting the whole law into effect in the activities - which is to love the Lord thy God with all thy heart, thy mind, thy body, and thy neighbor as thyself.
9. This is the whole law. All the other things given or written are only the interpreting of same.
10. Then what does such a proclaiming preclude? From what basis is the reasoning drawn? What is the purpose of an individual experience of an entity or soul into the earth at any given period?
11. These answered then give a background for the interpreting of WHY.
12. There are urges latent and manifested in the experience of each soul, each entity, each body.

DEATH: BEREAVEMENT CIRCULATING FILE

13. First we begin with the fact that God IS; and that the heavens and the earth, and all nature, declare this. Just as there is the longing within EVERY heart for the continuity of life.

14. What then is life? As it has been given, in Him we live and move and have our being. Then He, God, IS! Or Life in all of its phases, its expressions, is a manifestation of that force or power we call God, or that is called God.

15. Then Life is continuous. For that force, that power which has brought the earth, the universe and all the influences in same into being, is a continuous thing - is a first premise.

16. All glory, all honor then, is DUE that creative force that may be manifested in our experiences as individuals through the manner in which we deal with our fellow man!

17. Then we say, when our loved ones, our heart's desires are taken from us, in what are we to believe?

18. This we find is only answered in that which has been given as His promise, that God hath not willed that any soul should perish but hath with every temptation, every trial, every disappointment made a way of escape or for correcting same. It is not a way of justification only, as by faith, but a way to know, to realize that in these disappointments, separations, there comes the assurance that He cares!

19. For to be absent from the body is to be present with that consciousness that we, as an individual, have worshiped as our God! For as we do it unto the least of our brethren, our associates, our acquaintance, our servants day by day, so we do unto our Maker!

20. What is the purpose then, we ask, for our entering into this vale, or experience, or awareness, where disappointments, fears, trials of body and of mind appear to mount above all of the glories that we may see?

21. In the beginning, when there was the creating, or the calling of individual entities into being, we were made to be the companions with the Father-God.

22. Now flesh and blood may not inherit eternal life; only the spirit, only the purpose, only the desire may inherit same.

23. Then that error in individual activity - not of another but of ourselves, individually - separated us from that awareness.

24. Hence God prepared the way through flesh whereby all phases of spirit, mind and body might express.

25. The earth then is a three-dimensional, a three-phase or three-manner expression. Just as the Father, the Son, the Holy Spirit are one. So are our body, mind and soul one - in Him.

26. Now we have seen, we have heard, we know that the Son represents or signifies the Mind.

27. He, the Son, was in the earth-earthy even as we - and yet is of the Godhead.

28. Hence the Mind is both material and spiritual, and taketh hold on that which is its environ, its want, in our experiences.

29. Then Mind, as He, was the Word - and dwelt among men; and we beheld Him as the face of the Father.

DEATH: BEREAVEMENT CIRCULATING FILE

30. So is our mind made, so does our mind conceive - even as He; and IS the Builder.
31. Then that our mind dwells upon, that our mind feeds upon, that do we supply to our body - yes, to our soul!
32. Hence we find all of these are the background, as it were, for the interpreting of our experience, of our sojourns in the earth.
33. For the astrological or the relative position of the earth (our immediate home) is not the center of the universe, is not the center of our thought; but the kingdom of the Father or the kingdom of Heaven is within! Why? Because our mind, the Son, is within us.
34. Then with that consciousness of His awareness, we may know even as He has given, "Ye abide in me, as I in the Father - I will come and abide with thee."
35. In that consciousness, then, the purposes for which each soul enters materiality are that it may become aware of its relationships to the Creative Forces or God; by the material manifestation of the things thought, said, DONE, in relation to its fellow man!
36. As the earth then occupies its three-dimensional phase of experience in our own solar system, and as each of those companions that are about the solar system represents as it were one of the phases of our conscience - the elements of our understanding - or our senses; then they each in their place, in their plane, bear a relationship to us, even as our desires for physical sustenance; that is: foods for the body; with all of the attributes, all of the abilities to take that we feed upon and turn it into elements for our body.
37. All of the elements are gathered from that upon which we have fed to build blood, bone, hair, nails; the sight, the hearing, the touching, the feelings, the expressions.
38. Why? Because these are QUICKENED by the presence of the spirit of the Creative force (within).
39. So our mind, with its attributes, gathers from that upon which we feed in our mental self; forming our concepts of our relationship with those things that are contrary wise to His biddings or in line with that Law which is all-inclusive; that is, the love of the Father, with our mind, our body, our soul, and our neighbor as self.
40. Then all of these influences astrological (as known or called) from without, bear witness - or ARE as innate influences upon our activity, our sojourn through any given experience. Not because we were born with the sun in this sign or that, nor because Jupiter or Mercury or Saturn or Uranus or Mars was rising or setting, but rather:
41. Because we were made for the purpose of being companions with Him, a little lower than the angels who behold His face ever yet as heirs, as joint heirs with Him who IS the Savior, the Way, then we have brought these about BECAUSE of our activities through our EXPERIENCES in those realms! Hence they bear witness by being IN certain positions - because of our activity, our sojourn in those environs, in relationships to the universal forces of activity.
42. Hence they bear witness of certain urges in us, not beyond our will but controlled by our will!

DEATH: BEREAVEMENT CIRCULATING FILE

43. For as was given of old, there is each day set before us life and death, good and evil. We choose because of our natures. If our will were broken, if we were commanded to do this or that, or to become as an automaton, our individuality then would be lost and we would only be as in Him without conscience - CONSCIENCE - (consciousness) of being one with Him; with the abilities to choose for self!

44. For we CAN, as God, say Yea to this, Nay to that; we CAN order this or the other in our experience, by the very gifts that have been given or appointed unto our keeping. For we are indeed as laborers, co-laborers in the vineyard of the Lord - or of they that are fearful of His coming.

45. And we choose each day WHOM we will serve! And by the records in time and space, as we have moved through the realms of His kingdom, we have left our mark upon same.

46. Then they influence us, either directly or indirectly, in the manner as we have declared ourselves in favor of this or that influence in our material experience. And by the casting of our lot in this or that direction, we bring into our experience the influence in that manner.

47. For this entity, then, we find these as influences:

48. Venus - the beauty ye enjoy; the abilities that are a part of thy whole experience. The abilities of love, yet that have in a manner been denied thee when ye consider as to thy material surroundings, thy material undertakings; but in thy deeper self ye find these as a part of thy experience - apparently as yet never satisfied, or that thou hast loved, that thou hast taken to thy heart has been swept away from thee, taken to those influences or environs that to thee become as naught!

49. Then there must be through these very influences and channels an outlet, a manner in which these may find expression; which there is, in thy ability to WRITE BEAUTIFUL things that will act and react upon the minds and the hearts of others - those that may read, those that may make same to be a part of their experience by the very manner in which ye in loving care may show forth these in thy dealings with thy fellow man!

50. In Jupiter we find the benevolent influences. And as there is the conjunction of Venus and Jupiter, which will appear in the coming fall - or about October the 13th should be one of or THE most glorious days, as a day, for thy experiences of wondrous things that may be an answer to thy longings in many directions; the knowledge of those very things that may bring the awareness, the consciousness of His abiding presence that is nigh unto thee ever!

51. In these ye may be favored with the greater comprehension....

INDEX OF READING 1782-1 F 64

[edited]

Death: Bereavement	Par. 45-A
Glands: Kundalini	Par. 47-A
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Work: E.C.: Quotations & Similes: "Holy Of Holies"	Par. 47-A

TEXT OF READING 1782-1 F 64 (Singer and Writer, Widow, Religious Preference - "Belief in God without ritual.")

This Psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of January, 1939.

3. Yes, we have the records here of that entity now known as or called [1782].
4. In giving the interpretations of the records here, these are chosen with the desire of making same a helpful experience for the entity at this time.
5. The entity's tendencies, inclinations and studies into all phases of mysticism and occult forces should aid the entity in making the proper application - for the mental AND the spiritual - in such measures and manners as to bring material manifestations; but most of all an understanding and a satisfaction in the mental and spiritual self.
6. Not all that has been the experience, that has been embraced in part, has proven to the entity the valuation of such in the experience; yet much has brought and does bring those satisfactions that little else has.

44. (Q) Have I been united with my husband, who passed on from this planet a little over two years ago, in previous incarnations?

(A) More than once.

In the Egyptian experience, the husband was then the father.

In the Atlantean, he was the companion.

In the experience through the Danish sojourn he was a very close friend, but one who made the journey and represented the entity in a new land.

45. (Q) Is it well to foster the sense of continued communication with his spirit while we are separated by "death", so-called?

(A) If this is for a helpful experience to each, it is well. Let it rather be directed by that communion with Him who has promised to be WITH thee always! and hinder not then thy companion, but - in such associations and meetings - give the direction to the Holy One.

47. (Q) Once when meditating on distant objects, I experienced the sensation of being unpleasantly suspended at a great height in the universe, with the result that for some time afterwards I feared the power of too effective a concentration of thought. Was there something wrong about the technique I used in trying to efface a sense of my physical ego?

(A) Turn within, rather than holding to something above self. For know, the promise is that He shall meet thee within thine own temple. The technique, then, was in error. It is not above self, but within. For as ye raise the consciousness to that within self, He meeteth thee in thine own tabernacle, in the holy of holies; in the third eye, - NOT above same!

The use of these meditations is advised, IF they are kept within thine own understanding.

48. We are through for the present.

REPORTS OF READING 1782-1 F 64

1/12/39 [1782]'s letter to EC:

Dear Mr. Cayce:

Thank you very much for the Reading, which is of true value. The main benefits that I have derived from it are:

FIRST: The fact that I have already, for some time, been doing what you in your trance suggest; namely - the self-analysis which asks whether I am actually demonstrating the ideals of human conduct, in which I firmly believe, and

SECOND: The fact that I am to continue developing artistic urges that might take more useful and external form than they have heretofore, binding them in with my wish to be of service to my "brothers and sisters", is, I imagine, what your suggestion indicated.

I was, naturally, very much impressed by the statement that in a previous incarnation my husband had been my father, because there was a certain element of that quality in our relationship, even in this life....

With best greetings and sincere thanks, believe me

Yours truly, [1782]

INDEX OF READING 1786-2 F 39

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Attitudes & Emotions: Condemnation	Par. 7
: Consistency	Par. 14-A
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Work: E.C.: Quotations & Similes: "If Ye Would Have...Give..."	Par. 11-A

BACKGROUND OF READING 1786-2 F 39

B1. See 1786-1.

TEXT OF READING 1786-2 F 39 (Secretary, Publicity Writer [Unemployed], Protestant)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of July, 1939.

1. GC: You will have before you [1786], born May 9, 1900, in Sag Harbor, L.I., N.Y., and the information given in her Life Reading through this channel on January 11, 1939. You will advise her as to how she may go about finding herself and her proper niche in this life. You will answer the questions she has submitted, as I ask them:
2. EC: Yes, we have the entity now called [1786] together with the information which has been indicated that would be helpful in the experience of the entity.
3. As we find, as has been given, the entity needs to study that which has been outlined for the entity and to go about making practical application of same in its DAILY relationships to others.
4. Not that any information would be given that would enable the entity to just pick up self and transplant to this or that place. It must be an inward development!

DEATH: BEREAVEMENT CIRCULATING FILE

5. As has been outlined, first study self. What DO you desire? Is it selfish, is it only for self; is it only that there may be the gratifying of an emotion, an appetite, a physical desire? or is there not something that is more lasting, something that is desired to be of a HELPFUL force for someone else?

6. Is there really the desire to know love, or to know the experience of someone having an emotion over self? Is it a desire to be itself expended in doing that which may be helpful or constructive? This CAN be done, but it will require the LOSING of self, as has been indicated, IN service for others.

7. Do not continue to condemn self nor others. The warnings have been in respect these. There are abilities in those fields of activity of story writing. This may be accomplished, if it will go about to do same. But wishing does not do it, - application only!

8. Ready for questions.

9. (Q) Have I any further contact with my late husband, [...], since he has passed on?

(A) If that is the desire, it will continue to hang on to same! If it is to be finished, and that which has been to be the development, then leave this aside.

10. (Q) Does he know of my prayers?

(A) Do you wish him to? Do you wish to call him back to those disturbing forces, or do you wish the self to be poured out for him that he may be happy? Which is it you desire, - to satisfy self that you are communicating, or that you are holding him in such a way as to retard? or hast thou BELIEVED the promise? Leave him in the hands of Him who is the resurrection! Then prepare thyself for same.

11. (Q) Should I continue through life alone?

(A) If this seems well, - or does this seem well? or is the self that you are looking for! Do something for someone else! Make their lives happy, make their lives worthwhile, and then there may be those experiences that will come! But arise to that consciousness that if ye would have life, if ye would have friends, if ye would have love, these things ye must expend. For only that ye give away do ye possess.

12. (Q) Should I attempt to do anything further in becoming associated with those trying to help alcoholics?

(A) If the desire to write or use such in the writings, it's very well. Only in the writing, but not making this the THEME, - for it should only be a portion of such.

13. (Q) What channels will bring me financial security?

(A) As has been given.

14. (Q) Any further advice?

(A) Do these things consistently. Be consistent with self, be consistent with others. Show thyself approved and in all good conscience to a loving Creator, and friend and Savior! We are through for the present.

INDEX OF READING 1824-1 F 82

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DEATH

POISONING: SEPTIC

PROPHECY: PROGNOSIS: DEATH

Resurrection Par. 6

Sleep Par. 5

Work: E.C.: Quotations & Similes:
"Life Is Continuous" Par. 5

BACKGROUND OF READING 1824-1 F 82

B1. 2/18/39 Son [1564]'s letter to EC:

Dear Mr. Cayce:

I enjoyed talking with you tonight and knowing you and Mrs. Cayce were well. I told you my problem, which is real, is my mother. She has been ill for the past few years and for the past two years she has been unable to walk because of a broken hip. That, from all accounts, seems to be pretty well healed, but complications have set in rather suddenly and are causing much distress to her and worry for us all.

We feel the only answer to her present problems is thru the information you can give - no material source would be of any help. From the general symptoms, cancer is suspected.

I am enclosing the questions and will certainly be grateful for your response as soon as it is possible.

With appreciation and thanks to you,

Sincerely, [1564]

B2. QUESTIONS FOR [1824]:

1. Food cannot be retained. Causes nausea. Is there an obstruct- somewhere and what can be suggested for the disturbance?
2. What is the cause of the pain thru the abdominal area?
3. What is the cause of the puss in the bladder and how best can it be treated?
4. Any suggestions for the alleviation of suffering generally?
5. Can the morbid, mental condition be helped?
6. Is there any hope of curing or correcting the general symptoms of the body?

(Phoned Sun. nite, 2/19/39 - information already in mail. She is suffering, they think, from cancer - and there doesn't seem much hope - uremic poisoning has set in and she is blind tonight on account of it. Phone Reading to ...)

TEXT OF READING 1824-1 F 82 (Christian Scientist)

This psychic reading given by Edgar Cayce, Virginia Beach, Va., this 20th day of February, 1939, in accordance with request made by the son - Mr. [1564].

3. Too late in the application of those things for material benefits in this present experience. As is indicated, not only the toxic forces have been the more active but sepsis has already begun.
4. These then would rather be for those who are mindful of the associations and relations:
5. Know that life is a continuous experience, and as there is a consciousness in sleep that is not physical - in the sense of physical awareness - so there is a consciousness in the same manner when the physical is entirely laid aside.
6. HE indeed is the resurrection and this life. In HIM do we put our trust.
7. Then there should not be sorrow and sadness in those periods when the physical turmoils and strifes of the body are laid aside, for the moment, for the closer walk with Him.
8. For indeed to be absent from the material body is to be present with the Lord.
9. Let those admonitions and those promises, then, fill thy life - and so determine within selves that ye will walk the closer with Him day by day.
10. And then when the shadows, as here, begin to close about, and there is the meeting at the river, there will be indeed no sorrow when this barque puts out to sea. We are through for this present.

[Mrs. [1602] phoned - said they all felt it was useless; she is 82, has developed pneumonia - is ready to go, and all the children feel it is inevitable and have the right attitude, that they shouldn't grieve since she is happier to go.]

REPORTS OF READING 1824-1 F 82

R1. 2/21/39 Daughter-in-law Mrs. [1602]'s letter to EC:

Dear Mr. Cayce -

You were very good to give us the Reading, when you did. Past Dec 12, and it WAS a help!

Mrs. [1824] was really 9/10ths on the other side at the time. Hyperstatic pneumonia & sepsis had set in & were doing their best to separate her from the physical body but - all of a sudden, life came back. The pneumonia cleared - the kidneys began to function & the temperature gradually went to normal (from 105 degrees). As a result, she is still with the physical body & is conscious for quite some time at a stretch. We feel sure the "return" is only temporary & for some reason that we do not understand. In the mean while we just stand by, knowing the Higher Will is in complete charge & all is as it should be.....

GD's note: I understand that Mrs. [1824] did pass on not long after the reading was given.

DEATH: BEREAVEMENT CIRCULATING FILE

INDEX OF READING 2401-1 F 38

[edited]

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"If Ye Would Have...Give..."	Par. 48-A
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"Soul...Corpuscle In The Body Of God"	Par. 13

BACKGROUND OF READING 2401-1 F 38

B1. 11/14/40 She submitted questions. Husband had died.

TEXT OF READING 2401-1 F 38 (Widow, Hebrew)

This Psychic Reading given by Edgar Cayce at the home of David E. Kahn, 20 Woods Lane, Scarsdale, N.Y., this 15th day of November, 1940.

3. Yes, we have the records here of that entity now known as [2401].

DEATH: BEREAVEMENT CIRCULATING FILE

4. In giving the interpretations of the records as we find them here, much that is so paramount in the immediate experience must be taken into consideration.
5. Yet the entity, in analyzing the whole experience, must realize that life, the manifestation of same, is a continuous thing. While varied consciousnesses are the experience of each soul entity, all are a part of the whole; just as one day is a part of a week, a month, a year, a life span in physical consciousness.
6. Thus it must be conceived and acted upon in that manner in which each entity, each soul, envisions the experiences that are brought about by parenthood, - that is mindful of those influences in the existence and experience of their children....
12. We find in Venus the love of home, of activity of those who find the manner of affection, of expression materially. These, too, must be made manifest under the existent conditions as a broader, deeper feeling; that is taken into consideration from and for this angle, - yea, PURPOSEFULLY in the experience; knowing that inasmuch, or in the MANNER and way ye mete out thy love, thy affection, thy care, thy thought, to even the lowliest of thy fellow men, so ye may expect, so may ye be doing unto thy Maker.
13. For, each soul is but as a corpuscle in the heart of God, and each should, must, work together for good, - if there would be made manifest in thy daily life that love, that hope, that mercy, that faith which is sought in Him.
14. In Mercury we find the high mental abilities, both in constructive and disturbing reactions. For, as the mental abilities may attempt to reason and to find in spiritual things that which is as a tendency to condemn, or to cry, "WHY - why - did this have to happen to me?" there may come in such that as may block the self from hearing that voice of peace deep within, that gives the blessings of the Father as promised to those to whom He has given, "If ye will but be my child, I will be thy God!"
15. This is not an abstract experience for any, but a very concrete, definite experience; that may be the consciousness of those who seek, - not as in duty, obligation, but in love! For, God IS love. Then, - in thy activity under stress, strain, even disappointment and heartbreaking experiences, - CALL! For, he hath promised, "If ye call, I will HEAR - and answer speedily." Yet the answer can only be in that measure with which ye mete to thy fellow man.
16. Then, in Jupiter we find for the entity the outlets upon many varying phases of experience, under those disturbing factors; that though the entity may find in the present those influences that seem to overshadow all, looking about, taking thought of others, there will be seen much that must be, is, even more disturbing to those who have no mental or material background for even a hope.
17. Bring, and help such to find, hope; to find that there are those who care, who take thought, - if ye would have thy loved ones, thy Father-God, take care and thought of thee!
18. We find in Saturn the changes, the experiences that have brought divisions, disturbances; breaking into the hopes, the aspirations, the desires. Yet He is not mocked; whatsoever a soul, an entity, soweth, that must it also reap. But in Him ye may find REST unto a weary, disturbed, troubled heart, Poured out in such activities as to bring cheer to others, hope and desire for the love of the Father. So may ye find it in thy own experience.

DEATH: BEREAVEMENT CIRCULATING FILE

19. This is not far-fetched. This is not that which is merely heard of as from afar. For, remember, as was given by Him of old, - "Lo! He is within thine own heart, thine own mind." Seek Him there; for thy body is indeed the temple of the living God. THERE, in thy purposes, in thy hopes, in thy desires, ye may find Him a very present help in the time of trouble.

20. As to the appearances in the earth, - not all may be given here; neither are they all applicable under the present stress. These are indicated merely that there may be gathered how, and in what manner, the continuity of life has been, and is, in the experiences of each soul through its search for that home not built with hands, but eternal - in the heart of God Himself.

21. Before this, then, the entity was in the land of the present nativity during those periods of the early settling of the land.

22. There the entity, under stress and strain, because of the fears as to the peoples from without who had brought about the warring of the peoples, fled; taking the easy way, leaving the companion (even the one who had been the companion in the present) in a state of fear and doubt as to WHY, as to what CAUSED such APPARENT neglect, or the thought of self-preservation rather than the love that had BOUND their destinies in an activity - which is STILL a part of the entity's experience.

23. The name then was Ellary Heffor. The entity lost, the entity gained, in that experience.

24. And, as the entity in the present applies self in the building abilities in the experiences of those dependent upon the entity, there may come that happiness, that joy of the consciousness, the assurance of Him; that may bring into the awareness that consciousness of Him saying, "Well done, thou good and faithful servant; enter into the joys of thy Lord."

25. In these manners, then, - as the home builder, as well as in the exercising of self in the present to bring hope to others, - this real awakening may come, eradicating those doubts and fears which arise at times from that loneliness - which was then, in that sojourn, so a part of the entity's experience, when it had found there were definite steps taken that could not be retraced.

26. Hence we find that fear of loneliness, of being alone with self and self's thoughts. Rather let that awareness come into the experience as He has promised, "I will not leave thee alone, but will come - if ye will but open thy heart to the good, the hope, the kindness, the gentleness, the patience, the brotherly love as may be manifested in thy dealings with thy fellow men, thy neighbors, - yea, those about thee day by day; and ESPECIALLY to thy own children."

27. Before that the entity was in the Promised land, during that period when there was the returning to the rebuilding of the temple, the reestablishing of the faith of the fathers in the land.

28. The changes that were wrought brought into the experience of the entity the hardships, the longings for things as they had been and as they might be under the varying circumstances, or as before they had been separated from the worldly aspects to consider the spiritual future of its peoples.

DEATH: BEREAVEMENT CIRCULATING FILE

29. But in service - as the entity established with the daughters of Zerubbabel, or as one of them - in the name Abijah - the entity gained materially, mentally, spiritually.

30. So may the entity gain in this present experience, in the reestablishing of self in those ways which are not past finding out. For, those who search to know may find Him.

31. Thus may there be brought into material activities that as will bring help, hope, joy. DO same, not as a duty, not as a buying of self-esteem, but in love, in hope, in expectancy. For the Lord loveth those who expect much of Him, in giving much of themselves - JOYOUSLY!

32. Let thy social life, thy family life, thy purposes and thy desires, be towards Him; and JOY will reign YET in thy home, thy heart, thy life, thy purpose, thy ALL.

33. Before that the entity was in the Persian or Arabian land of the "city in the hills and the plains," when there were those periods of disturbance through the activities of the Grecians in the land.

34. The entity was BEAUTIFUL in body, in purpose and hopes; and entered into those activities as one seeking a way or manner of self-expression; losing in the early experience, gaining when - through the associations and activities of the teacher Uhltd in that land - the entity rather gave self as an individual, as a personality, in aiding and comforting many. Thus the entity brought to itself earthly gains as well as the greater ability to be of a mental and spiritual service to others.

35. The name then was Ometa.

36. As to the abilities of the entity, then, - that to which it may attain, and how:

37. Hold fast to that which became the purpose as the daughter of the priest in the temple rebuilt. Build it again - as thou would know and find thy way, in thy home, in thy associations. For, it is ever here a little, there a little, line upon line, precept upon precept. Not as hardships, not as routine nor ritual alone; but LOVINGLY, gently, kindly, speak oft to those about thee and to thy Maker. For, YET a home will be builded, and thy children about thee may call thee blessed, - if ye will harken to that search deep within thy consciousness!

38. Ready for questions.

39. (Q) How can I help my children?

(A) In the ways and manners as we have indicated; by bringing them up in the nurture, in the admonition of doing the first things first, "Seek the kingdom while it may be found, and when thou art old thou wilt not depart from same."

40. (Q) How can I help my son [...] find himself?

(A) In being as a companion, as a pal to him, in his seeking for the manners and ways of expressing himself.

41. (Q) Regarding various business interests, please advise me as to the following: First, shall I sell the farm?

(A) Rather as we find, HOLD; and let its activity bring to self the awareness, through the various seasons, of the JOY of being close to nature - a manifestation of thy Maker; also in aiding and helping the others to whom it means so much.

We would not purchase others, however.

DEATH: BEREAVEMENT CIRCULATING FILE

44. (Q) Is there any other way I can help my Dad?

(A) In finding an interest in, and expressing and manifesting - by activity - the desire to help, - this as we find will be the most help, or bring the most help.

45. (Q) Please explain the following to me: First, why am I afraid of the dark?

(A) As has been indicated, darkness has come into the experience more than once. This may only be conquered in the conscious awareness of the presence, the help, of a universal Father-God.

46. (Q) Why do I get so lonesome?

(A) As has been indicated.

47. (Q) Why do I get so homesick?

(A) Again indicated in analyzing the experiences through the material sojourns. MEET it in the present, - not in feeling sorry for self, but in the effort to bring help, to bring joy in the experiences of others about thee.

48. (Q) Why do I have so few friends?

(A) Ye have MANY friends! Be not so distant, but - if ye would have friends, know the law - ye must show thyself friendly! Not merely as one buying social or material notice; but being KIND, being gentle, showing love - as ye have sought in thy own experience; showing a real affection for those not so fortunate in so many ways as thyself.

49. (Q) How can I best adjust myself to the passing of my husband, and carry on as I should?

(A) As has been indicated - in the manners as we have outlined.

Keep close to that assurance that he LIVETH! We are through for the present.

REPORTS OF READING 2401-1 F 38

None.

INDEX OF READING 3954-1 F 71

Death: Bereavement	Par. 11
Prayer: Death	Par. 11
: Intercessory	Par. 11

TEXT OF READING 3954-1 F 71

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of November, 1943.

10. Then fret not thyself over others, but keep the faith. Walk in the Way. Keep the lights burning ever, and others will find the Way - who in the present appear to be far in arrears with appreciations of the glory and love of the heavenly Father.

11. Yea, pray oft for those who have passed on. This is part of thy consciousness. It is well. For, God is God of the living. Those who have passed through God's other door are oft listening, listening for the voice of those they have loved in the earth. The nearest and dearest thing they have been conscious of in earthly consciousness. And the prayers of others that are still in the earth may ascend to the throne of God, and the angel of each entity stands before the throne to make intercession. Not as a physical throne, no; but that consciousness in which we may be so attuned that we become one with the whole in lending power and strength to each entity for whom ye speak and pray.

12. For, where two or three are gathered together in His name, He is in the midst of them. What meaneth this? If one be absent from the body, He is present with His Lord. What Lord? If you have been the ideal, that one to whom another would pay homage, you are then something of the channel, of the ideal. Then thy prayers direct such an one closer to that throne of love and mercy, that pool of light, yea that river of God.

INDEX OF READING 4938-1 F 18

DEATH: BEREAVEMENT : Healing: Spiritual	Par. 4--7, 10-A, 11-A
Education: Schools: Columbia: Barnard	Par. 1, B2
INJURIES: ACCIDENTS	
Meditation: Affirmations	Par. 8
Prayer: Death	Par. 8, 11-A
Soul Development: Death	Par. 4, 6, 10-A
Work: E.C.: Quotations & Similes: "Condemn No One" : READINGS: POSTMORTEM	Par. 5

BACKGROUND OF READING 4938-1 F 18

B1. 6/15/34 Mrs. [489] obtained a Physical Reading for her sister, Mrs. [586], mother of [4938], in insane institution.

B2. 9/28/35 Miss [4938] fell out of her bedroom window at school and died.

TEXT OF READING 4938-1 F 18

This psychic reading given by Edgar Cayce at the David E. Kahn home, 44 West 77th Street, Apt. 14-W, New York City, this 28th day of October, 1935, in accordance with request made by Mrs. [489], her aunt.

1. GC: You will have before you the entity known as [4938], who was in one of the dormitories at Barnard College, New York City, in the early morning of Saturday, September 28th. You will tell us what you are privileged to tell, and that which will be helpful to those closely concerned. You will then answer the questions that may be asked by her aunt, present in this room.
2. EC: Yes, we are with the entity here.
3. This, as may be and should be understood by those who are interested, was an accident - and not premeditated or purposed by the entity.
4. The environs or surroundings that made for these happenings, in a material world, are with the entity in the present, making for better understandings.
5. Those that are near and dear to the entity, to make for more understandings - condemn no one, nor the circumstance. Neither mourn for those that are at rest.

DEATH: BEREAVEMENT CIRCULATING FILE

6. There is gradually coming the awakening. This, to be sure, is an experience through which the entity, [4938] is passing in the present. It is making for a helpfulness in its understanding and comprehending of that which is the experience, the awareness of same in the present.

7. The body-physical that was broken is now whole in Him.

8. Let thy prayer then be:

"IN THY MERCY, IN THY GOODNESS, FATHER, KEEP HER. MAKE FOR THOSE UNDERSTANDINGS IN MY EXPERIENCE, IN HER EXPERIENCE, THAT WE MAY DRAW NEARER AND NEARER TOGETHER IN THAT ONENESS OF PURPOSE THAT HIS LOVE IS KNOWN MORE AND MORE IN THE MINDS AND THE HEARTS OF THOSE THAT ARE IN THE POSITIONS OF OPPORTUNITIES FOR BEING A CHANNEL, A MESSENGER, IN THE NAME OF THE CHRIST. Amen."

9. Ready for questions.

10. (Q) Is she happy, and does she understand where she is?

(A) As given, there is the awakening, and there is the understanding coming more and more.

And soon to the Aunt may come the awareness of her presence near.

These are the conditions.

11. (Q) Is there anything any of us can do to help her in any way?

(A) Let the prayer as given be held occasionally, especially in the early mornings.

12. We are through with this Reading.

REPORTS OF READING 4938-1 F 18

None.

INDEX OF READING 5488-1 F 52

ANEMIA

Astral: Borderland	Par. 12-A
Bible: Books Of: Matthew 25: 40 : Matthew 25: 45	Par. 10-A Par. 10-A
Death: Bereavement	Par. 10-A, 12-A
Environment: Locality: Choice	Par. 11-A
Hypochondria: Tendencies	Par. 6
Intestines: Colonics: Toxemia	Par. 8
Life: Opportunity	Par. 9, 10-A

MENOPAUSE

Neurasthenia: Tendencies	Par. 6
Osteopathy: Toxemia	Par. 8
Physiotherapy: Baths: Fumes: Toxemia	Par. 8
Prayer: Death	Par. 12-A
Psychosomatics: Menopause	Par. 1, 6, 9
Soul Development: Service	Par. 10-A, 11-A
Spirit Communication	Par. 12-A
Spiritual Advice	Par. 11-A

TOXEMIA

BACKGROUND OF READING 5488-1 F 52

B1. GD's note: Mrs. [5488] was very sad, unsure of her future in every way, because of recent death of her husband. She was all alone, having only one married daughter. She was much bothered mentally as well as having distressing physical symptoms.

TEXT OF READING 5488-1 F 52

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 22nd day of July, 1930.

1. EC: Yes, we have the body, the enquiring mind, [5488]. Now, in the physical forces of the body, we find there are conditions that, with their being corrected in the present, will not only assist and prevent the body from sufferings physically in the future, but will better fit the body mental, the body physical, for the vicissitudes of the present experience.
2. These conditions, as we find, have to do with the pressures as are caused in the system, as related to the blood supply, the heart's action, and the nervous system. These, in turn, affect other portions of the system.
3. These, then, in the body physical, are conditions as we find them with this body, [5488], present in this room:
4. IN THE BLOOD SUPPLY, this we find deficient in red, over abundant in the white. Hence the character of the pressure in the heart's action, as is caused through the accumulations of drosses in the system, is this condition, as WE find, heir apparent in the system, and this distress as comes to same is to the lower hepatic circulation, and the conditions as make for those are from pressures as have long existed in the pelvis and lumbar regions, and the disorders as come from these changes as are coming about in the life.
5. With those conditions, there comes this over stress through the nervous forces of the body, as to prevent their better, or their normal reaction. While at all periods the body does not suffer, yet there ARE periods when the distress to the digestive system, to the kidneys, to the liver, to the heart's action itself, and in the BREATHING as comes to the system - these are as the pressures, or changes, in the circulation.
6. In meeting the needs of these conditions, we will find it will be necessary to cleanse the system from the drosses. This will be necessary, not only in the manner of eliminations through the alimentary canal to be increased, but also throughout the whole of the respiratory system, through those changes as must be wrought in the system as related to the assimilation of foods that may be taken in system, through the changes as must come about for the mental attitude in its security in one direction, and not to be constantly changing from this, that or the other because it doesn't assist in the first three or four days. These are lack of stability, but one where the changes are as oft as has been exhibited in the system for many days past, many months, and many moons, these show for that alterations, or that change as from one distress to another. Not that the body has become hypochondriacal in its activity; not that the body has become wholly as one of a neurasthenic, but these are but indications of the distress and distraughtness as has been, and as is exhibited in the physical forces.
7. In meeting these, or in applying these - so that we may HAVE the proper eliminations - these, as we find, will have to be as mechanical, as has been those depressions as has caused same, so that the impingements as have existed, and as do exist in the lumbar and sacral, that causes for the distresses through the pelvis, through the changes in the activity of liver and lower hepatic

circulation - these must not only be RELEASED, but they must be revived, or resuscitated, as to their normal activity, so that - with the assimilations of the system - there will be the proper building up and distribution of the forces of the whole system.

8. In manipulative measures, or corrective measures with manipulation, with those of the colonic irrigations, with those of the stimulation of the liver sufficient to cause its proper activity, with those of the sweat or fume baths, as will take the poisons from the system, throughout the whole of the circulation, would we find be the corrective measures for this body. This we would do.

9. In the mental activities and developments for the body, will the entity claim that heritage as is in its own activities, from the mental and spiritual source, holding to these in the way and manner as will bring for that as of a well deserved, in service, and in the application of self towards those things as held, then we will find these will develop also. Ready for questions.

10. (Q) What advice as to how to take up life again?

(A) In the application of self to the vicissitudes of life - in the midst of life one is in the midst of death, for death is but the beginning of life, as life is but the BEGINNING of an opportunity to manifest that as is INNATELY built within the soul of an individual itself. To lose faith, hope, in self and in those forces which must keep for the whole of the operative forces in life, is to lose hold and to lose CONFIDENCE in self and in self's heritage, as is given; for all are BOUGHT with the price, and in the application of self in service to another will one find that the APTITUDES of life are but the stepping stones to the better UNDERSTANDING of the conditions as each and every individual meets to make for them that development necessary, that they may join with those in the expressions of the divine forces as are made applicable in the lives of each and every individual. Applying self, then, in some DEFINITE, some individual service - not as a service that is to be seen of men, but with a service eye-single to that of manifesting that faith, that hope, that expression as was given in Him, in "As oft as ye do it unto the least of these, my little ones, ye do it unto me"; for in Him is the life, and the light, and without Him there is NO life AT ALL.

11. (Q) Where would be the best, considering all things, for the entity to live?

(A) That would be best chosen in self. Where the greatest service, and where the losing of self IN service may be best accomplished, there live.

12. (Q) Is there any message you could give regarding her husband, who has passed beyond, that would help her?

(A) These, as we may find, may best be had through that introspection of self in those periods when one may turn to the within and seek that counsel, that at-oneness with those whom are in the borderland; for ALL is well in the oneness of the purposes as may be accomplished in this material force through the mental changing, or guiding, that the SPIRIT may work aright.

REPORTS OF READING 5488-1 F 52

None.

INDEX OF READING 5678-1 F 40

[edited]

Bible: Books Of: Mark 7: 37 : Matthew 6: 34	Par. 3 Par. 4
Death: Bereavement	Par. 3, 4, R1
Ideals	Par. 3, 19-A
Spiritual Advice	Par. 19-A
Vocational Guidance: Sales	Par. 7-A, 8-A

BACKGROUND OF READING 5678-1 F 40

B1. 5/12/32 See 281-6, Par. 2-A--6-A re. healing for [5678]'s husband, in hospital dying with cancer.

B2. 6/17/32 See 281-7, Par. 8-A re. healing for [5678]'s husband, in hospital dying with cancer.

TEXT OF READING 5678-1 F 40

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 7th day of July, 1932.

1. GC: You will have before you the body and enquiring mind of Mrs. [5678], present in this room, who seeks advice, counsel and guidance, in her mental and material affairs. You will answer the questions which she will ask regarding these.
2. EC: Yes, we have the body, the enquiring mind, Mrs. [5678], and those conditions in the mental and material that confront the body at this time.
3. In the attitudes as may be had by the body, these - as respecting mental and material conditions - ARE those things, those elements, that the body must face with that knowledge that there is an all-wise-providence, and that with the keeping in self of an ideal there is strength, comfort, understanding, that enables the body to meet the conditions which arise from day to day with the knowledge that He doeth all things well.
4. In that manner of mental outlook will the body find those abilities growing in self, for the steps are to be taken day by day, and sufficient unto today be that grace, that fortitude, that understanding, that will enable the mental forces to keep that balance that makes not afraid. Rather let those conditions come, then, as they may, knowing that He will give within self that knowledge of the Right to be done at the right time.

DEATH: BEREAVEMENT CIRCULATING FILE

7. (Q) What special kind of work should I undertake?

(A) That which has been outlined, or that which has been so OFT outlined by self as respecting that it would desire to do.

8. (Q) Would I be successful in selling life insurance?

(A) Were this included in the sick and accident also, would be very agreeable to the body - for the present, and LEAD to that outlet which has been sought.

19. (Q) Is there any spiritual advice that will help me to carry on?

(A) Keep in that manner as has been given that should be the attitude of the mental body, in relation to holding that as the ideal that will bring for self those conditions which make for the closeness of that within self, which awakens for the abilities to become accentuated through the SPIRITUALITY - and spiritualizing OF the abilities of the body.

21. We are through for the present.

REPORTS OF READING 5678-1 F 40

7/7/32 Mrs. [5678] said she felt her husband's passing was made easier by healing group meditations. After listening to her own reading she seemed pleased and helped, said she knew it would be a great comfort to her - had been already."

7/20/32 See 281-8, Par. 17-A, 18-A [below] saying her husband was still being helped on other side by prayers of the healing group.

8/13/65 Mrs. [5678] died in a hospital, at the age of 73.

(Q) To what extent was [[5678]'s husband] helped by our prayers, mentally, physically or spiritually?

(A) Still gaining from same!

(Q) Can we help him further?

(A) If he is still gaining, you can still help him!

281-8, The Glad Helper's Prayer Group

IT IS NOT ALL OF LIFE TO LIVE

by Mary Ellen Wolfe

Life is real, life is earnest! Yet it is not all of life to live, nor all of death to die. For the soul liveth and is a portion of the Creative Energy—and it returns to the whole. **136-70**

Have you ever stopped to examine the apparent paradox of our present culture? Our advanced scientifically oriented society has put men on the moon, split the atom, and conquered diseases by the dozen. Yet, most of us have very little understanding of the life of the spirit or the eternal evolution of the soul through life and death. We are possibly the most well-educated, yet most basically ignorant people who ever inhabited the earth. Besides the opportunities for formal education offered in our great schools and universities, we are constantly having information thrust upon us from every direction – from daily papers, magazines, radio and TV. Yet only an infinitesimal portion of this great wealth of information is of any real or lasting value to us if we are, as we claim to believe, spiritual beings whose sole purpose on earth is to manifest God and learn to love all creation.

The search for eternal youth has reached a frantic pitch, seemingly out of all proportion to its importance. Each year thousands of dollars and more thousands of hours are spent in the vain effort to stop the passing of time and the inroads it makes on our physical bodies. Great scientific researchers have spent lifetimes perfecting hair dryers, creams and lotions geared to keep our physical habitats from showing that we have spent a number of years in this particular earth experience.

There is nothing wrong in a desire to remain young and strong and beautiful. But what is the real purpose? Is it a sincere desire to

have a longer, more active life in order to express God more perfectly and bring the knowledge of His love to more people? Or, if we are truly honest, are we fearful because we see the various natural developments of the aging process as harbingers of that great bugaboo – *death*?

A little child is taught to say, "Now I lay me down to sleep. I pray the Lord my soul to keep. If I should *die* before I wake, I pray the Lord my soul to take." Is it any wonder he often doesn't want to be put to bed for his night's rest? This is no longer for him a time to sleep and prepare for the morrow's adventures – it is a time of danger. He does not know exactly what his "soul" is, but he knows that it is something vital to him and he must now relinquish it, at least until morning and he may not get it back then, for he has voiced the possibility that he may *die* before he wakes!

Probably a child's only knowledge of death is an overheard conversation in hushed tones, punctuated by stifled sobs concerning someone who has gone. Or perhaps he has attended the funeral of a beloved grandparent, to behold this once warm and loving dear one lying like a waxen mockery in a velvet-lined coffin, surrounded by great banks of flowers and great groups of hopelessly unhappy mourners.

Is it any wonder that this same child becomes bewildered as he sits in church and hears a sermon extolling the glories of the life hereafter? Or is it surprising that when this child is grown and his loved ones are approaching God's other door he does all in his power to put them back?

This earth life is often referred to as a vale of tears, but how very many of those tears are shed because someone we love has left it.

Many people have evolved beyond the belief in hell fire and brimstone; but, except for the few who are leading exceptionally selfless lives, this leaves us knowing only where we are *not* going.

Fear is the result of lack of knowledge or understanding the true nature of a situation or condition. This creates a vicious circle – for the lack of understanding keeps us from approaching the subject with an open mind and learning about it – which would dispel our fears.

The fear of death is not so universal as some may believe. The people of India refer to the passing of an individual from material existence as "kicking the frame". The Tibetan Buddhist believes that between lives there is a period of only forty-nine days during which the soul becomes increasingly interested in earthly happenings and is

gradually drawn back. The American Indian feels that life after physical death is a continuation of the life he knows here. These people accept death of the body as a natural occurrence just as the occasion of birth. This concept is borne out in the Cayce readings.

The passing in, the passing out, is as but the summer, the fall, the spring; the birth into the interim, the birth into the material. 281-16

Quite understandably, the cultures which accept the philosophy of re-birth hold the most wholesome and serene attitudes concerning the end of any earthly life. What sadness would fill the heart of someone who held in his hand the last lovely rose that would ever bloom, or hear the last notes of a melody never to be repeated!

Fortunately, a willingness to consider the concept of reincarnation is becoming more evident. People are rediscovering the beliefs of the Greeks, Persians, Egyptians and Orientals and reading their Bibles with more open minds, to find new interpretations of old quotations. A true understanding of life and death could have been a strong contributing factor in the heroic manner in which the early martyrs met their deaths.

Perhaps the minister who tells his congregation that there is no death is not repeating a time-worn cliché, but is stating the same fact that Edgar Cayce gave in a reading when he said:

That which has been termed "death of the body" is but the releasing of the soul – the image of God in every entity – to find expression and to come closer to that which is Life. 610

Dr. Leslie Weatherhead writes in his book *Life Begins at Death* that he feels one reason Jesus was reticent about discussing life after death was that if men knew the details they might be tempted to precipitate themselves into it before they had finished what they entered this life to accomplish.

Since life on earth is lived in the third dimension and life after physical death is in the fourth or a higher dimensional plane, it is beyond the capacity of our conscious minds to comprehend. In a dream state or in meditation, we may touch the edge of fourth-dimensional knowledge, but it is not necessary to our life on earth and therefore we may glimpse it only "as through a glass darkly".

Death is but the beginning of another phenomenized force in the earth's plane and may not be understood by the third dimension mind but must be seen from the fourth dimension force. 138-18

"Knowledge unused is sin", therefore the only valid reason we as

souls on a material plane have for searching out a knowledge of death and the life which follows is that we may dispel inhibiting fears. The Cayce readings tell us we are to live in the present, to the fullest extent of our development, and to use what we have at hand to manifest the Divine Force within us.

Our conscious knowledge of death must be gleaned from what we can observe from this side. Science tells us the actual moment of physical death is painless. "Mind is the builder", so often repeated in the readings, applies also to one's approach to death. An article in a London paper tells of a doctor who died of a heart attack and was revived by use of a respiratory machine. He described his experience as a man of science whose understanding of life in the human body is similar to the mechanic who sees an engine which functions because all of its components are operational.

"I felt something inside me running down very quickly. The customary ward sounds rapidly receded, there was a singing in my ears, and vision faded. That is all I remember. Later I experienced a sensation of being plugged into something with a corresponding sense of relief."

An A.R.E. member who is a social worker with the aged in a large city tells of a family she visited. The daughter, an elderly lady herself, was spending all her time caring for her mother, who was very old, bed-ridden and seemingly unaware of anything around her. The daughter kept the mother neat and clean, coaxed her to eat broths to strengthen her frail body and in every way was fighting to postpone her impending departure. After several visits, the social worker suggested kindly that the mother must be very unhappy to be existing in such a condition. Gradually the daughter came to understand that she was not showing love for her mother by holding her here, but was actually keeping her a prisoner in a body so worn out as to be useless to her. She understood healing only as is applied to the material body and when she grasped the idea that a healing may take place in the finer physical body, after leaving this plane, she glowed with a new hope. No longer was her mother's approaching death a separation — she came to realize that the mother might be restored to an active life on another level of consciousness and, because of the love between them, be closer than ever.

As the social worker prepared to leave, the mother stirred and made an unintelligible sound. The worker entered the bedroom to bid her goodbye and the old woman with great effort reached out, took her hand and kissed it and with great difficulty said, "Thank

you.” The conversation between her daughter and the social worker had been held in another room, in low tones, yet this captive soul had understood and made a tremendous effort to show her appreciation. A few weeks later she went to sleep and quietly slipped the bonds holding her to a tired and useless body.

A very different experience was related to me by a friend. A young, beautiful and intelligent woman, mother of a little girl, went to the hospital for the birth of her second child. It was a very difficult delivery and a team of doctors was working with her. Suddenly she found herself free of the agonizing pain and, in consciousness, hovering lightly above the hospital. From this vantage point, she could see the delivery room where the body of a woman lay, lifeless and undelivered of the child within it. She felt no identification with the woman on the table, but watched as a casual spectator as the doctors made one last desperate effort to save her and the baby – and failed. She saw the doctors shake their heads, turn from the body and remove their surgical masks and gloves. As she lingered, suddenly a picture seemed to flash in the screen of her consciousness. It was of her husband and little girl walking together in a park, saddened by their mutual grief. Her instant feeling of compassion for these loved ones seemed to send her back into her lifeless body. As she stirred and groaned, the amazed doctors sprang to her side and finally delivered her child.

It was her own strong emotion of compassion for her loved ones, not sorrow at leaving her flesh body, which precipitated her return.

Edgar Cayce once beheld death in a dream and was surprised to discover, not a shrouded skeletal apparition, but a smiling, robust figure carrying silver scissors. Here was no grim reaper but a loving helper whose duties were not to deprive a creature of life, but to cut the symbolic cord and free the soul to enable it to pursue its growth on another level. Great sages of the past have said that life on the earth is the unreal and it is on the other side we find our true selves, alive and meaningful.

How the interim between earthly lives is spent depends on the individual needs of each soul. The readings tell us we may spend time in the sphere of influence of various planets to learn the attitudes we need to return to earth and be better channels for God’s work. Our main concern is not how we live or die, but the progress we are making back to the Father.

If, as the readings tell us, mind is the builder, we are creating our own future experiences by our thoughts and their ensuing acts. How

sad that we so often think of the end of this life span as the end of all that we cherish. We stand at the bedside of a friend or relative lying in a modern hospital. The person is known to be dying yet "life" is being perpetuated by tubes inserted in his veins feeding whole blood which the body can no longer manufacture, a respiratory machine forces oxygen into lungs no longer capable of breathing, and a catheter drains waste which the body can no longer rid itself of in a normal manner. A nurse keeps a blood-pressure machine attached to one arm to constantly check the failing "vital signs". An intern stands by with a hypodermic ready to inject adrenalin to restart the heart should it cease to function. The white-clad attendants use all their clinical knowledge to prolong a life. The close relatives stand in tense expectancy, waiting for the next uneven, labored breath. The silence is broken by a stifled sob as a member of the family breaks down and is led from the room. The patient is in a coma and it is "just a matter of time".

Now, for a moment, project yourself into the consciousness of the person in the bed. It is a known scientific fact that people under anaesthetic or in a seeming comatose condition can often hear the people in the room talking and are sensitive to the emotions of those nearby. You lie, unable to move or speak, about to leave familiar surroundings for a journey to a strange land. No one tries to communicate with you, as a person. Much attention is being given to your physical body, making it perform functions which have become increasingly difficult because the time is past for their normal performance. Your loved ones are sending you only their fear and a frantic sensation of grasping, of pulling back, of chaining you to this earth. When someone we know has qualms about taking a trip in an airplane, we spend much time before his departure in an effort to dispel his fears and fill him with thoughts of happy anticipation of his trip. We may accompany him to the airport and spend the last moments before he goes through the gate in loving companionship and attempts at reassurance. He boards the plane filled with a warm feeling of being loved and understood, his fears diminished because they have been so much discussed and explained away by people who cared.

If we are so solicitous of someone's emotions who has misgivings about taking a trip on a plane, why can we not apply these same principles to our relationships with those about to leave this life experience? Perhaps it is our own difficulty in projecting into everyday life the precepts we have come to accept on an intellectual level.

Like the people of old who gave lip service but did not make their beliefs a viable part of themselves, are we in danger of letting our fears inhibit our own happiness and growth of those about us? The very meanings of the words "life" and "death" are seen in a new light of the reading which tells us:

Life is growth—death is as that separation or turning away from—or the opposite of growth. 3420-1

The dead are those, on any plane of experience, who have turned away from the Father and His purpose in creating them. The living are those who, through love and involvement with their fellow man, are endeavoring to raise all whom they encounter to a better existence. In attempting to be channels for the manifesting of Divine force on earth we are joyfully creating a pattern which cannot be changed by having a physical body. By positive expressions of love we are creating a joyous way of life which can no more be altered by leaving this earth than by a night's sleep.

While here on earth it is our greatest accomplishment to be able to live each moment of our life to the fullest, looking back only to learn from past experiences, looking forward only in joyful anticipation, knowing that at any given moment we are in the precise time and place and situation we have created for ourselves in order to attain our perfect destiny. The story is told of St. Francis of Assisi, who was asked by a Brother what he would do if he knew he were to die that night. The saint, looking up from his work, answered simply, "I would go on hoeing the garden."

What a waste it is if we allow our fears and lack of understanding to limit our living of life. It would seem more practical to utilize daily the love taught by Him we call the Master as the light on the path back to the Father. In this manner, we can look at birth and death in their true perspective, as progressive steps on a road we chose so long ago—the road which will, eventually, lead us back to the joy that once was ours when we knew our true roles in the universe as children of Light, co-creators with the Father. When, through untold prodigal experience, no longer important for themselves, we finally understand that our free wills are truly free only in at-onement with Divine Will, then, as before, the "morning stars shall sing together" in purest joy at the perfect harmony of all Creation.



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"THERE IS NO DEATH"

by Renée C. M. Kessler

"Nothing is certain but death and taxes." This phrase is almost engraved into our consciousness. Can you enumerate how often you have heard it—or even possibly repeated it to others?

The whole statement is false!

Take taxes, for instance. According to our form of government, we can change the amount of taxes we pay, the frequency with which we pay taxes, and in certain instances either abolish them altogether or not pay them at all.

Death as we know it is not certain either. In a life reading Edgar Cayce was asked about overcoming death.

Q-1. Will I overcome death in this incarnation?

A-1. There is no death . . . It is our promise, and when ye abide in Him sufficient to that, ye with Him, as the resurrection, may indeed overcome death in a material sense. 5155-1

In reading 2927-1, Edgar Cayce volunteered:

Let that mind be in thee which was in Him, who gave: "I and the Father, God, are one." So become ye in thine own mind, as ye contribute, as ye attune thy inner self to those greater ideals; for it is not all of life just to live, nor yet all of death to die. For, they that put their whole trust in Him have passed from death unto life. And to such there is no death, only the entrance through God's other door.

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The facet of Life called Death is as simple as it is complex. It can be called "change." It can be called "departure." It can be called anything signifying transition or graduation from one level to another. It cannot be called "an End," however.

Why? There must be a reason for all these comings and goings. Edgar Cayce gave in reading 1947-3:

Each entity enters materiality for a purpose. That all the experiences in the earth are as one is indicated by the desires, the longings as arise within the experience of that which makes for the growing, the knowing within self—the MIND! Thus does the entity, as a whole, become aware that it, itself, in body, mind and soul, is the result—each day—of the application of laws pertaining to creation, this evolution, this soul-awareness within, consciously manifested.

What is the purpose of entering consciousness? That each phase of body, mind and soul may be to the glory of that Creative Force in which it moves and has its being.

After receiving one reading from Edgar Cayce, [2390] was told in a second reading about certain feelings and urges.

Ye may ask—rightly—WHY such urges are in the experience so definitely as is being indicated. Because, as given, of a one cycle. For, remember—death in the material plane is birth in the spiritual-mental plane. Birth in the material plane is death in the spiritual-mental plane. Hence the reason that when those physical manifestations began to be impressed upon the brain centers—those portions of an individual entity that are a constant growth from first conception—there were impressions to hinder rather than aid the memory of other experiences. 2390-2

This answer to certain influences in this life as well as the reasons for an inability to recall past lives of [2390] was very pointed. The reason was that the individual had to live this life now; work with the people contacted now; grow here and now. When the transition of this life was completed would be plenty of time to total and balance all the experiences felt through time.

Basically the reason for passing from the earth plane is that one has learned the lesson offered, or that one has not really gained from this experience. Not every individual leaves, however, because his work is completed. Reading 1408-2 was given posthumously at the request of a bereaved daughter:

The body was so tired from the cares of the material world that physical reactions were in the heart; that [heart] had been so ready to open itself to the needs of each, not only of the family, but to all that knew, that even were acquainted with the body.

Yet it grew so weary with these cares that He, in His love, saw fit to let the separation come; that the soul might in peace rest in the arms of Him who is her Saviour—Jesus!

Hence you each should take the lesson of that courage, of that patience, of that forbearance, of that long-suffering, as a part of *your own lives*; and let it become—as she manifested—the *experience of the everyday life*, in the dealings and in the associations with the fellow man.

Surely this was a choice of the mother when she felt her children no longer needed her and knew the children themselves would never admit it. This is an example of the past age when social pressures were greater, when a woman, a mother, would be unable to leave her family by any means other than death. Had she done so—or even attempted to do so—social pressures as well as guilt feelings would have taken all the joy of her living as an individual.

Questions of “what happens after passing” have come from many petitioners. From reading 989-2:

. . . a death in the flesh is a birth into the realm of another experience, to those who have lived in such a manner as not to be bound by earthly ties.

The same question, reading 2147-1:

For there is no death when the *entity* or the real self is considered; only the change in the consciousness of being able to make application in the sphere of activity in which the entity finds self.

And in reading 900-17, the answer:

The conscious mind forces either are in the soul's development, and in the superconsciousness, or left with that portion of material forces which goes to the reclaiming, or remoulding, of physical bodies, for indwelling of spiritual entities.

That response indicates that depending upon the soul's needs, either the person takes on another body, or stays “in-between” gathering information for the next incarnation, if so desired.

The same person [900] requested more information two readings later.

Q-4. What form does the spirit entity take . . . ?

A-4. Taking that form that the entity creates for itself in the plane in which the existence is passed. As we have in the earth's plane the imagination, the mind of the individual pictures to itself, through its carnal relations, that condition to which its individual relation of entity assumes to itself, and the entity possessing that same ability to assume that position in which it may manifest itself according to its relative position to that merited condition in its existence.

900-19

So if a soul has passed through the earth plane, it takes a human form, improving that form if it so desires.

That same question, taken from the aspect of the organized church teachings was:

Q-3. Where are the dead until Christ comes? Do they go direct to Him when they die?

A-3. As visioned by the beloved, there are those of the saints making intercession always before the throne for those that are passing in and out of the inter-between; even as He, the Christ, is ever in the consciousness of those that are redeemed in Him.

The passing in, the passing out, is as but the summer, the fall, the spring; the birth into the interim, the birth into the material.

281-16

The reference to cycles is quite frequent. According to the readings all life is cycles of comings and goings. Lives and spirits, all of which we experience. Another question, based on the teachings of the organized church, was "Will we be punished by fire and brimstone?" The answer:

That as builded by self; as those emblematical influences are shown through the experiences of the beloved in that builded, that created. For, each soul is a portion of creation—and builds that in a portion of its experience that it, through its physical-mental or spiritual-mental, has builded for itself. And each entity's heaven or hell must, through *some* experience, be that which it has builded for itself.

Is thy hell one that is filled with fire or brimstone? But know, each and every soul is tried so as by fire, purified, purged; for He, though He were the Son, learned obedience through the things which He suffered. Ye also are known even as ye do, and have done.

281-16

In other words we make our own Heaven and/or Hell. Nor does this
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state wait until we have passed, or exist only on the other side. See *Karma*, in the Edgar Cayce readings.

The readings always emphasized that the soul continues, that there is no end of existence.

Q-5. Explain the plane of spirit and soul forces, and what relation this plane has to earth. You will start with death, as we know it.

A-5. In that moment, as in birth, we have the beginning of an earthly sojourn, little or long, as time may be. So the birth into the spiritual plane begins with the death in earth plane; merely the separation of the spiritual and soul forces from the earthly connections. 900-19

Much help was given to people recently bereaved. Reading 1567-2 gave:

First we begin with the fact that God *is*; and that the heavens and the earth, and all nature, declare this. Just as there is the longing within *every* heart for the continuity of life.

What then is life? As it has been given, in Him we live and move and have our being.

Then He, God, *is!* Or Life in all of its phases, its expressions, is a manifestation of that force or power we call God, or that is called God.

Then Life is continuous. For that force, that power which has brought the earth, the universe and all the influences in same into being, is a continuous thing—is a first premise.

All glory, all honor then, is *due* that creative force that may be manifested in our experiences as individuals through the manner in which we deal with our fellow man!

Then we say, when our loved ones, our heart's desires are taken from us, in what are we to believe?

This we find is only answered in that which has been given as His promise, that God hath not willed that any soul should perish but hath with every temptation, every trial, every disappointment made a way of escape or for correcting same. It is not a way of justification only, as by faith, but a way to know, to realize that in these disappointments, separations, there comes the assurance that He cares!

In reading 851-1, Edgar Cayce answered a mother who asked:

Q-4. Why was my son . . . taken so early in life?

A-4. Seek not to find *that*, that is best to be understood in Him!

Her next question was: "Did he leave a work unfinished that I could help to carry on? If not, who could carry it on?" The response:

Each have their individual portion in life. As each are in, or out, or pass through these activities, there are those that are brought in line to carry on in a way as is in keeping with those forces that direct, rule or govern, that as seen.

In other words, each of us has our own particular job, each of us has our own place. It is not for us to carry on other's work for emotional reasons only.

Reading 3954-1 answered the question about prayers for the passed:

Yea, pray oft for those who have passed on. This is part of thy consciousness. It is well. For, God is God of the living. Those who have passed through God's other door are oft listening, listening for the voice of those they have loved in the earth. The nearest and dearest thing they have been conscious of in earthly consciousness. And the prayers of others that are still in the earth may ascend to the throne of God, and the angel of each entity stands before the throne to make intercession. Not as a physical throne, no; but that consciousness in which we may be so attuned that we become one with the whole in lending power and strength to each entity for whom ye speak and pray.

For, where two or three are gathered together in His name, He is in the midst of them. What meaneth this? If one be absent from the body, He is present with His Lord. What Lord? If you have been the ideal, that one to whom another would pay homage, you are then something of the channel, of the ideal. Then thy prayers direct such an one closer to that throne of love and mercy, that pool of light, yea, that river of God.

Bereavement can be carried to such an extent that the soul remaining here stays in a half-living state:

Q-2. Is it well to foster the sense of continued communication with his [the deceased's] spirit while we are separated by "death," so-called?

A-2. If this is for a helpful experience to each, it is well. Let it rather be directed by that communion with Him who has promised to be *with* thee always! and hinder not then thy companion, but—in such associations and meetings—give the directions to the Holy One. 1782-1

Basically, this means to let go and let God. Don't tell God what to do!

Another reading, this for 1786-2 answered the question:

Q-1. Have I any further contact with my late husband . . . since he has passed on?

A-1. If that is the desire, it will continue to hang on to same! If it is to be finished, and that which has been to be the development, then leave this aside.

The next question in 1786-2 was:

Q-2. Does he know of my prayers?

A-2. Do you wish him to? Do you wish to call him back to those disturbing forces, or do you wish the self to be poured out for him that he may be happy? Which is it you desire—to satisfy self that you are communicating, or that you are holding him in such a way as to retard? or hast thou BELIEVED the promise? Leave him in the hands of Him who is the resurrection! Then prepare thyself for same.

A reminder, a prodding, was given to those of us still on this side.

Q-4. How may I develop a spiritual consciousness, so as to make emotionally mine the belief that the so-called dead are alive; that my loved ones are near, loving me and ready to help me?

A-4. As has been given, know thy Ideal, in what thou hast believed; and then act in that manner, ministering to others. For perfect love casteth out fear, and fear can only be from the material things that soon must fade away. 1175-1

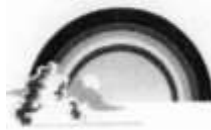
In reading 1947-3 Cayce reported:

And when this influence [of earthly experiences] . . . becomes such, or so self-centered, as to lose sight of that desire, purpose, aim to be TO the glory of its source, and seeks rather FOR self, then it errs in its application of the influences within its abilities for the application of mind within its own experience.

In reading 2927-1 the Cayce source volunteered:

Let that mind be in thee which was in Him, who gave, "I and the Father, God, are one." So become ye in thine own mind, as ye contribute, as ye attune thy inner self to those greater ideals; for it is not all of life just to live, nor yet all of death to die. For, they that put their whole trust in Him have passed from death unto life. And to such there is no death, only the entrance through God's other door.

Time and again the readings obtained through Edgar Cayce insisted that the state we know as death is just a portion of another cycle. The cycle of Earth is day-night-day-night. The cycle of our minds is waking-sleeping-waking-sleeping. The cycle of our purpose is work-rest-work-rest, or in our terminology, life-death-life-death. Our understanding to date has been based on the erroneous meaning of "death" as the "absence of life." The information we now have has changed that to mean "continuation of life."



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Love Reaches Beyond Death

by Robert J. Grant

"Pray oft for those who have passed on.... It is well.... Those who have passed through God's other door are oft listening, listening for the voice of those they have loved in the earth.... Thy prayers direct [them] closer to that throne of love and mercy, that pool of light, yea that river of God." —Edgar Cayce Reading 3954-1

Few things in life are more harrowing and painful than when a loved one dies without warning or when a parent must lay to rest a child. The grief that accompanies such a loss must feel insurmountable. Such experiences seem to go against nature. We have been taught that in due season, it is children who bury their parents, not the other way around. It also does not seem right that a loved one is taken away without our having a chance to prepare for his or her passing.

For many people, the death of a child is an event that propels them to begin a spiritual search for a deeper understanding of the enigmas of life and death. For many, unexpected or early death of a loved one marks the beginning of a spiritual unfoldment where, through seeking, they find a philosophy or spiritual understanding that opens the doorway to the knowledge that *the soul continues after death*. In an epilogue to John Gunther's book *Death Be not Proud*, written after the death of his son Johnny; Frances Gunther, his wife, described the journey from the darkness of grief to a place where they discovered the



light of spiritual healing:

"Yet at the end... when one has put away all the books, and all the words; when one is alone with oneself, when one is alone with God; what is left in one's heart? Just this: I wish we had loved Johnny more.... Of course we loved Johnny very much.... Loving Johnny

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more. What does it mean? What can it mean now? All parents who have lost a child will feel what I mean. Parents all over the earth who lost sons in the war have felt this kind of question and sought an answer. To me, it means loving life more, being more aware of life, of one's fellow human beings, of the earth. It means obliterating, in a curious but real way, the ideas of evil and hate and the enemy, and transmuting them, with the alchemy of suffering into ideas of clarity and charity. It means caring more and more about other people, at home and abroad, all over the earth. It means caring more about God."

Many people sought guidance from Edgar Cayce when death entered their lives unexpectedly or, seemingly, "too early." Meeting Cayce or receiving one of his psychic readings often marked the beginning of their understanding that *life is continuous*. To some parents, Cayce said that their child needed to be with them for only a short time; yet, in that short time, the soul experienced *an eternity of love* during their child's brief earthly life with the parents.

Cayce gave a reading for a terminally ill six-year-old girl. He advised the parents that they could be of great help to their dying daughter by reassuring her about the "beauty of the transition." Cayce also told the parents that the process of their daughter's passage through death was an *experience to provide growth and development to the soul*. While in the trance state during a reading for the parents and their little girl, he said:

"So, only to keep the body as easy as possible and to maintain about this developing mind the *beauty* of transition, is the help as we find that may be given. A great deal might be given from the attitudes or phases of karmic forces, but for the material or physical – to only make to the understanding mind [of the child] the beauties of transition in the spiritual evolution of the mental and soul forces offers for the body and [the parents] that help, that stamina, that makes for a greater comprehending of the purposes of a soul's entrance into materiality, even to suffer under those experiences and to bring – as it appears – little opportunity for material help. Yet these experiences [the process of dying] build into the warp and woof of each soul that which is a *continued* development for those

that seek to know the ways of Divinity.... Hence, let each study to show themselves approved unto the Creative Forces. While these [circumstances] appear from the material view as very little, the hope and the promise that have been given are sure." (E.C. 1270-1)

In the first part of the reading, it was as if Cayce were instructing the parents to sit by the child's bedside and talk to her in a soothing, reassuring manner. Whether the child was conscious or in a coma, the reassurances – such as, "We love you.... You are surrounded by angels of light and beauty.... There is a great Light.... Follow that light.... All is well" – always reach, according to Cayce, *the soul of the person who is going through the death transition*. What was most helpful was to tell the child to look for the Light, mentioned so many times in near-death experiences – for that Light is the light of Unconditional Love, or God. Cayce, in essence, was telling the parents that such expressions of love aided the child in letting go more easily.

Without consideration of the spiritual side of life – and the soul's continued existence after death – the stages of dying are unbearably brutal and traumatic to the finite, conscious, logical mind. Both the gradual disintegration of the body during the final stages of a terminal illness and the unexpected death from trauma or sudden illness are extremely difficult and painful to the dying person and to the family. In the above reading, Cayce seemed to be telling the parents that *true* understanding of the experience could not be gained unless the *spiritual* was taken into consideration.

In nature, there are patterns that can be compared to the stages of life, dying, and rebirth. The metamorphosis of a caterpillar to a butterfly symbolizes the journey through life into death and then rebirth. Ironically, the real life of the butterfly is achieved only after it emerges from the cocoon. It flies free from all confines and is a new creation. Such is a positive way that we can look at the process of death and dying. In his novel *Illusions: The Adventures of a Reluctant Messiah*, Richard Bach provides some words of wisdom to describe the spiritual side of the dying process: "What the caterpillar calls the end of the world, the Master calls a butterfly."

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Over and over, Edgar Cayce reassured many people that the bonds of love cannot be broken by death of the physical body. Love knows no time, no space, and no limitations. Those whom we have loved who have gone on before us, we will love again after we shed this "mortal coil" called the physical body. In so many readings, Edgar Cayce said, "What is death to the physical, is a birth into the spiritual.... Love never dies... it only changes form." In this light, we can be more than assured that when we change form at physical death, there will indeed be a reunion, and a "homecoming." §

Adapted from Robert J. Grant's book *The Place we Call Home*, available through A.R.E. Press, 800-723-1112.

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Losing A Loved One

By Marshall Kent

One March morning my sweet wife was alive and happy. We were talking in bed just before getting up, she to her bath and I to do exercises. We were planning to go skiing that weekend. When I came back to the bathroom to shave, I found her flailing around in the tub unable to speak, eyes casting about things I could not see. After 47 years of affectionate marriage, it appeared that my worst fear was now my reality. Her eyes couldn't see me. I called, "Gail, talk to me, talk to me, please." There was no answer or recognition. I knew it was a stroke. I pulled her out of the tub onto the bed and called 911. The paramedics were quick, efficient, kind. In the hospital emergency room, after they had her hooked up to various monitors, I sat beside her and held her hand. The look of bewilderment had left her face and even though her eyes were closed she had a look of peace. It seemed as if she needed rest, but something in me made me shake her awake to try to communicate. She opened her eyes and I moved my face to be in front of her vision. Her eyes softened beautifully in recognition. We had previously discussed the probability that if one of us were dying, he/she would be unable to speak, and it would be up to the survivor to carry on both sides of the conversation. This I did.

"Gail, I know you can hear me. Squeeze my hand if you can." I felt the squeeze.

"You look like you are at peace. Are you?" Again a squeeze of the hand.

Marshall Kent is a retired master builder and A.R.E. member from Napa, California.



Venture Inward, July/August 1998



Gail and Marshall Kent deliberately took advantage of life, sharing the delight of travel and other interests they held together. At left, on a trip to New Zealand in 1993, and, below, on a motorcycle he gave her for her 50th birthday.



"Do you feel surrounded by the light of love?" Another squeeze.

"Is a Spiritual Being holding you by the hand?" A very hard squeeze.

It was beautiful and felt holy.

The right side of her face was paralyzed but nonetheless she gave me a lovely half smile and her eyes projected love such as I have never seen. They said, "Thank you, I love you," and much else. The word *beatific* comes to my mind when I think of her look. I'm so glad I have that vision indelibly in my mind.

The look also said, "I know I am dying and am content. I want you also to be content with my going and you can be." We had often told each other that if we were to die tomorrow, we would feel that we had lived a full and wonderful life and could therefore leave contented. I knew she was leaving life

contented, and

I can't tell you how much that means to me. Now it was up to me to be content with my life without her and to carry on with my growth as in the past but physically on my own.

I wish I could convey the immense beauty of watching my beloved friend and companion with whom I had experienced so many adventures, so many joys and difficulties, so much, much

sharing and feel her finding and sensing the peace of God. It was awesome – the most tender experience of my life.

The CAT scan showed that she had suffered a massive blood clot that was blocking off large parts of the brain including the speech section. The doctor

said there would be a crisis Saturday night or Sunday morning – she only had a 50-50 chance of surviving – and if she did survive there would be no way of knowing the extent of the brain damage. At best, she could probably understand very little, which would

me. It came to me that I could choose another way, a better way, to react to her death than hopeless grief and depression. Deep grief need not be the inevitable result of losing a loved one.

This other way was prepared by several convictions we shared.

I am not in a continuing state of shock nor am I in denial. Before this sounds too unbelievable, let me say that, yes, I do feel sad and that I would very much choose to have her back with me. In fact, there are tears in my eyes as I write this, but I would be hard pressed

to identify what those tears are for. They include sadness but also joy, and perhaps the strongest of all, the feeling of the gracefulness of the whole thing. I can also choke up particularly when I tell others of the beautiful way Gail died.

Hopeless deep grieving to me is that total feeling of loss without any glimmer of light or feeling that it will ever be different: the bottomless abyss. This I have not felt. Sadness is more a temporary feeling that does not consume your entire feelings. This feeling I do have. However, when I cry or choke up, it is only my body that feels this while my inner self is serene and at peace.

When our friends call out of concern for me, their first question is am I keeping busy. It is as though the best thing that could happen to me is to be so busy that I have no time to think that Gail is now dead. In other words, I am not capable of facing the

truth and I must attempt to keep truth's realization at bay by much activity. I have always believed that you cannot solve any problem by either pretending it isn't there or sugarcoating it into a different, less difficult problem. Facing the ungarnished truth in my life experiences has always been a successful technique, and I have no wish to abandon my trusted tool in my greatest challenge.

Gail was dead. I had assumed that the first night after her death would be pure hell of longing, grief, and crying, for she and I slept together with great joy in cuddling together. Strangely I went right to sleep and have essentially been doing that ever since. I didn't realize at first how this could be, but had the common sense not to question it and accept it gladly.

We have a small woods on our property where she and I used to go



During this sobbing I heard in my mind this statement, "You are surrounded by God's love and my own. When you are aware of being surrounded by our love, there is no room for fear to enter. You need not fear being alone, or being without me or anything else."

make any kind of muscular rehabilitation very difficult. He asked me what life support systems he should use, if any, to maintain life. I knew she would want none and told him. He agreed with this decision.

I told one of my sons that she had already decided to leave and would be going quickly. I knew she saw no reason for staying around. She went into a coma before midnight and died 24 hours after her stroke. "You did it your way," I told her. She had left of her own accord before the crisis that was supposed to have occurred later.

Even though one thinks about it, how one will actually react to such a crisis is beyond one's knowing. I often wondered as I got into my 60s whether I would want to go on living if she went first.

Now I was faced with that very cold fact. My reactions frankly astounded

First, we believed the purpose of life was to learn and that our Creator was benevolent, even if we humans weren't.

Second, we believed that there was an afterlife, not necessarily like those described by any religion, but an afterlife nonetheless.

Third, we had discussed death and how we would handle it. I knew what her feelings were. I was not to be defeated by it and to regard it as a great learning opportunity.

Fourth, we believed that communication was possible from mind to mind without the use of physical means. Indeed, we had had frequent examples of that between ourselves.

This way of coping with death has been of wondrous help to me. I have felt little or no hopeless grief and depression. I have little difficulty in seeing life as still beautiful. I look forward to each day and activities to enjoy. No,

and just sit and watch the birds and deer. After Gail died, I went there often. It was far enough away from the house so that I could cry and talk out loud with no fear of being overheard. The day after she died I went there and started sobbing about her going. It was the closest I came to deep grieving. During this sobbing I heard in my mind this statement, "You are surrounded by God's love and my own. When you are aware of being surrounded by our love, there is no room for fear to enter. You need not fear being alone, or being without me or anything else." At that moment I did feel surrounded by her love and my crying dried up. It was as though love occupied a physical space around me and fear of the future just couldn't force its way in. I understood this intellectually, but best of all I felt it. She, I sensed, was actively partaking in my response to her passing. Her spirit had survived death and was continuing.

Some people will have difficulty with this. Believing in an afterlife is hard enough without throwing in the communication with the deceased person. A valid theory (not necessarily the correct one) is that whatever is coming to me is just from my own inner self and that my conscious mind likes the idea of ascribing it to her, so it builds the rationale to make this the explanation. It doesn't matter whether it is coming from her or not - somehow I am using the emotional energy generated by her passing to tap inner resources that were previously not easily available to me. I believe it was Gail be-

cause when she was alive we had been able to communicate mind to mind without words and we had come to recognize each other's style of thinking. This same thing was continuing now that she was gone. The only difference was that I could no longer confirm it with her verbally.

We had long ago realized that even as we related to each other as two egos, we also related as two spiritual selves. At times the ego selves would buck heads and be difficult, but our spiritual selves were slowly and steadily building a solid joining that death would not sever. We were still joined spiritually even though she had laid aside her body and ego. The spiritual joining we had while she was alive and had grown accustomed to in our married life was still there and thriving. In fact, in many ways I could feel it more clearly as it was not obscured by our egos. Thoughts and understandings came full blown into my mind that were comforting and they felt as if they came from her. But it does not matter who the messenger was as the message itself was the key.

It was not luck that allowed me to feel this way. We had planned it. We had realized and discussed that when one of us died the other would be in a high state of emotional energy. We also knew that when you have such a state of high emotional energy, your mind is able to perceive and penetrate things that normally are beyond you. Trances, altered states of consciousness, meditation, hypnosis, and oracles are all various words we use for getting percep-

tion beyond the confines of our usual conscious state. Either she or I would have a golden opportunity to use this high emotional state to learn a great deal that we had previously been unable to tap. We could choose to dissipate this energy into negative depression and grief or deliberately redirect it to positive healing and learning. We should hold ourselves open to receive whatever there was to receive from whatever source. So at her death, contrary to the professional and customary view that I must let grief run its course unhindered, I deliberately tried to focus this emotional energy away from grieving and toward being open to various sensations and thoughts that, I hoped, would crop up unbidden within me. They came, a bonanza of insights and understandings. An appreciation of our essential spiritual nature showered upon me. And this encouragement made it much easier to turn away from grief with peace in my heart.

Some communications were eminently practical, too. Neither Gail nor I wanted a public memorial service or a grave. We wanted to be returned to the soil where our ashes might contribute to something living and without a plaque or such. Just a simple recycling to the living. So for our family memorial gathering on Easter Sunday after she died I wanted to plant a tree and mix her ashes in the soil around the tree.

When we bought our land, we planted a black oak tree which now, 40 years later, is a big lovely tree. We had talked about planting another black

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Loved One *(Continued from page 29)*

oak but never got around to it. Now that seemed most appropriate.

Our local nursery said they had no black oaks and couldn't order one because it was the wrong time of year. I called other nurseries for 100 miles around, with negative results. I reluctantly concluded that we would have to plant a redwood.

We already had a number of redwoods on our hill and one more didn't seem quite what I wanted. However, I had tried my best. I went down to the nursery to select a redwood.

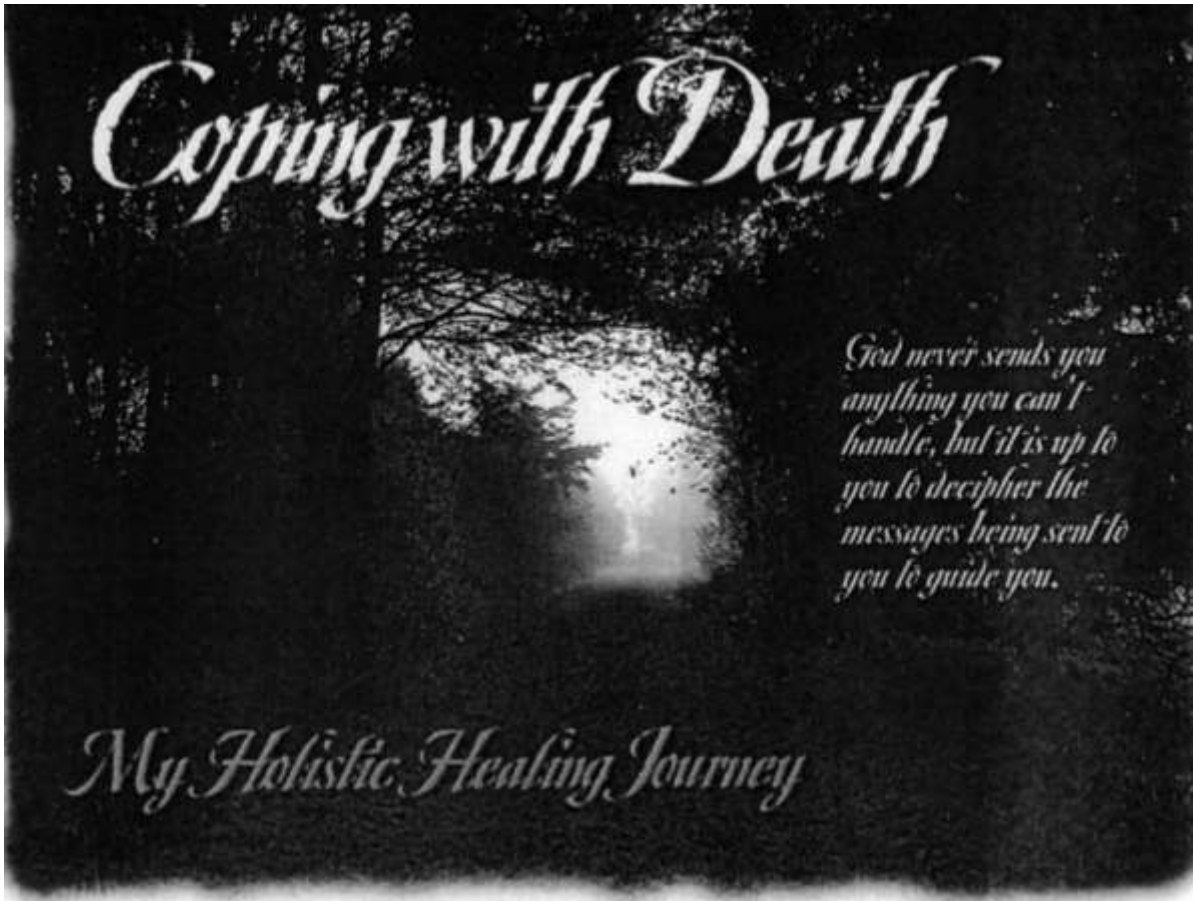
Shopping and I do not mix well. I prefer to walk straight to what I want, buy it, and leave. Gail, when shopping, liked to browse around. While I was walking into the nursery to buy the redwood tree and be gone, a thought came to my mind: "Don't be so silly. What makes you think they know what they have in their own inventory? Walk around." I immediately knew that this was Gail's thinking; it was how her mind worked.

Committed to being open, I changed course and headed up an aisle of plants. At the very end against the fence were three black oaks, one of which had an outstanding shape. I would have picked it out of 100 trees as her tree. It had wonderful character. I laughed out loud and thanked her. It is now planted on our hill and has to be the most pampered tree in the valley.

I believe she arranged the whole thing, including the frustration, knowing that this would get my attention. She also knew I would try my best to accomplish what I thought was right; but - if it was not to be - I would also be accepting, assuming that there was something there for me to understand, and there was.

What a lovely, humorous, and gentle way for her to let me know of her presence and help.

I hope you now understand why I call her death beautiful. I feel blessed to have been able to be with her during this transition. I felt inspired to try to do those things we talked about. I want to stay open to whatever might occur and keep my analytical (I have an engineering degree) mind in neutral. There would be plenty of time later to analyze. Now was the time to feel the unseen, hear the unspoken, and know the larger extent of our spiritual selves. ✨



By Diane Gioia-Bargonetti, N.D.

My brother, Edward F. Flood Jr., was recently killed in a violent natural gas explosion that took him from us – on his birthday! As a doctor of naturopathy and a longtime member of A.R.E., I usually turn to alternative medicine as well as the Cayce readings for assistance when life deals me circumstances that are spiritually, mentally, and physically challenging. My brother's death was no exception. I want to share with you my journey through this tragic time. It led to some interesting discoveries about not only myself, but about alternative medicine's role in grief management.

When my brother passed, I looked to a passage from an Edgar Cayce reading given to a 51-year-old woman on February 2, 1936: "Not to self alone nor to self losses give away. Rather make of life and the love thou hast felt and shown, as an *ensample* – as an example to others; that they may know the love thou hast to give, that is broken – yes, yet it may be mended most in *giving* same to others.

"If ye would have peace, *make peace* in the lives of others. If ye would have harmony, *make harmony* or harmonious experiences in the lives of others." (1073-3)

Although some of the events surrounding the death of a loved one feel inharmonious at best, there are lessons to be learned that scan the foundation of a family's dynamic, as well as the realms of homeopathic medicines,

Bach Flower Remedies, vitamin therapy, sleep, music, and diet solutions. I recommend you save this article, as everyone, at some point, is faced with the death of a loved one and, no matter what the circumstances, alternative medicine can offer uncomplicated help to the bereaved.



Dr. Gioia-Bargonetti practices naturopathy in New York City where she writes a monthly column entitled, "Lifestyle Notes." Dr. Di is also an Emmy-nominated television producer and musician/composer of healing music.

Venture Inward, July/August 2004

restoring a harmonious state, no matter how traumatic the situation.

At first, shock takes over. "How could this happen to our family?" You are stunned, as if you've been struck in the face by a 2 x 4.

I remember reading a statistic that said 3 out of 5 American families are touched by violence. I said to my husband, "Gee, that seems awfully high to me, our family hasn't experienced any." Two days later we received the dreadful news that my brother had been killed – life can be haunting and many times cruel.

I felt injured by life. I distrusted the insular security I once took for granted, thinking that bad things only happen to other people, and fear set in. When I began to view this as a test of my human spirit, I found an inner strength urging me not to fail! When things like this happen, you have a choice. You can either let it destroy you or you can fight your way through it.

I have never been so incredibly sad. I wanted to go to sleep, wake up, and have this all go away – but that was not going to happen. I literally felt wounded. When animals are wounded, they sneak off to be alone and to heal. I recommend you periodically do the same for at least a week. Try sleep therapy whenever possible during this initial period of grieving. Your body needs to heal from the trauma of knowing that nothing will ever be the same. Now, I am not recommending sleeping your life away, but periodically during the day, walk away from the duties dealing with death-related business, lie down, and retreat into yourself. (Even though sleeping at night may become a problem, catnaps during the day offer a peaceful respite from the turmoil.) Everything will seem like a monumental task right now, so limit what you do and delegate what you can to others. The answers about your personal journey through this period lie deep in the recesses of your being. No two journeys are the same, but there are some common denominators in the remedies.

The first homeopathic remedy that I prescribed for myself (and anyone in the family who was interested) was Ignatia Amara 30c. This remedy, St. Ignatius Bean, is for symptoms of grief, hopelessness, hysteria, and general

emotional upset. If someone is losing control emotionally, Ignatia can be administered every hour, for the first three hours (3-5 pellets each time). Otherwise take 3-5 pellets 4-5 times per day. I found Ignatia chilled me out emotionally so I could adequately muddle through the tasks before me. Remember, this is virtually the last time you can do something "tangible" for your loved one – take advantage of that and get involved in the process of investigation, burial, memorial, and dealing with their personal effects or property. It will give you a great sense of solace during this early period and you will look back on it proudly – feeling that you didn't let your loved one down.

In our case, the circumstances left everyone wondering if my brother suffered, and asking, "Did he know what happened to him?" "Was he happy before he died?" My brother was a grown man, had a life of his own, and had recently moved to this new location where the tragedy occurred. Many times adults don't share all the details of their life and it is these details that become lifelines to hold onto during a time like this. Therefore, in order to help everyone in the family cope, I set out to investigate the entire incident surrounding my brother's death. I kept notes from my discussions with the police, fire marshals, employees, schools he was attending, and his closest friends and associates. The result was an informative narrative of the last couple of months of my brother's life. It gave everyone in the family great consolation and comfort. Many of our questions were answered, and that was one step to helping us all deal with the loss. (Synchronistically, the lawyers who were eventually brought in were also very pleased that I had thought to write everything down.)

Listen closely to your instincts during this initial time and you will be guided into doing what is necessary for your survival and mental health – and for the ultimate good of the deceased. God never sends you anything you can't handle, but it is up to you to decipher the messages being sent to guide you. My regular column here in New York City inspired me to use my writing as an outlet, creating a "jour-

nal" of sorts about the entire incident. Think about composing a letter to the departed, or possibly journaling your own experience down this lonely road – it will become your companion throughout.

Death affects the surviving parents, siblings, and the extended family and friends of the victim. I believed before this happened (and believe even stronger now) that how we absorb the events surrounding a death (especially one so catastrophic) into our life determines, in some way, how the rest of our life will proceed.

You may also need to consider that this crisis, albeit tragic and life-altering, is signaling a crossroads of sorts for you and the rest of your life. For me, I first had to recognize that this actually represented a defining moment in my life – then I had to patiently wait for the message to manifest itself to me. As one Cayce reading states:

"The Lord giveth, the Lord taketh away. Such as these appear to come as trite sayings, but as we study the Scripture and the promises therein, we find that only does the answer come within the self. Know that as He *wills*, only that which is for the individual – for *all* concerned – the will of Him as it is done in each, able to make for that awakening necessary for the better understanding." (480-47)

I looked for my awakening every day – afraid I would somehow miss it. I thought many times I had seen the light, but then when I felt no sense of relief, I just kept looking, intently watching for some sign, praying for relief from my pain. Just before I felt like I would snap from the pressure, it happened. When "I got it," I instantly knew I would get through this. I knew my brother Edward was OK and that he was guiding me to my lesson. My lesson involved one I had been wrestling with since my teens – my relationship with my family. Details are not important, just that the epiphany – suddenly understanding this event within the whole picture of life – became the instant release I was desperately seeking. From that moment on, I felt like I could breathe again – felt everything would be all right. It is also interesting to note that all the impossible business-related chores sur-

rounding this event magically fell into place on the same day my epiphany arrived. All the insolvable problems were solved, and I was free to reclaim my life.

You have passed a turning point and nothing will ever be the same. Your life has changed forever and you need to adjust. You will be constantly learning about yourself and your family as you all proceed through this vortex of dealing with death. Some of these lessons are about life issues; some are about behaviors; all contain necessary information for you.

You may see friends acting strangely – even avoiding you. One prominent memory for me was the folks who initially called to say how sorry they were, and then later called to see if we were “over it yet.” Their underlying motivation was to resume their regular routine with me as soon as possible, where they basically focused on themselves and their lives. Conversely, I now perceived other friends as more compassionate than I could have ever imagined.

I discovered that death can bring lucidity to life. It is true that you find out who your friends are and what your family is all about. Be prepared to possibly not even like many of those people you are expected to love. You might see controlling behavior, self-aggrandizing behavior, and behavior

that exploits the grieving process for attention. Given that everyone mourns differently, you want to avoid getting drawn into an unhealthy and unproductive cycle of grief. “For, according to the true law of spirit, like begets like.” (3098-2) And negative behavior usually generates more toxic activities like family gossiping, cursing, excessive drinking, smoking, and eating junk food. You need to be as healthy as possible now – as I said, how we absorb this episode into our lives helps shape the future. Concentrate on your own progress and, unless someone is in dire need of help, let everyone

take his or her own course through this event. “Condemning of self, of others, of the lack of this or that or the other, only creates barriers that make for the inability of the self to catch the glimpse.” (480-47)

Choose to have this experience turn into something positive – even if it is impossible to see anything positive while it is happening. Time usually brings clarity, but once again, you must look for the signs – your personal messages – in all of this. To have experienced such depths of sorrow now means you can experience the heights of happiness. This isn’t a simple process. You have to accept that this is the end as you can relate to it. For instance, I know that my brother doesn’t exist anymore in this physical realm. That seems like a devastating betrayal by life, as I thought my bro-

plete. If you find you need sleep aids during your journey, consider one of these homeopathic or natural remedies:

1. Coffea Cruda (30c) for conditions brought on by mental or emotional shock. Patients are restless, overly sensitive, and may be coffee drinkers.

2. Arnica Montana (30c), for overexertion and exhaustion. Patients feel uncomfortable in bed, wrestling with the pillow and covers.

3. Melatonin is another choice – a hormone that regulates our biological rhythms. When our eyes register darkness it is the melatonin in our systems that makes us feel tired. Supplementing with between 1 and 4 mg of melatonin, 1-2 hours before bedtime, may help you out.

For fatigue, one reading advised: “Do not rely upon drugs or chemicals for such a change, for these are *only* those that may momentarily relieve and the end is worse than the condition.” (480-47)



Edward's band, Warner Road, in 2003. Edward is at far right.

ther, younger than I, would always be there. In regard to the time required for readjustment for the bereaved, Cayce told one individual: “Within a year, not a few months. Remember, as is the experience of the entity, as is the knowledge within – such changes are a *growth*; they are not a shedding, for they are a growth; and require the adjustments, vibratorially, in every form and every nature.” (1318-1) And that takes time.

I found that all my trouble sleeping disappeared after I completed the work I was doing for my brother. However, that release took seven weeks to com-

A wonderful remedy for the emotions and the soul during this time is a Bach Flower Essence, aptly called Star of Bethlehem – part of the lily family. All Bach remedies work by stimulating the body’s natural capacity to heal itself, helping you to take control and feel good about yourself – even in times of severe distress. I recommend 4 drops of Star of Bethlehem in water, a minimum of 4 times per day. In my case, I just took a large bottle of water and added about 32 drops of Star of Bethlehem. I unconsciously sipped this water during the ensuing days. Star of Bethlehem neutralizes the despondency and despair that accompanies a shock or death, whether immediate or delayed, thus helping the sufferer recuperate. (I still prescribe this remedy for those who were involved with the 9/11 tragedy here in New York City – especially the firefighters.)

After the 3-5 days of rest and recuperation, you are still in shock but able to get up, deal with your official business, and at least begin to think about your life before this crisis happened. Children, school, work, all loom on the horizon as you try to balance your

emotional well-being with the demands of the real world. So just do the bare minimum and save yourself any unnecessary hassles whenever possible. For instance, rather than cook, we ordered take-out foods when we were hungry (which wasn't often). Living in New York City afforded us healthy choices and we took advantage of the macrobiotic, vegan, and raw cuisines in our neighborhood. If you are not as lucky, you can usually find healthier, low-fat choices at Chinese restaurants. A good rule of thumb is to eat enough protein and fiber and avoid saturated fats. Many communities have church and social groups that cover this need by bringing in food to the grieving relatives. This is a wonderful practice and I guarantee you the family will be grateful, even touched by your generosity. My last word on diet is to watch the common pitfall of trying to ease the pain by drinking alcohol. This never has solved anything and will not solve anything now. Alcohol will only serve to further weaken your overtaxed immune system. If, however, you do slip into the alcohol abyss for a minute, I would not want you to be sick for your loved one's service. I prescribe Nux Vomica (30c) for overindulgence in food and alcohol and oversensitivity to noise. Take it every 15 minutes - up to 4 doses upon rising - if you are suffering from a hangover. Otherwise, you should take it as directed.

To counteract the danger of becoming weaker and more vulnerable to illness during this period, we made sure

we took our vitamins, especially the complete B family. Check your multivitamin to make sure it contains: B1/thiamine, B2/riboflavin, B3/niacin

*Your relationship
with your loved ones
does not end with
death. Hear them
speaking to you in
your mind and be
comforted by their
continual presence
around you.*

and niacinamide, B6/pyridoxine, B12/cobalamin, folic acid, pantothenic acid, biotin, choline, inositol, and PABA. I even added a Tri-B complex (B6, B12, and folate) to the full range of B's because of the extreme stress levels we were experiencing.

The unrealistic but overwhelming feeling of not caring about life anymore will eventually pass, so you want to

prevent the possibility of letting minor physical conditions fester during this time. For instance, my husband got conjunctivitis a few days after hearing of my brother's death. I developed an inflammation in my gum that very well could have turned into an abscess if not treated properly. Remember, your immune system is severely compromised right now and you need to insure your continued good health by addressing those needs. Along with the B vitamins, the antioxidant vitamins C and E and the mineral selenium are particularly helpful for enhanced immunity. Take care of yourself in addition to any other people you are responsible for - I mean, your children are looking to you for signs as to how to deal with this whole situation, and you need to be strong (physically, mentally, and emotionally) for them.

During the funeral or memorial service, I recommend Gelsemium Sempervirens (yellow jasmine) if you are speaking or doing some presentation. My husband and I performed a retrospective of my brother's favorite music at his service, as he was an accomplished guitarist and composer. Being professional musicians ourselves, the Gelsemium (30c) helped with nerves brought on by a sort of stage fright - especially when we really wanted to be left alone, finding it very difficult to concentrate. When you are grieving, the last thought in your mind is performing well. Gelsemium helped us do just that - it was a miracle.

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Coping (Continued from page 37)

Soothing music helps in the ritual of releasing emotions. I practiced deep breathing exercises, with positive affirmations for myself and my brother, while I listened to works like Pachelbel's "Canon," Samuel Barber's "Adagio for Strings," Bach's "Mass in B Minor," and James Galway's "Song of the Seashore" (very appropriate for us since we scattered my brother's ashes at the beach.) Think of your loved one and the music that they found comforting – and play that music! We added Led Zeppelin ("Stairway to Heaven"), Jackson Browne, Lynyrd Skynyrd, etc., to our "grief mix," so to speak – all music my brother adored. I guarantee you if you turn to the music they loved, you will feel their presence and a connection with them. It may, in fact, be the first time you smile again as you think of your loved one groovin' to their music! Music therapy is very healing, as "the rhythmic vibrations of the body, as to music, set the electrical forces in the physical body." (933-2)

You will undoubtedly feel you are receiving messages from the departed soul – some real, some imagined, but it doesn't matter, they are all consoling and uplifting. You will get excited when you hear their favorite song just when you are speaking about them – or see an unusual sign in nature in the days after their death. We saw beautiful birds, unusual for New York City, from our windows at the strangest moments. Even when we received my brother's personal effects from another state, directly on top was the sheet music for "Stairway to Heaven" – just days after we had discussed performing it at his memorial. It brought us joy and convinced us we were doing what my brother would have wanted.

I promise you it will get easier every day. But, each day that passes also brings a new part of the journey for you to confront – new choices – new solutions – new alternatives. The clearer you are thinking, the better decisions you will make.

Prayer is the most vital instrument of healing I can suggest. Whenever someone asked me what they could do for us during this time, I answered, "Pray for our family and the departed soul of our beloved Edward." And, for those who may not think to ask, gently prod them by saying, "If prayer is a


part of your life, please include our family in yours." They generally smile, relieved to know what they can actually do for you. I don't recommend you ask this of everyone you meet or know; just those people you really know would want to help you.

When asked in reading 1786-2 if the departed knew of the prayers, Cayce responded: "Do you wish him to? Do you wish to call him back to those disturbing forces, or do you wish the self to be poured out for him that he may be happy? Which is it you desire – to satisfy self that you are communicating, or that you are holding him in such a way as to retard? Or hast thou believed the promise? Leave him in the hands of Him who is the resurrection! Then prepare thyself for same."

Your relationship with your loved ones does not end with death. Hear them speaking to you in your mind and be comforted by their continual presence around you. I once read: "We worry that we did not say or do all the right things as our loved ones were passing. Even if we did not have a chance to say 'good-bye,' even if we had a fight with them before they passed, even if we or they were not ready for death, our opportunity to complete the relationship has not passed. They still can hear us. We still may hear them, depending of course on our and their attunement." (A.R.E. Prayer Services, July 2003)

Since the Cayce clinics are more naturopathic than allopathic, and Cayce himself was known to use products of the day in his readings, I feel applying alternative remedies to his philosophy fits with the progressiveness of the times. Doctors of naturopathy really are the general practitioners in the holistic community, and I feel I am continuing the basic principle underlying the entire Cayce philosophy in combining products and treatment viewpoints.

My goal is always to attract a new generation to the world of alternative medicine and expose them to the clarity that Edgar Cayce brings to one's life. I hope these grief aids help those suffering from the loss of a loved one. I know they helped my family and me immensely.

Remember, "Death – as commonly spoken of – is only passing through God's other door." (1472-2) 

The Promise



Home - that was Mom's name for heaven. It was how she felt about dying - she would be going home.

By Sharilynn La May

"Don't forget your promise," I choked back tears and touched my mother's brow, hoping she could still hear even though her heart had stopped. I pressed my cheek against the coarse, well-worn hospital garment that covered her shriveled chest. I had left her hospital bed two and a half hours ago, too exhausted from the day's teaching job to stay longer even though her condition was deteriorating fast. Then I ate supper and started grading papers when the phone rang. "You better get down here," the hushed voice of Mom's sister trembled. "She's going."

Trying to hold back tears, I grabbed my car keys, raced through darkened empty streets, rushed through the hospital's glass doors, jabbed a button on the elevator, and ran to a barren isolation room. My aunt stood by the bed staring in grief at Mom's half-closed eyes and parted lips.

"Is she...?" But I already saw the answer in her sister's eyes. She left the room, and I threw myself with complete abandonment on Mama. I couldn't stop the waves of tears that shook my body. Finally, I calmed down, hugged her still warm body and whispered. "Don't forget your promise. Don't forget to let me know that you made it to the other side."

My mind floated back to three months ago when my mother and I shared our usual Sunday lunch of cheese, crackers, and fruit. With each succeeding week, her 87-year-old body



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threatened to fold in on itself, the result of years with osteoporosis. Her skin was so translucent, she seemed already to have translated into spirit. When she tried to open a box of candy, her bone-thin arthritic fingers shook, but I resisted the urge to help. She needed that small bit of dignity that comes with the triumph of completing a task. The cardboard top gave up its fight, and Mother smiled weakly as she offered the chocolates I could never resist.

"I'm ready to go, Shari," she sighed. This wasn't the first time she had said it. "The pain is more than the osteoporosis. It's my stomach; I know there's something wrong with my stomach. Please put me in the hospital."

"I've tried, Mom. The doctor won't do it."

Her face crumpled. "Then let me die. Let me go home." That was her name for heaven. It was how she felt about dying – she would be going home. Then she told me the story that led to the promise and my encounter with the beyond.

"I've never told this to anyone," she started out. "Your sisters wouldn't believe it, but I know you will." I nodded in encouragement. "I can't explain what happened except to say your father did it to let me know he loved me and was watching over me." I held my breath. Mom's eyes brightened with the memory.

"I have kept a pale blue chiffon nightgown in my dresser all these years because it was my favorite. Your father gave it to me 10 years ago on my birthday. That same evening we had an argument. I was drinking wine to help me sleep. But he upset me, and I spilled it down the front. He tried to help me wash out the stain. I wouldn't let him because I was still angry. I don't even remember what the fight was about now." She laughed gently because anything more would create pain.

"I never did get the stain out," she continued, "yet I kept the gown. Then, on the night of what would have been our 66th anniversary I dreamt that your father told me to look at it. When I woke up the next morning, I remembered the dream. I opened the drawer and pulled out the nightgown. The stain was no longer there."

When she finished I could hardly swallow for the lump in my throat. I left the table to get a Kleenex, and that's when the idea hit me.

"Mom!" I sat back down and gently touched her arm. "When you go, will you let me know if you reached the other side? Will you send me a sign if it's at all possible?"

"I don't know if it's possible," her strong voice belied her weak body, "but I will certainly try."

"Let's make it specific," I reached for her hand. "I want to be sure it is a message from you. Let's decide on a sign."

I set myself to thinking. What would be a good symbol for Mom? A rose! She had grown roses until arthritis caught up with her. My father called her his "rose petal." So it was decided that if Mother could get through to me when her spirit reached the other side she would let me know with a rose.

It occurred to me that maybe I was asking too much. After all, how could a solid object pass through one world to the next? Would I wake up one morning to find a rose beside my bed? Would a spirit transcend time and space to hand me a rose? I did not have to wait too much longer to wait for the answer.

Three months later Mom passed away in the hospital where they had indeed discovered she had a stomach problem. Unfortunately, her body and spirit were too worn out to withstand the operation and infections that followed. "Don't grieve for me," were the last words she said to me. "I'm going home." It was her 14th day of fighting illness and I left, feeling uneasy, even knowing her sister would visit soon. Two and a half hours later, my phone rang, followed by my race to the hospital and the plea to Mom: "You made a promise to send me a sign. Don't forget."

Fortunately, practical demands make the early days after a death go quickly. Wednesday and Thursday flew by as I notified relatives and finalized arrangements for her cremation at a local mortuary owned by Sammy Zipperer. The cremation would be Friday morning. The ser-

vice would be Saturday.

By Friday, I had my head together enough to pick up papers that needed grading. I could do that, but I wasn't ready to face my high school students yet. On my desk in the teacher's work area stood a stunning floral arrangement of daffodils and tiger lilies set in a heavy glass vase. Since I had a few other items to carry out to my car, one of the teachers offered to carry the flowers, but I thought I could manage alone. I was halfway down the hall before I realized I had forgotten my keys. With a groan, I set the heavy vase on the floor. Then I noticed a student lounging against the entrance leading into the cafeteria and decided on impulse to ask his help in carrying the flowers, which were heavier than I had anticipated.

"Young man!" I called to him. He left his post and walked over.

"Would you mind taking these flowers to my car?" He smiled shyly, his teeth a dazzling white against the ebony of his slender face.

"Sure." His voice was low and soft as velvet. Gracefully, he scooped the vase from the floor and waited while I rescued my keys.

He followed quietly as we headed for the parking lot. In a clumsy effort to make conversation, I chattered about my mother's death, the flowers, and the upcoming memorial service. When we approached the car, it occurred to me that the school gave awards for students who did good deeds. Certainly, this boy qualified.

"What is your name?" I asked more out of duty, than a need to know. "Sammy," he answered, still grinning his lovely smile.

I reflected a minute on the coincidence. In two hours my mother would be cremated at a place owned by Sammy Zipperer. Opening the car door, I set my papers down. I knew I should ask his last name, but suddenly, the effort to make small talk seemed too much. However, out of politeness I forced



myself to ask: "What's your last name?"

He handed me the vase. I was setting it carefully on newspapers in the back seat when I heard his answer: "Rose."

Time stopped. I gasped. Raising my head and standing up, I stared at him. Then I tilted my head and looked up at a glorious unclouded sky. A smile rippled across my face. "Thank you, Mom!" I said softly.

Turning to Sammy Rose, I hugged him. I shared my mother's promise with him. He listened politely, a bemused grin on his face. Then he turned away from this "crazy lady," walked back through the parking lot, trotted through grass, stepped over a curb, and opened the heavy entrance door. Still in a state of wonder, I stared at Sammy's back until he disappeared into the brick building with its windowless classrooms.

Before I folded myself into the confines of my car, I looked up again. "I'm glad you made it home, Mom."

Then I headed back to my "temporary" home.

Postscript: Roses continued to appear in my life for the next few days after the memorial service. Monday, I decided at the last minute to have my reading class take parts in a play from the issue of *Scope* that had just arrived. Imagine my delight when roses appeared in the climatic point of the story: the lead character hands yellow roses to the teenage girl he adores but who is dying of leukemia.

Roses didn't stop there. Tuesday, a

lovely slender black girl in my twelfth grade English class showed up in jeans with giant red roses embroidered on the sides and pockets. Wednesday, I



Sharilynn's mother, Vivian Townsend shown with a bouquet of roses that she raised.


moved my papers from my cubicle to a larger work area in our teacher's prep room. I left for a few minutes to run an errand. When I returned I found a small bud vase with a single red rose had been placed in the center of the table. It is the one and only time that a co-worker who grows roses brought any to school. I never shared my story of the promise with her because she would be the first to chalk it up to coin-

cidence. Saturday I returned to Mom's condominium to start the cleaning up. On top of the dresser in the extra bedroom lay three artificial roses I had never noticed before.

The sign of the rose disappeared from my life for the next six weeks until the afternoon that I closed the sale on her condo. That particular day, I took my classes to an outdoor art show where students displayed their ceramics, sketches, watercolors, and oils. For the most part, students draw cartoons. Occasionally there are landscapes, but rarely flowers.

So the oil painting of red and pink roses on a pale yellow background stood out not only for its content but its superior talent. And I couldn't help but see that the background was the same vanilla color as the walls in Mother's condominium.

Again, I knew my mother's love and spirit were with me, congratulating me on the quick sale of her place. No profit, but no loss either. Everything we talked about over the past year had been taken care of smoothly and quickly. She always felt guilty that I would be left to clean up after her. But I didn't do it alone, Mom. You were with me every step of the way.

Oh - one more thing: I checked the data processing office for the file on Sammy Rose. He had entered our school six months earlier, a transfer from Jefferson High School near the Bronx in New York. My mother spent most of her life in Jefferson County in upstate New York. 

THE MYSTICAL WAY

Evelyne Lein

The Magical Clock



I opened the door and set the hands at 4:02 a.m., the time he breathed his last. And there the hands had remained.

The white porcelain-faced wall clock, an heirloom brought over from Norway, had been bequeathed to my husband Gene's keeping. He had literally carried it like a baby, on the plane ride home from Minnesota. Its face, framed in hand-carved wood, had no printing to reveal its origin. A hundred or more years old, it came from those days when clocks were made by skilled clock-makers.

My husband always cautioned me not to wind it, saying, "I'll do that." So I stayed a distance away, only sometimes reminding him, "the Norway clock needs winding."

When Gene passed on, I became the clock's caretaker – not a role to covet. Easily, I wound two other wall clocks, but this was the Norway clock – his clock. I opened its ornate 17-inch door and found the key. I wound and wound until I heard a click; I knew I had turned the key too far, but I started the pendulum. Five minutes later, it stopped swinging. Shortly after, I opened the door once more and set the hands at 4:02 a.m., the time he breathed his last. And, there the hands remained, and continued to remind me of his love. I did not wind it for over 10 years and I hesitated to take it to a clock shop.

Since I have always been fond of sitting in "his" den room, it is my custom to have morning and evening prayers there, sitting in his chair, across from the wall where the clock hangs over his desk. One evening I entered the den for evening vespers and sat down. As my eyes fell on the clock I noted the hands were set to 11:25 a.m. I jumped up and stood for a few minutes glaring at the clock's face. "Who moved your hands?" I asked out loud. "You were set at 4:02 a.m. 10 years ago, and were that way just this morning!" What did it mean? 11:25? I could only recall the ominous statement: "It's the 11th hour!"

I sat down and reviewed the facts. I had been weeping of late, more than I had in the 10 years of his absence. For whom and for what? For my husband. For my sister, my

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brother, my nephew, all journeyed to the other side. For my only sister left, 82, recovering from triple by-pass surgery, and in pain. For the world, for the children and soldiers in Iraq. For three days, before the clock "changed hands," I had wept and found no peace. I knew my husband felt my sorrow, and I could tell he was around, as he had been the first five years. When his presence and unusual noises came from the den, I did not investigate. They were familiar: night-

lights blinking,

etc. I had experienced many spiritual happenings during the painful and acute bereavement time, ambivalent feelings of gladness and sadness. Now, coming back in dreams, he watched me and seemed to feel my emotions.

He must have moved the hands of the Norway clock! Inside myself I knew it! Who else? And, as I am a homebody, I would have seen or heard the pendulum move – a loud tick that could be heard down the hall, as I passed by.

Now, this particular evening, I set the hands to the correct time and started the pendulum. It could not be wound tighter; I did not try. Two hours later, I crept out of bed and looked into the den; the Norway clock was still ticking. To this day, a month later, it has kept perfect time.

I feel at peace. I can only think and repeat, "We are not alone. We are not forgotten by those who loved us ..." 



'Death Coincidents' Increasing

An increasing number of American "baby boomers" are reporting "death coincidents," says Raymond A. Moody, Jr., the physician who pioneered research in near-death experiences.

A death coincident occurs when family members or friends accompany their dying loved one in an out-of-body experience but later return to their bodies, explains Dr. Moody in his latest book, *Life After Loss*.

"As a shared experience, it involves their momentarily stepping through death's door," he writes.

Dr. Moody will elaborate on his concepts starting this fall at Atlantic University when he joins the adjunct faculty to teach distance learning courses in his field of expertise – "the nature of the afterlife, theories of the paranormal, the spiritual origins of Western thought, anomalies of the mind, and the wisdom of 'non-sense,'" A.U. announced.

Most death coincidents involve a light or a tunnel or both, he says. In some cases people experience the life review of the deceased person. Moody reported two such cases involving mothers who lost adolescent sons, and "each woman saw his body illuminated in a glowing light and then co-experienced the entirety of his life review."

While most of his stories emanate from research with others, Dr. Moody shared a personal experience during a gathering of his family at the bedside of his dying mother. In her last breath she said, "I love you, I love you," to each of them.

"Within seconds, I felt a strong spiritual presence, and another family member felt the same, describing it as our father, who had died 18 months before," Moody recalled. "Next, I sensed a tunnel spiraling open, and a light, that the world does not see, appeared. 'Do you feel it?' whispered my brother-in-law, a minister, with tears in his eyes." Moody added that he has never had an out-of-body experience himself, but on this occasion "I am certain I would have left my body [to cross over with his mother] if I had allowed it."

Death awareness generally is increasing in the population, he notes. "Many

people have reported waking up in the middle of the night with a sensation that a loved one has just died, only to discover the following day that, indeed, one had," Dr. Moody says.

Mothers have sensed the death of their children in faraway places, he notes, and both friends and relatives have "intuited the moment their loved ones were killed during war."

The phenomenon of death awareness, being documented in growing numbers, Moody attributes in part to the hospice movement, which offers care to terminally ill patients at home. Family and friends are no longer ushered away from dying loved ones.

"Because of this increased involvement with the dying, more death coincidents are being reported," he writes. As the author of the international best

seller, *Life After Life*, Moody is a renowned authority on near-death experiences. His new book, in collaboration with grief counselor Dianne Arcangel, also focuses on conquering grief and finding hope after a personal loss.

Moody's courses at A.U., starting September 1, will be available for credit as part of the master's degree program or for non-credit as part of a new certificate-track training program. For more information, call 1-800-428-1512 or consult www.atlanticuniv.edu.



Raymond A. Moody, Jr.

BETH ROBERTS