

Quotes & passages compiled from [Edgar Cayce on the Akashic Records, Kevin J. Todeschi](#)

Here are some quotes from this book that I thought were relevant.
I hope you enjoy them. The page number is listed after each quote.

- It is an interesting note that the readings often suggested it was better to make an erroneous choice than it was to be idle and to do nothing, because soul development was only possible through movement, growth, and activity. 14
- In Cayce's cosmology, each soul's wealth of experiences from the past acts as subconscious memory in the present. By coming to terms with that memory-which manifest through such things as one's desires, feelings, attributes, even fears-faults and shortcomings can be overcome and talents and abilities expressed. 14
- In terms of personal relationships, EC stated that we never meet anyone by chance, nor do we ever have an emotional connection (positive or negative) to another individual for the very first time. Relationships are an ongoing learning and experiential process. 14
- An interesting twist on the idea that individuals are constantly meeting the memory they have previously built in relationships with one another is that there really isn't karma between people; instead, there is only karma with one's own self. "...individuals seem to most effectively come to terms with their own karmic memory, or "meet themselves", through their interactions with others. 15
- And yet, in spite of the fact that karma belongs to one-self, each soul is constantly drawn toward certain individuals and groups that will enable them to meet themselves in circumstances and relationships. Those individuals and groups, in turn, are drawn toward specific people in an effort to come to terms with their own karmic memory. 15
- At that particular moment (at birth) in time, the planets create a unique, physical astrological representation of whom this soul is innately and spiritually. Cayce believed that astrology could give an individual a fairly accurate indication of traits, qualities, and opportunities, and challenges that he or she came in with. However because free will is so strong, astrology may not be as straightforward to indicate where the individual was going. (45)
- ..in between an individual's earthly physical lives, a soul experiences "planetary sojourns in consciousness". These sojourns enable a soul to learn focused lessons (such as unconditional love) before returning to the earth with a hopefully expanded awareness. 45
- The reincarnation files of EC readings are literally filled with more than 10,000 names of individuals from the past. Of that number, less than 200 have been identified as "famous". 49
- One commonly overlooked aspect of the "famous person syndrome" is that individuals may be responding to patterns of human experience and behavior rather than literal past-life identities. 49
- From Cayce's perspective, every individual was very much an integral portion of the whole. Ultimately, the purpose of each lifetime was to undergo experiences which would enable the soul to become more in tune with its divine origins. Whether or not that ideal was actually achieved became a matter of free will, but regardless of the specific lifetime, the opportunity for soul growth was ever present. 50



- Because of the many conditions which influence an individual's access to the Akashic Records, Cayce recommended that any information be weighted against what an individual already knew about himself or herself. Just because something was "psychic" doesn't necessarily mean it is accurate. However, if the information somehow enables an individual to become a better person in the process, it is probably worthwhile. 58

- Primarily, the Akashic Records of the past provide individuals with a framework of potentials and probabilities in the present. 58

- When dealing with the past, from EC's perspective, it wasn't so important who an individual had once been; what was important was who an individual was in the process of becoming in the present. 59 The past merely provides a framework of data with which to work-what an individual does with that data becomes a matter of free will and a portion of the records for the rest of all time. 59

- According to EC, the Akashic Records constantly provide us with the very experiences and relationships that we need at the present time. Every choice, thought, and decision we make in the present has an effect upon the substance of the next series of potentials and probabilities we draw toward us. "For ever, day by day, is there a choice to be made by each soul" (1538-1). 68

- The Akashic Records act as a giant computer database, storing memories and patterns that can be drawn upon at any time.

Within these records, we possess positive and negative patterns of behavior. According to EC, these patterns are tapped and further developed by our present thought processes and activities. With free will, a soul can develop along the lines of either a saint or a monster. Since it is just as easy to pick up and continue to cultivate a negative pattern of behavior as a positive one, the readings frequently advised individuals to set an ideal-a purposeful, positive intent against which they could measure their potential thoughts and actions in the present. This method of weighing daily life against a spiritual ideal was called, "the most important experience of this or any individual entity....." (357-13). 69

- In response to someone writing him about her depression:

I, too, have periods when there seems to be nothing that can or will come right, getting nowhere and the outlook anything but promising. It is indeed one thing to know, and quite another thing to put into daily practice, that we do know. But there is where wisdom comes in, for, will we but realize that the power to choose, the power to exercise wisdom is within our own minds, we will accomplish much more by simply meditating, or as the Good Book says, meet God in the temple of our own bodies. He has promised to do so, and always keeps that promise; not to something outside ourselves but within, and listen to the still, small voice within. For, we remember even the sages of old, whether those given us in the Scripture, or in other writings, it is always the same.

And let your prayer or meditation be something like this, though always put it in your own words: "I am the child of the Infinite Life, that flows within me, has built for me a perfect temple to live in. When I live and move and have my being in it, with Faith and Love, it guides me, protects me and watches over me, day and night. So, I am renewed each day, filled with Health, Wealth, Love, Freedom, Peace of mind, Serenity of Soul. And now I thank Thee, Father, and rest in Peace for all is Well." Something like that each night and morning, but said in such manner that you feel His Presence, will change your health, and your outlook on life. Won't you give it a try? Case 1286-1 Report File pg. 81

- According to the Cayce material, our search for soul growth and individuality continually leads to times in our lives that may be thought of as a crossroads. These are situations in which we face choices, conditions, experiences, lessons, even people that can enable us to accomplish whatever is next on the soul's learning agenda. Depending upon the choices we make, we are led to another crossroads and another set of possible experiences. These crossroads correspond to times in our lives as cycles of possible development. The experiences we draw toward us (and the lessons that those experiences encompass) are dependent upon the choices we've made leading up to that moment. Pg. 100

- It's not that the records are concerned with predicting the future, rather, their function is the analysis and tracking of individuals and collective opportunities for soul growth. The future is not unmoving or predestined. It is dependent upon one choice leading to another and then another. From this standpoint, the outcome of one's

“identity” is only determined by how individuals utilize their free will in relationship to this vast supply of data and available information. Pg. 122

- Whenever he gave readings, Cayenne reminded the individuals that he was selecting the very information from the Akashic Records which would best enable them to fulfill the purpose for which they had entered the earth, “For each soul enters each experience for a development” (1235-1). Ultimately, it is the soul’s desire that the development be achieved. However each person possesses such a complex accumulation of conflicting emotions, behaviors, and patterns that the outcome is totally dependent upon the individual. Pg. 122

- Cayce was asked how individuals could become aware of their soul history and their Records through space and time. His response was straightforward:

By LIVING the record! For when the purposes of an entity or soul are the more and more in accord with that for which the entity has entered, then the soul-entity may take HOLD upon that which may bring to its remembrance that it was, where, when and how. Thinkest thou that the grain of corn has forgotten what manner of expression it has given? Think thou that ANY influences in nature that you see about you-the acorn, the oak, the elm, or the vine or ANYTHING-has forgotten what manner of expression? Only man forgets! (294-189) pg. 131

- Because of the challenges and pressures of everyday life, we might think that part of the “forgetting” is due to the sometimes overwhelming situations in which we find ourselves. And yet, from Cayce’s perspective, it is only as we deal with those challenges in a constructive manner that the soul grows in awareness. Pg 132

- When discussing an individual’s past personalities and identities, Cayce focused on what the soul had learned or become, not upon the individual’s accomplishments in society. Pg. 132

- If the constructive or creative forces are chosen, that which are manifestations of the Maker, the Creator, the Lord of the earth-yea, the universe, then man chooses the way that builds into the consciousness the awareness of that godly approach.....

Those that choose for self that of fame, fortune, or whatnot, that takes hold upon materiality alone, build that which becomes dross in the experience; and bring discomfort, disease, disturbance to the body and the mind, and-as it were shrivel or starve the soul. (1493-1) pg. 133

- Soul growth is not dependent upon what an individual does about what she or he knows. In the language of the readings, “...O that all would realize, come to the consciousness that what we are-in any given experience, or time-is the combined results of what we have done about the ideals we have set!” (1549-1)

- Simply stated an ideal is the motivating influence that under girds the intentionality of why an individual does what he or she does. The focus is upon one’s intent. Rather than it being an intellectual exercise, Cayce encouraged individuals to choose ideals which would enable them to apply the qualities of love, service, compassion, and understanding in their interactions with others-all the while becoming better people in the process. Essentially, a spiritual ideal causes individuals to be concerned with how they might assist those around them. The focus is on others rather than upon one’s self.

The importance of becoming aware of one’s intent and choosing a spiritual ideal is to enable individuals to become aware of what they are building and inscribing upon the Akashic Records. As far as the readings are concerned, the future of each individual is destined to include meeting those very conditions which she or he has built in the past and is continually building in the present. 159

- Spiritual ideals can certainly help direct one’s intent in a direction which will insure that the future becomes a positive experience of “growth” rather than one of “loss” for the soul. The readings also repeatedly state that the closer the soul is in atonement to the Creative Forces, the more apt the soul is to receive insights from the records themselves. Pg. 161