



REFLECTIONS

by Peter Woodbury, MSW

Consciousness and the Nature of Reality

Each soul in entering the material experience does so for those purposes of advancement towards that awareness of being fully conscious of the oneness with the Creative Forces. (2632-1)

ALMOST EVERY RELIGIOUS OR SPIRITUAL TRADITION speaks to the nature of reality, where our everyday waking reality is oftentimes referred to as an illusion, what many Indian traditions call *maya*. Jesus spoke of the “many mansions” in his Father’s house, and Cayce said Jesus was referring to the many states of consciousness. Throughout his readings, Cayce also said that the true nature of reality is oneness but that in this world we are deluded into experiencing separation and isolation as our reality. He said as well that this illusion of separation is the root cause of our problems—we have forgotten our oneness.

My experience as both a meditator and a hypnosis regressionist is that reality is an artifact of consciousness. We experience subjective reality based on our current and relative state of consciousness. For example, as you read this, you may feel pretty certain that you are in reality—all your senses validate this premise. But when you go to sleep and have a dream, that becomes your state of reality, and then when you awaken, you shift back to everyday reality. A profound spiritual or meditative experience gives us yet another experience of reality. As a hypnotherapist, I lead people to alternative realities, and when they return to their everyday waking state, they often ask me, “Was that real?” “Reality is overrated,” I tell them. “I prefer to look at whether your experience was helpful or not.”

I have met and interviewed three people who were present when Edgar Cayce is said to have levitated, yet another state of reality: T. J. Davis and Harmon and June Bro recounted separate incidents of seeing Cayce levitate. June and Harmon were at a reading where someone couldn’t hear Cayce and spoke out, saying, “Up, up!” Cayce took the suggestion literally and proceeded to levitate up off the couch. As many of you know, T. J. Davis was Gladys Davis’s nephew. As a young boy, he lived with Gladys and the Cayces. One evening, T. J. told me, Edgar asked him not to go to bed but instead to sit on the steps and watch what would take place that night. What he saw was two men arrive at the house, Edgar lie down on his couch shortly afterward, and then Edgar levitated.

These three accounts go against our experience of the law

of gravity, yet reports of levitation are documented across religious traditions. Cayce levitated when he was in a trance state, an altered state of consciousness—he did not levitate in his ordinary waking state. In the parlance of hypnosis, it is common to speak of hypnosis as a process of “putting someone under” or “putting someone to sleep” and then of “waking them back up.” My experience has led me to believe, however, that the real trance state is our everyday waking state and that hypnosis is a state that wakes people up to another, deeper, truer, soul reality. When people return to their everyday state, they return to the illusion—though now they have been altered by their glimpse of another reality.

Jesus taught that we are “in the world but not of the world.” As an awakened soul, Jesus could walk on water—in his awakened state, he was not bound by our physical laws. Was Jesus permanently in the state that Cayce only glimpsed in trance? In other words, is what we experience as reality based on our state of consciousness? Are physical laws subject to our state of consciousness? My answer is, as Cayce said, that mind is the builder, and where the mind is, so is reality. I would further say that when our consciousness is in the state of oneness, all time is one as well, making past and future life experiences available to us. I also believe that the new age dawning upon us, which Cayce predicted, is inviting us into our multidimensional realities. Just as Peter could walk on water when Jesus invited him to believe it was possible, many of us are beginning to awaken to our deeper reality. Slowly, one by one, as we awaken to our oneness, even in this physical reality, we have the opportunity to break the separation matrix of consciousness that has kept us from truly living as brothers and sisters here on earth.

In oneness of purpose, in oneness of spirit, in oneness of mind, towards each and every one that the bodies contact—for the entities, in their final analysis, are one—and the intents toward each and every individual should be to bring forward that best element in each. (288-19) 



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