

Consciousness and the Nature of Reality

by Peter Woodbury

*First published in Venture Inward magazine;
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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." (EC 2632-1)

Almost every religious or spiritual tradition speaks to the nature of reality. Our everyday waking reality is oftentimes referred to as *maya* or "illusion." Jesus said that in His Father's house, there were "many mansions," and the Cayce readings explain this as referring to many states of consciousness. The readings state that the true nature of reality is oneness, but that this world deludes us into experiencing reality as separateness and isolation. According to Cayce, the illusion of our separateness—our forgotten oneness—is the root cause of most human problems.

My experience as a meditator and hypnosis regressionist is that "reality" is an artifact of consciousness. We experience subjective reality based on our current relative state of consciousness. For example, as you read this, you may feel pretty secure that you are in a state of reality. All your senses seem to be validating this premise. But then when you go to sleep and have a dream, this, then, becomes very much your state of reality. When you awaken, you shift back to this reality. You may have a profound spiritual or meditative experience that you then again experience as reality. As a hypnotherapist and regressionist, I lead people to varied experiences of alternate realities. When they return to the waking state, they often ask, "Was that real?" I typically answer something along the lines of, "Reality is overrated. I prefer to look at whether your experience was helpful or not." I find that the conversation then shifts to another reality, which is our integration of multilayer experiences, in the way we would interpret a dream or a near-death experience.

Let me now correlate this with another experience. I have met and interviewed three people who were present when Edgar Cayce was said to have levitated: Harmon and June Bro and T.J. Davis (TJ). The Bros and TJ each recounted separate incidents of seeing Mr. Cayce levitate. June and Harmon attended a reading where someone present could not hear Mr. Cayce and spoke out saying, "Up, up!" Mr. Cayce apparently took the suggestion literally and proceeded to levitate up off the couch! I wonder if they then said, "Umm...down, down!" to get him back on the couch! T.J. Davis, as many of you know, was the nephew of Gladys Davis, and came to live with the Cayces and Gladys shortly after his birth. Mr. Cayce was like a father to TJ, up to the time of Mr. Cayce's death, when TJ was still a boy. TJ told me of an



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Dandelion Misunderstood

*Why am I misunderstood
My yellow bloom a frown
I blossom all the summer long
In fall, a gossamer gown
My beauty is surpassed
Only by my heart
Of mellow wine and healing tea
My leaves a tasty part
When will man begin to see
His folly and neglect
When all else dies upon the earth
And I am all that's left?*

- From the book *Soul Sounds*
by Catherine MacDonald

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evening when Mr. Cayce told him not to go to bed that night and sit on the steps and watch. T J said that two men came to the house later that evening and Mr. Cayce proceeded to lie down on his couch and shortly thereafter levitated! Now if we are to believe these three accounts as true, it would go against the conventional understanding of the physical law of gravity. But it might also shed light on Cayce's esoteric reference to how the Great Pyramid was built:

(Q) *How was this particular Great Pyramid of Gizeh [sic] built?*

(A) *By the use of those forces in nature as make for iron to swim. Stone floats in the air in the same manner.*
(EC 5748-6)

Accounts of levitation are documented across various religious traditions. The accounts of Edgar Cayce and levitation have in common that he was in the so-called hypnotic trance state, a *de facto* altered state of consciousness. It is common in hypnosis parlance to speak of hypnosis as a process of "putting someone under" or "putting someone to sleep" and then "waking" them back up. My experience has led me to believe that the real trance state is our current waking reality and that hypnosis is a process of "waking" a person up to another, deeper, more true soul reality. Then, once they come back to this state, they come back to the "illusion," but somehow altered by their glimpse of this alternate reality.

In the case of Edgar Cayce's levitating in this altered state, I ask the question, what would have happened had he not fully returned to this waking state of reality? In the altered hypnotic state, Mr. Cayce could levitate. But once back in the waking state, he could not. Now when we think of "awakened" souls like Buddha or Christ, what do we make of Jesus' walking on water? That is not a common waking state experience. Jesus also taught that we are "in the world, but not of the world." In His awakened consciousness, was He, like Cayce, able to exist

outside of commonly accepted laws of physics? Was He permanently in the state Mr. Cayce could only glimpse while in trance? Was He walking on water as Edgar Cayce had levitated? Is reality based on our state of consciousness, and are physical laws subject to our state of consciousness? My premise is yes, mind is the builder and where the mind is, so is "reality." In the oneness reality, we are not subject to the physical laws, all time is one, past life and future life experiences are available to us. Psychic ability is another by-product of an altered state of reality. I would say that this is the oneness-consciousness.

In conclusion, I believe that the New Age dawning upon us, as Cayce predicted, will invite us into our multidimensional realities. And just as Peter could temporarily walk on water because Jesus invited him to believe that it was possible, so are we all beginning to awaken to our deeper soul reality. Slowly, one by one, we are awakening to our oneness in this physical world, and breaking the matrix of consciousness. In the awakened oneness-consciousness, we can truly live as brothers and sisters while on the earth. Edgar Cayce and many others have paved the way. 🍁

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Peter is in private practice as a psychotherapist and hypnotherapist in Virginia Beach, Virginia with a focus on the use of spirituality and faith as tools for personal transformation and liberation.

A student of the Edgar Cayce readings for over 20 years, he is a popular presenter on key topics from the Cayce readings, both at A.R.E Headquarters and in the field. Fluent in three languages, he is also known for his outstanding leadership of A.R.E. Tours to South America, India, and Egypt. He also finds time to play Edgar Cayce in the popular one-man show titled "An Evening with Edgar Cayce."

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Peter Woodbury will be the keynote speaker at the 14th Annual Spiritual Awakening Retreat in Châteauguay, Quebec, September 20-22, 2019.

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