

Mystic Rules to Live By *Stase Michaels*



Walk With Me A While

From Holy Listening to God as Light, Law and Love, walk with me a while as we examine mystic laws that align us with Divine Harmony and Order.

Holy Listening

Inner guidance goes by different names like intuition, quiet moments, dreams, the voice of conscience, attunement to nature, creativity, glimpses into beauty and wonder, and meditation. Whatever the label, each one is a connection to divine grace. Sometimes we limit intuition to mean what brings the right answer. There is truth to that but the unique part is the inner voice as holy listening, a way to steer your life to answers that benefit you and is also a sacred light that blesses you and everyone around you. According to Edgar Cayce and other teachers of mystic law, the earth is a place of spiritual testing where we develop our spiritual muscles through eternity; using inner guidance lights the way.

To test ourselves and develop strength, we tackle a world of shadows which show up in our lives as obstacles and challenges. Having a secure connection to your holy listening of choice is the difference between clearing karmic patterns that do not serve you—or adding grace into your spiritual bank account. Teachers through the ages from Buddha to Christ to Muhammed direct us to quiet listening as the path of growth. Mystically, the art and discipline of learning to peacefully hear one's inner voice and follow its guidance without fear—is the whole journey. The need to connect to your invoice explains two habits Edgar Cayce recommended for everyone: meditation and use of dream guidance. Both are natural tools that empower us to hear the inner voice. Cheers to that.

Real change begins in the invisible world . . . and it starts with listening to the guidance of our angels. What is required of us is learning to trust the voice of our soul.

Caroline Myss PhD
Intimate Conversations with the Divine: Prayer, Guidance, and Grace

Who looks outside, daydreams; who looks inside, awakes. — Carl Jung

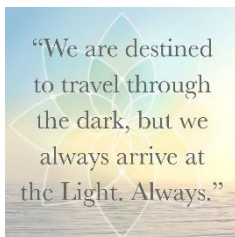
FIND COMMUNITY

The world is filled with turmoil, chaos, and uncertainty which Cayce and others call a "time of testing." Some see this era as clearing and cleansing; others note a collective evolution towards oneness that is forcing the world to see itself as one neighborhood, one family. Refusing to address global concerns like climate change, tyrants, or spewing anger and resentment instead of engaging in love and cooperation, increases problems. We cannot get through this collective turmoil alone; we need the communal support that we find in family, friends, like-minded people and groups. Even when you shine bright, we shine brighter together; Christ explained this Divine Inner Light in the quote, "Where two or more are gathered in my name [collective inner attunement], there I am in the midst of you" whereby our joint light gathers strength. Take time to hang out with those who uplift, inspire, and make you feel loved.

WHEN YOU ARE HUMBLE AS A CHILD, you act without fear or judgment and attract grace and answers that you need. Humbleness as a quiet awareness of love links you to Cayce's "still, quiet, voice" as inner guidance. As you seek, the soul connects you to your inner whispers and how to understand them. Humility builds the confidence to act on grace that you receive.



COOPERATION CREATES WHAT ENDURES



To create what endures, you need two things. The first is cooperation: each must do their part in this great drama of life. Each must carry out their role, no more and no less in alignment with the divine laws of harmony and order. Second, attitude matters. Your outlook as you act and as you think makes a difference as in the story of two men digging a trench at a construction site. One says, "I'm digging a hole." The other, "I'm building a cathedral." To ensure what you do aligns with harmony and order, listen to your inner voice and then confidently build the majestic and the beautiful.

ALIGN WITH DIVINE HARMONY & ORDER

A big part of the spiritual journey is to become aware of the laws of life that bring harmony and order as universal truths which apply to everyone. For example, the law of balance keeps you on track: if you eat or drink too much your body feels unwell and you partake, less. We read uplifting books but for balance, also crave a who-dunnit or a comedy. The law of action and reaction says that what you give comes back to you. That is karma but it is also true in daily ways: smile and others smile back, etc. What about coincidence and synchronicity? Cayce suggests nothing happens by chance or at least, very little. Dumb luck or the law of grace? Cayce defined luck and opportunity as "God's grace in action" so my vote goes to grace. Universal laws are not personal. Like gravity, they apply to everyone and everything equally physically and in mind, emotions, soul, and spirit. Nevertheless, since our souls are unique sparks of the Eternal God, the Divine is aware of each of us personally and responds to each with unique grace and inner guidance. God's impersonal laws run the universe like a well-oiled machine. However—as a paradox of oneness yet beyond our comprehension—Divine Love and Grace is completely personal and given as unique, one-on-one, interactions. Go figure.

GOD AS LIGHT, LOVE, AND LAW

What is God? Who can define the Deity? Saints and mystics throughout the ages have tried and at best, describe the Almighty in poetic phrases because mere words cannot capture the Blissful Essence from which all life emerges, and on which all of life rests. But thanks to great teachers, we do have a few glimpses. Let's start with the fact that God is not an old man with a long white beard who lives on a near-by planet. Cayce suggests one way to understand the Deity, as the Source of Life Itself, is to think of God as pure energy, an "aware energy" with a consciousness so far beyond us which we cannot possibly fathom it, yet which we can occasionally glimpse, from afar. Sages have identified a few main features, namely that God is Light, Love, and Law.

As **LIGHT**, one might define God as Truth and Clarity. Every time you seek truth and are willing to face what is real and true in yourself and in your life, and want to express it, you are attuning to Divine Energy.

The Divine is also **LOVE**, whose grace we experience as expressions by and from of the Eternal One. When we love, we are God-like. When we trip into anger, resentment, hate etc., we dip into life's shadows. Grace is a by-product of inner attunement to the Divine Voice and sharing that grace is the ultimate expression of Love as we grow into our best selves. Masters of every faith remind us that all comes to us through this plentiful grace of the Divine. However, we have to reach for it by attuning to the soul and reaching out comes naturally. Christ put it this way: "See the birds of the air; they neither sow nor reap nor gather grain into barns yet your heavenly Father feeds them. Are you not more valuable than they?" And, "Consider the lilies of the field; they neither toil nor spin yet even Solomon in all his glory was not arrayed like one of these. Will God not clothe you that much more, O you of little faith?" All arrows point to our need to hear the inner voice which connects us to the divine and releases the grace we need, which is a reference to the prayer, "Give us this day, our daily bread." Eastern traditions cite meditation as a prime mechanism along with service to release the grace that lights our path through obstacles and challenges.

As **GIVER OF LAW**, the Eternal One created unchangeable laws that keep the universe moving in harmony [Light and Love] and, in order [Law]. We observe physical laws like as gravity and teachers define spiritual precepts such as Do unto others; What you think, you become; Every choice counts; Oneness—All breathe as one. We still have lots to learn and are merely at the starting gate of noticing universal laws and how to apply them in self and collectively. Besides meditation, dream guidance, and being there for others, Cayce hints that a great way to learn universal law is to observe nature's beauty, oneness, and balance as we spend time outdoors. Sounds like a plan.

Our role in life is to bring the light of our own souls to the dim places around us.— Sister Joan Chittister

HOW TO FIX A PROBLEM

First, tell yourself the truth and then as an open-hearted give and take—tell others what is true for you with words that lend clarity but do not blame or demolish. We are good at lying to ourselves and brushing away what we do not want to hear, even if it's true. Second, fix your own attitudes and actions and whatever the problem, notice how you helped to create it. Yes, others do manipulate, lie, and cheat but it takes two to tango; we are responsible for evaluating life and for what we accept from others. Learn from each challenge so that you can avoid similar trouble in the future. That's how we grow and progress in all ways, including the spiritual path.

There is nothing in the world so irresistibly contagious as laughter and good humor. — *Charles Dickens*

PATIENCE

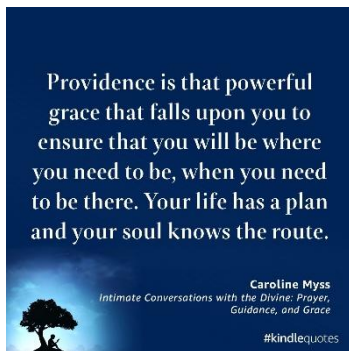
In an age of instant everything, few are fond of the word patience that we tend to equate to long wait times, which is sometimes true. But in the mystic sense, patience is about taking the time—either by choice or by circumstance—to examine thoughts, feelings, and actions to see if they align with divine harmony and order—as self-reflection. This soul thirst to align with the Divine Plan and to perceive one's role in God's Plan is captured in quotes such as, "In patience, you find your soul," and "Know Thyself." Patience speaks to this core spiritual task, namely, to discover who we really are. In essence we are ethereal souls trying to translate our inner light into a physical world. In Cayce's terms, this is an exercise to "stand aside and observe self." Patience helps us to get it right and whatever we get right—lasts! Patience enables us to build on solid ground.



Care to try the mystic version of patience? Bring to mind an experience that challenged you. Review the facts. See what happened as if it was a spiritual exercise that invites you to learn something about self, life, and others—a soul lesson that you can take with you, forever. What do you see and feel? Let go of any pain or guilt; just see the lesson and own it; that is all it is meant to be. Whether an insight brings joy or pain, acknowledge it with a grateful Halleluia as the very stuff of life itself. *For extra credit*, ask for a dream to reveal the intended lesson from the eyes of Divine Love. Often, we are too hard on ourselves; dream feedback can heal and release memories that are past their expiration date.

The Gift in Not Getting What You Want

Did you ever look back and grieve about something you wanted but did not get? Whether recent or long ago, the mind and feelings easily get stuck on past desires. Newsflash... not getting what we want is often a protective gift whose acquisition might have caused more harm than good, which the soul knows. There are delicious side effects to not getting what we want, when we want it. Walls we must climb challenge us to learn, persevere, get stronger, develop character. Disappointments beckon us to let go of ego drives, see things in a different light, let go of illusions, take a breath, and take stock. Encountering "no" as a delay or permanent fork in the road forces you to explore new parts of self as potential talents or as less than flattering parts that need weeding. The mystic path asks us to accept all that happens as an opportunity to learn and grow. I'm in. When we dare to befriend life's unexpected twists and turns constructively despite pain or sorrow, it keeps us sweet and keeps life sweet. Amen to that. Whether in later years or in eternity's hindsight, one day you will be glad for the grace of acceptance.



The most terrifying thing is to accept oneself completely. Your visions will become clear only when you can look into your own heart. — Carl Jung

GOOD NEWS/BAD NEWS—CHANGE FINDS YOU

The good news is that change is inevitable although some may wonder if that is good news. Ready or not, transformation happens whether you go with the flow or fall apart as you try to hold onto the status quo. All change is positive, even when it does not feel that way; the trick is to accept it, learn from it, then move on. Resisting is always counterproductive; you get stuck in the past instead of exploring new horizons that hold awe and wonder.

The bad news is that most of us do not like change; we prefer the familiar because it feels safe yet as Erasmus said, "Time and tide wait for no man." Sooner or later, change finds you and if you refuse the invitation when an event or a problem is small, over time, it grows into an urgent matter which you can no longer ignore. Hanging onto the past is like spending beyond your limit on a credit card; sooner or later the bill arrives.

We try to hang onto the past because we forget that we are on a soul journey of growth. Such soul forgetting has a positive effect: it keeps us focused on the Here and Now as we overcome obstacles and add our light to the world. But God does not forget. Forgetting that we are eternal souls may be part of the game but our ultimate task is to remember so we do not lose our way. Before we are born, the soul signs up for a lifetime on earth the same way that we sign up for adventures like skydiving or climbing Mount Everest. Each lifetime is merely an adventure on the soul's eternal path and is a way to meet and overcome obstacles, including our own shadows. As we struggle, we strengthen spiritual muscles and advance and at the same time, help others and the world overcome limitations. Some call this the Hero's Journey, a journey as old as time itself seen in Ulysses and mythic heroes who learn about love and life as they explore, strive, and overcome.

THE HERO'S JOURNEY is life's journey of a thousand miles during which we take one step at a time, one day at a time, advance and learn here a little, there a little. Wise ones suggest that we should enjoy the journey as an awe-inspiring gift from the Eternal Source of love, life, and law. As part of this divine harmony and order, we take on each lifetime's pre-birth tasks to toil and strive yet also to receive opportunities and enjoy life as a time of growth and wonder, as best we can.



CAYCE QUOTE ON TRANSFORMATION

"IN TRANSFORMATION comes a light for those that LOOK for same. To some, an awakening to the greater channels of power; To others, more spiritual than material; To others, karmic influences have reached the point that the vibrations may be brought one to another [can affect and influence others]." 262-15



Final Note—Treat Yourself to this Awesome Group Experience

If you are a part of a group of like-minded seekers or might host one, such as a Search for God Group (see Edgar Cayce website), try this amazing exercise created by Hugh Lynn, son of Edgar Cayce. The night that Hugh Lynn died on July 3rd, 1982, Virginia Beach was pummelled by its worst storm in a hundred years: the pounding rain, thunder and lightening was deafening yet awesome which compelled some who knew Hugh Lynn to say that he "left with a bang." I believe it. Hugh Lynn was larger than life and gifted me and many with transforming experiences which I describe in books. For those new to Edgar Cayce and the Edgar Cayce Foundation in Virginia Beach (which is also known as the Association for Research and Education, called the A.R.E. for short), Edgar was a mystic and a healer credited with starting the Holistic Health era that we now enjoy.



At a time when the A.R.E. was at its peak, hundreds came weekly and on weekends to attend seminars all summer long. One summer I had the privilege of working as a volunteer. A special task was to host meals so that attendees could share breakfast and lunch, make friends, and participate in spiritual exercises that were put together by Hugh Lynn for such meal gatherings of seekers. What wonderful friends we made; what fun we had.

One of my favorite activities was when each person shared the story of their spiritual journey. As we sat around the table, each took turns describing what they were taught as children, early thoughts and feelings, turning points, and how each had arrived where they were, now. Initially, people would hesitate; it was a big ask and a very personal one but as we began, amazing, magical tales unravelled that left everyone enchanted and enthralled. How comforting it was to share the journey! And how amazing to see through each person's unique spiritual lens. If you are willing to create a safe space for a small group of seekers, whether you host an informal evening or schedule a special event like a New Year's Eve gathering complete with a scrumptious repast as I once did, expect memorable results.