



Edgar Cayce and the Kabbalah: Resources for Soulful Living

John Van Auken

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It is very difficult to comprehend that our destiny lies in nonphysical dimensions, but Van Auken teaches this well while explaining that our present life is the perfect prerequisite for the next one. Van Auken's easy writing style helps to shed light on the most complicated concepts in Kabbalah, making it easier to grasp the five divisions of our being, the four planes of existence, the seven heavens, the ten emanations, and the twenty-two channels of the Infinite Creative Consciousness. We also learn how to expand our minds to perceive these realms, to journey through them, and as Van Auken writes, "to remain sane, healthy, and active in our present life." The chapters on magical incantations, talismans, and numerology—so integral to Kabbalah—give us helpful tools for recognizing and changing positive or negative influences in and around us. The chapter on angels, archangels, and demons reveals unseen helpers and troublemakers, and tells us how to avoid the one while employing the help of the other. Other chapters include those on ecstasy and spiritualizing body and mind.

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