

Talk about surviving and studying her stroke, says in that talk, “Most of us think of ourselves as thinking creatures that feel, but we are actually feeling creatures that think.” Rudolph Steiner, the Austrian-born philosopher and seer who founded the Waldorf education system and who was also a contemporary of Edgar Cayce’s, highlighted the feeling nature of humans as well and emphasized the importance of awakening our children’s feeling nature, not only their intellectual capacity. Let’s be clear, as Dr. Bolte Taylor points out, we are always feeling. The key is to pay attention to our feelings and not only our thoughts. Our minds can learn from books, but our bodies are feeling all the time—they feel by doing, by being present, by being immersed in the moment.

One of *The A.R.E. Journals* I read describes it this way: “If we as teachers are to enable children to approach nature through feeling, we must turn to what is at hand, to what is alive, to that which bears watching and hearing and to that which offers a relationship.” In a practical, hands-on way, we can do this by helping our children stay in their right brain. We can use loving directives, rather than yes-or-no or right-and-wrong phrases, to help them relate to their experiences. For example, “Tell me what you heard when we walked down the driveway to get the mail,” rather than, “Did you hear a bird or a squirrel in the tree?” These directives move us toward our feelings, toward our hearts, rather than cognitive answers or facts.

The second important ingredient for nurturing awe is allowing for moments when we are fully present. This is why I love the rides to school. I can take nothing else on while I’m driving, and for a little while, my children and I are undistractedly present together. Earlier this fall, our family was out with our dog, walking together on a path through the woods by our house that we often walk. There’d been a lot of rain, and just past the place in the creek where the water falls and rushes, one of the children noticed this incredible white fungus growing on a fallen tree. As we let our eyes be dazzled by the undulating shades of white and grey cascading over the tree, we slowly began to see fungus everywhere around us—all different amazing shapes and colors. It was like a world had suddenly been made known to us that usually lay hidden, like waking up under water in a coral reef. We had so much fun discovering what seemed like endless new and different kinds of fungus as we moved along our path, a familiar and often travelled path. The luxury of a Sunday morning with no rushing, with the time to step off the path and pause, and our willingness to join with our children in discovery were all it took. We continued on with our weekend and enjoyed a refreshing cheerfulness and patience with each other; there was laughter instead of frustration when bumps did arise. It didn’t last forever, but to me, that doesn’t matter. It will be easier for my children to remember that this type of

experience and presence is available to them and that it helps make things easier.

This leads me to a final ingredient: joining with our children. This does not mean we need to rework our schedules to create new time to put everything down. Rather, we can just notice those moments that are already present: the rides to school, bath time, walking the dog, weeding the garden, filling the birdfeeders, fixing dinner, shoveling snow, walking to the mailbox. Rather than hurrying through these tasks or letting your mind wander to all that needs to happen next because the task before you requires no conscious attention, look with fresh eyes at what is before you—and include the young person near you. Let whatever waves of resistance arise pass over and remain committed to being present in these simple moments.

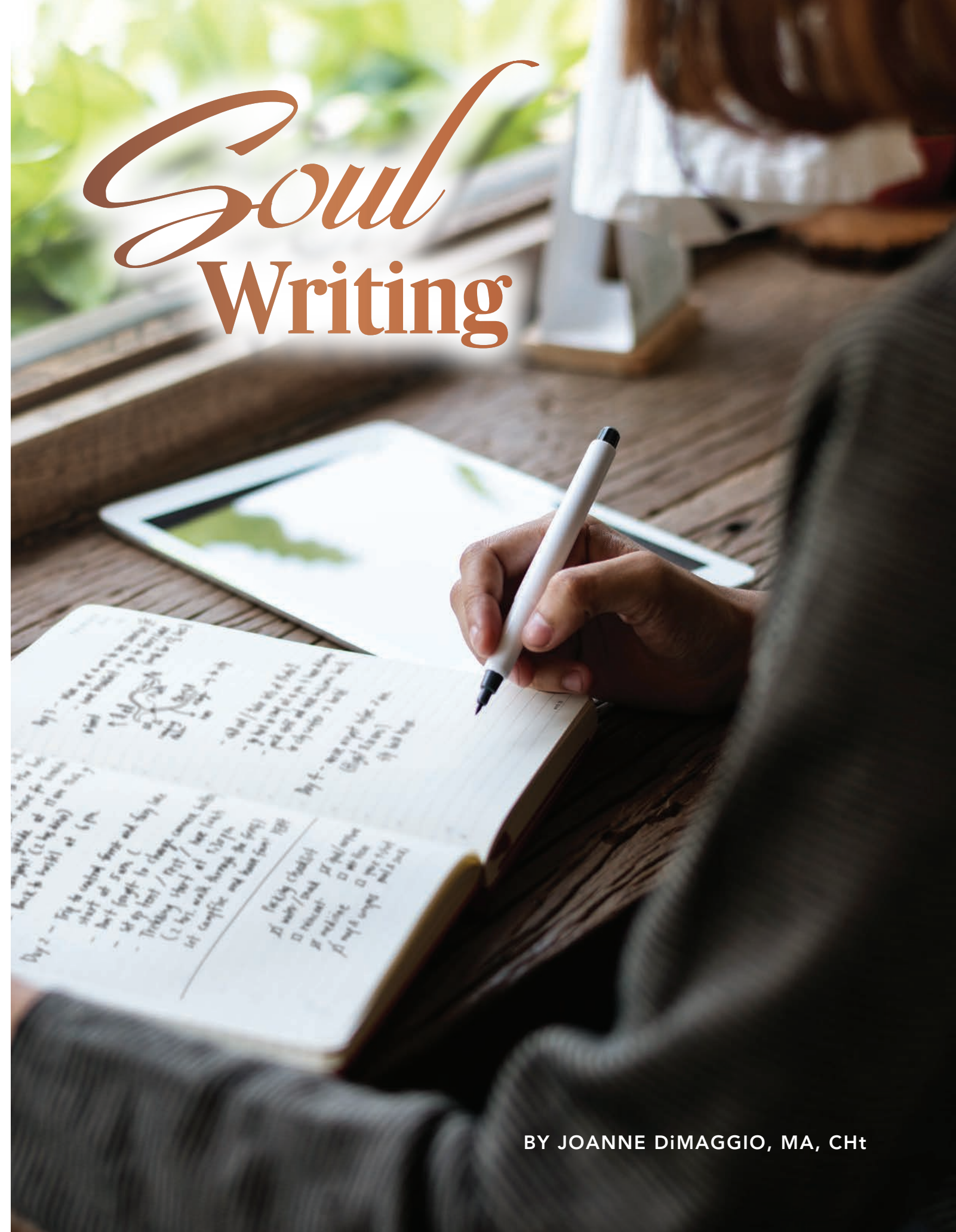
We can also make choices in our daily lives that create openness to awe. For example, when choosing movies for the family to watch together, we can include nature shows, such as National Geographic’s *Will Smith’s Welcome to Earth* or Disney’s *The Secret of Whales*. We can choose bedtime stories that awaken this sense of wonder and awe. My family enjoys Grace Lin’s *Where the Mountain Meets the Moon* series. (The new family resource hub on A.R.E.’s website lists children’s books of this type.) We can also share blessings before our meals together that speak to our connection with our food and the Earth. Here’s one such blessing: “Earth, we thank you for this food, for rest and home and all things good, for wind and rain and sun above. But most of all for those we love. Blessings on our food.” (You can find more mealtime blessings like these at Waldorf School websites.) And we can remember to focus less on solving or fixing problems with our children and instead touch into the feelings that are alive in them and us, as we let it be okay to just be present. Sometimes attuning to our own and a loved one’s feeling body can feel as vast as standing at the edge of the Grand Canyon with the smell of sage in your nose, the rustle of wind in your ears, and the great stillness stretching out before you, reflecting everlasting and unfolding creation.

We all have our own experiences of awe with our children. Yours may be so different from my own. My hope is that my sharing here moves you to cultivate a path of awe for you and your family that is all your own. 🌿



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# Soul Writing



BY JOANNE DiMAGGIO, MA, CHt



**C**LOSE YOUR EYES AND RECALL THE last time you watched a telethon. What did you see? Chances are there were rows of tables with people sitting behind them, waiting for their phone to light up so they could assist callers. Now imagine an image like that somewhere in the ethers, with highly evolved spiritual beings waiting for a call from *you*. That is what Soul Writing is all about. It is one aspect of divine guidance that is always at our fingertips.

Whenever I talk about Soul Writing, I like to start with the story of how our souls come to Earth to begin a new incarnation. Like children eager to start their first day at school, we fill our backpacks with the tools we'll need and get ready to board the school bus. But before we go, a radiant spirit approaches and says: "I know you can't wait to start your new life, but here is something that will help you when you have questions no one can answer. You can use it any time you want to. Someone will always be here to answer." We are then handed a card that has two simple words on it: Soul Writing. We tuck it into one of the pockets in our backpacks and make our way to the school we call Earth.

Years pass and we forget all about it. But in time, we run into one of life's many challenges. We seek guidance from our parents, friends, colleagues, maybe our minister or a therapist, and while they are helpful to a certain extent, we yearn for guidance on a much deeper level. Then it dawns on us. We were promised that guidance would be available to us at all times through Soul Writing. We use it, and when we do, our questions are answered and our life changes.

Referred to by Edgar Cayce as "inspirational writing," what I have come to call Soul Writing™ is a written form of meditation. If you think of prayer as you talking to God and meditation as God talking to you, Soul Writing is you taking notes. It is writing in an altered state of consciousness that enables you to receive answers to life's challenging questions—questions like the following:

- What can I do to heal relationship issues with my family, friends, or colleagues?
- What can I do to overcome my lack of self-confidence or self-esteem?
- What career direction would be for my highest and best?
- How can I work toward forgiveness?
- How do I break free from feeling as though I'm being held back?
- How do I facilitate healing the illness I'm dealing with?
- What is the source of my weight issue and what can I do to change it?

The list of questions and concerns we face throughout our lives are many, and so are the ways you can apply Soul Writing to answer them.

### Psychoanalysis and Healing

I see different forms of what I call Soul Writing growing exponentially in psychoanalysis and healing. I'm not surprised. Writing, like talking, has a cathartic quality. It is a safe way to explore highly personal issues, and it leads to deeper levels of insight than we achieve in our everyday state of mind. Soul Writing enables us to shift our perspective, and that, in and of itself, can be a powerful means for healing.

From studies and articles published by *The Lancet*, *Scientific American*, *PubMed*, and the American Psychological Association, to books written by leading researchers such as James Pennebaker, to workshops at hospitals across the country, writing for healing has made its way into mainstream medicine. At the Emily Couric Clinical Cancer Center at the University of Virginia Medical Center, I've seen flyers for classes on the healing power of journaling, and a professor at Virginia Commonwealth University has told me she credits Soul Writing with helping her heal from breast cancer. Soul Writing has been such a valuable tool in her life that she now hopes to teach it to her social work students to use and to share with their future clients.

I know from personal experience how Soul Writing can help when faced with difficult life choices. When I received a serious health diagnosis in 2018, I leaned heavily on my Soul Writing practice to navigate through my healing journey. And when COVID hit, I used Soul Writing to help me understand

this global crisis. In my dialogue with Spirit, I was reminded to focus on my ideal, which is "to empower and inspire through the written word," and to do as Cayce taught, which is to measure everything I do against that ideal. I was able to release aspects of my life that no longer supported my ideal, and I doubt I would have taken those steps had it not been for the counsel I received in Soul Writing.

### Guidance on Specific Topics

I believe that if ever there was a cosmic encyclopedia with a divine definition of terms and how they specifically apply to each of our lives, it could be found in Soul Writing. Ask about anything and you'll likely get an answer different from what you would receive in your everyday mind state.

I once asked about synchronicity and received this response:

*There are no accidents, no coincidences. Everything is happening as planned, but only because one is wise in seeing opportunities for what they are and then following one's intuitive sense about manifesting them at the proper hour. Do not rush the process. In your caution—and most of all, your trust—you work cooperatively with the Universe and so it unfolds as planned . . . Your pattern is one of accidental discovery. You always "stumble" onto something when you are least thinking of it. It just "happens." In truth, you did all the preliminary work yourself. When you reach a certain point, help from our side becomes manifest, and suddenly something "unfolds" before your very eyes. It seems like an accident to you, but it is not an accident at all. After all, there are no accidents, no coincidences. These "accidental discoveries" are always monumental, and they are always to help others, to benefit large numbers of people, not just a handful.*

### Explore Metaphysical Questions

Soul Writing is a wonderful way to explore a philosophical or existential question you may have. I once asked about the difference between universal laws and the Ten Commandments, and what struck me in my first exchange with spirit on this topic was this sentence: "No universal law begins with Thou Shalt Not." I knew that in my ordinary mind state, I never would have thought of this. I knew I was working with divine energies.

### Various Art Forms

Early on when I was researching Soul Writing, one of the most fascinating things I discovered had to do with the writing process itself. I learned that this way of writing has been used over the centuries by a host of famous writers, composers, actors, and artists. They learned—whether by accident or intentionally—to access an unseen dimension by entering an

altered state of consciousness in trance, meditation, or dreams, which became an endless fount from which their creative genius flowed. While in this altered state, the quality of their work reached new heights, vastly different from what they could achieve in their ordinary state.

English poet Percy Shelley spoke of this when he wrote: "One after another the greatest writers, poets, and artists confirm the fact that their work comes to them from beyond the threshold of consciousness." Consider Madame Blavatsky, the founder of the Theosophy Society, who channeled *The Secret Doctrine*, or author Ruth Montgomery, who said that all of her later books were created through guided writing. Even Jess Stearn, in writing *Edgar Cayce: The Sleeping Prophet*, said he was informed that Cayce himself would be available if needed. Stearn decided he did need some help and said it was as if Cayce walked in and wrote the book for him. And then there was Dr. Helen Schucman, who heard an inner voice say to her: "This is a course in miracles. Please take notes." Describing the writing process, she said, "That was my introduction to the Voice. It made no sound, but seemed to be giving me a kind of rapid inner dictation." That phrase, "a rapid inner dictation," is an apt description of how it can feel to do Soul Writing.

### Writing for Soul's Growth

While Soul Writing can be used in numerous ways, the end result is always the same—it is a powerful tool of transformation for our soul's growth. If you are someone who constantly asks *why*, Soul Writing can illuminate the way from *why* to *Oh, I see!* It can provide the *aha!* moments that come



straight from the soul and result in a shift in consciousness and direction. Eventually, if you so desire, you can also use it as a tool to be in service to others. Cayce said: “You’ll not be in heaven if you’re not leaning on the arm of someone you have helped.” (3352-1)

### Past-Life Healing

Another way to use Soul Writing is in past-life work. If you’ve ever had a regression, it may have left you with more questions than answers. Soul Writing can provide those answers, revealing the back story that wasn’t part of the regression, answering questions about it and offering ways to apply the lessons from that life to your current life. Soul Writing also can be a tool to converse with that aspect of you that lived before. Imagine asking yourself about the past-life origin of an issue you are dealing with today so that you can resolve it and move on. Throughout the readings, Cayce used the phrase “to meet self,” and this is one way to do that.

### Enhance Psychic Abilities

Finally, Soul Writing can be used to develop your psychic abilities. Cayce said: “EVERY entity has clairvoyant, mystic, psychic powers . . . The intuitional, which is both clairvoyant and psychic, is the higher development . . .” (1500-4) Soul Writing can enable you to explore and enhance such abilities. It can be used to explain psychic events in your life, teach you how to see auras, help you learn to work with energies, or engage in telepathic conversations with deceased loved ones.



### How to Do It

Before I explain how it is done, I want to clear up a misconception about Soul Writing—it is *not* automatic writing. The Cayce readings contain many references to both inspirational writing (Soul Writing) and automatic writing because many writers asked Cayce if learning “automatic writing” would improve their craft. Cayce was quick to dissuade them from using automatic writing for a number of reasons, which included concern about the danger of accessing information from outside one’s self rather than from the voice within.

“As we find, it is MORE desirable to develop inspirational writing than automatic,” he said in Reading 2170-1. When another writer asked if he should train himself in automatic writing, Cayce responded: “As has been indicated, rather than AUTOMATIC writing OR a medium, turn to the voice within . . . but not that the hand be guided by an influence outside of itself.” (1297-1)

How do you engage in successful Soul Writing and avoid the less desirable outcome of automatic writing?

- Say a prayer of protection. The use of prayer and visualizing a white light of protection before you begin is an essential part of Soul Writing. Use whatever prayer you’d like—whether it is one you make up or one already written. Cayce once offered this prayer to a writer: “Father-Mother-God! In Thy Mercy, in Thy love, be Thou the guide just now, as I seek in humility and in earnestness to present that which may give others a better and a more perfect insight into the love which was manifested by Jesus. Help, Thou, O God, my every effort.” (489-76)
- Meditation is another essential element. You cannot do Soul Writing unless you are in an altered state of consciousness, which meditation provides. Cayce said: “Sit with a subdued or shaded light, with paper, pencil, or materials before self at a desk or table. Enter then in this silence, each evening, at this specific time.” (282-5)

Cayce’s advice brings up several other criteria for successful Soul Writing:

- Create your sacred writing space with the aesthetic qualities most conducive to your connection to spirit. Quiet, privacy, soft lighting and a comfortable place to sit are the primary requirements.
- Surround yourself with items that enable you to go into a deeper state of meditation, such as artwork, candles, or incense.
- Cayce recommended making a date with Spirit to write each day: “It could be well that an hour or period be chosen for such activities when there is quiet, and when

the mental and material body may become perfectly relaxed . . . And such periods should be chosen as an exact period. Say (as an illustration), 10:00 to 10:30 o’clock in the evening, the period is chosen.” (282-5) This helps to jumpstart a good habit, but once you get comfortable with the writing, you’ll be able to do it any time and any place.

- Pen vs. keyboard is a matter of personal preference. There is research that shows that writing by hand enables us to tap into a deeper well. It takes longer to write our thoughts in longhand, giving the brain—and in this case, the soul—more time to find the right words to express a thought. There is a different inner feeling when writing by hand. You get a greater sense of the guidance coming through you, down your arm, out your hand, and onto the paper. If you decide to do it on the keyboard, that’s fine. Just remember that your eyes may be halfway closed, and if you’re typing, you may inadvertently shift your fingers over one key, making your writing unreadable. Experiment with both and decide which works best for you.
- Focus on a question. Remember, the more profound the question, the more profound the answer.
- Get ready to write. Trust the process and get out of the way. Don’t manipulate or force words. Silently state or write your intent. Date the page. Keep your wrist loose.
- Allow the message to proceed. Cayce advised: “Do not grow weary if in turns with self nothing comes for perhaps days, or that much is given at one period in the beginning and little or nothing later.” (282-5) I would add, don’t let your internal editor worry about spelling, grammar, or punctuation. We’re looking for stream of consciousness writing. You can edit later.
- Wait before you read. Cayce advised: “. . . do not re-read, but put away for at least the period until it is given from within to review or to go over that which has been given.” (282-5) The message may reveal a deeper meaning if set aside and read a week, a month, or even years later.
- Keep your writing safe. Think of your writing session like being in a therapist’s office, where you examine issues you normally wouldn’t discuss with anyone else. For that reason, it’s best to safeguard your writing. If you have a message of universal importance, by all means share it, but if it’s specific to a personal situation you are working through, you may want to keep it to yourself.

### Connecting with Spirit

When you’re ready to get started, follow these steps:

- Formulate your question.
- Close your eyes and take a few deep, relaxing breaths.



- Surround yourself with white light and say the prayer of protection.
- Keep your hand and your wrist loose, writing ovals to initiate the writing. Those ovals may start to form the letter “e” or “l” or “m” and prime the pump to form a word, a phrase, or a full sentence.
- Allow the writing to proceed until it stops.
- Say a silent thank you.

Remember, the process of connecting to the sacred wisdom within you—that part of you that has your answers—is always available through Soul Writing. Just open your heart and ask! 🌊

—On July 21–23, 2022, the A.R.E. will be hosting the first Soul Writing Certificate Training Intensive led by Joanne DiMaggio. An A.R.E. Certificate will be awarded upon completion of this deep dive into Soul Writing. For more information, go to [EdgarCayce.org/SoulWriting](http://EdgarCayce.org/SoulWriting).



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