

Diane SOLO 6/12/83
4:00 pm
Edgar Casey Session

A hallowed hello on this most auspicious and special occasion. We are all present for this meeting. Know that it is thru the opening of the Christ consciousness in your heart and soul that has allowed this afternoon to be. Do not be frightened for really very little will change for you during the course of this hour, except that you will leave greatly uplifted and that considerable insight into what it is to be in the service of the Father as a medium, trance medium, treatment reader or whatever other label human nature needs to apply. The entity Edgar Casey lovingly awaits your great appearance in the next minute or two. We are taking you deeper than you ever have been before and ask that you relax into the loving arms of the Father and let this meeting unfold for you. Mr. Casey is about to begin, as he progresses you may feel some slight vibrational changes, do not concern self with these (Dede comments, somewhat softly).

It is I, Edgar, we're here with you now our sister (Dede OVER the microphone!). The purpose of this meeting is to help you achieve a greater awareness of what you have gained and to allay many of your fears, for I too struggled with many of the issues that you are currently making efforts to transcend. When I initially began I had no idea as to how to go about meditation as you were trained differently in the Eastern method, and now in the Christian method thru your present teacher. Therefore, I merely would lay myself down on the couch, close my eyes and let the information come forth. The problem for me was that this was an enormously difficult process because I did not understand the necessity to maintain top physical health, and to let the Father be the source of my supply, in terms of income I felt it necessary to do both as you are aware. Because of my very strict background I felt that nothing could be given to me, in later years I learned that all would be given to those in the service of the Father. It is our objective today to provide you with some additional techniques as well as as to, as well as for me to let you know that I deeply concern myself with your growth and I am able to yet hark back to some of your issues, where I too feared a lack of accuracy, a lack of proper attitude, a lack of faith and as you know required the presence of others. These fears for one who agrees to take on such an enormous yoke are initially only normal. There are certain ways in which you will learn to trust the validity of your readings. As you progress in this area many of your fears will diminish. Again, I suffered many anxious moments and caused myself ill health, and my concern with personal integrity, at times, was overwhelming. We will begin now with the program for your to follow.

1. When you lie down to meditate keep your body, as you do now currently, pointing North. Raise your consciousness a bit more and let the energy flow thru you, initially you should keep your arms at your sides, palms up so that the total energy

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field around you can be elevated; by pressing your palms to your solar plexis you are turning the energy back within and though this was the sort of thing you needed to do in the initial phases it is not totally adequate. As has been stressed in your many readings nutritional balance, abstinence from very much alcohol, pursuit of your very excellent choice in physical exercises will greatly benefit you. Let God take over the area of your financial support, for had I done this I can certainly tell you that my life would have progressed more easily and certainly my family would have suffered less. As you do, and as all spiritual souls do, I too abstained from marital sexual relationship for the greater part of the time that I did readings, since my wife desired children there were periods in my life when sexual activity was permitted, followed by long hours of cleansing. Keep your arms relaxed and at the side of your body as flat as possible on the floor. The green light you see is telling you that the energy is flowing in a circle around you, which will greatly uplift your consciousness. You will find yourself more relaxed. There will, of course, come a time when distractions like kittys lying upon you will be greatly reduced but you seem to compensate for this very adequately. As you enter into your meditation your preparations are adequate, we would suggest that perhaps a little food would be helpful to you, prior to meditation. As you begin your readings this is the secret....you must begin to attune yourselves totally to the soul that you are reading for even if it is thine own soul, this is done by the visualization, at least initially, of a violet light, that is the light of mystical growth....so you will feel yourself surrounded by the green circle of light and the arc of the violet light should be crossing over your eyes as a bridge, for indeed that is precisely what it is - a bridge to the soul of another. By this means you will find that you will more easily attune self to the soul of another, in this way the life direction and past life readings will be ever more accurate. Do not be afraid to move about if necessary, for it took me many years to realize that it was possible to do so and still be in a very deep trance. A slight movement may make you greatly more comfortable than trying to rise above something distracting, as the Eastern philosophies will teach you. As you move into your meditation lift up your countenance to the face of God, open your heart as fully as you can and know that in this way nothing but truth can be perceived, nothing but truth will flow thru you, nothing but truth will be given to you. These techniques were developed over a period of years for me for, as I have indicated I merely would lie down and wait for the information to flow, but this was a very tedious process and there was a great deal of blocking which caused me certain physical difficulties. It is better to move into the trance state by means of careful preparation, visualization of the lights, calling upon the Christ and maintaining a relaxed but aligned position. This will also benefit the spinal problems you came in with and help you to keep in greater alignment. Physical fitness can never be stressed too much. I too agree that someone as creative as you are needs an artistic outlet and feel that photography will provide you with even greater insights, for visualization and active imagination are a must in this work for a dull mind could never pursue anything

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as abstract to most individuals as helping another by looking into his soul for hidden answers in the murky past lives. As you photograph individuals, animals and your surroundings you will find that you will come to an even greater understanding of the magnificence of the Father, as I too did. For as each picture was developed and unfolded I would see things in faces, and places that I had never before glimpsed. The possibilities for visualization, artistic outlet and consciousness expansion thru photography are almost limitless, it is a fascinating way for you to pursue an additional avenue of spiritual growth. The fears that lurk around you during the day, and just prior to meditation are not only human fears but fears of certain personality styles, brought up in the broadest (unable to understand word) of being good. This takes a long time to realize, for as you are well aware this information flows thru you. Nevertheless I perceive you doing as I did, fearing that you are not good enough for the undertaking at hand. Never give that another thought for it is a meaningless pursuit. As you know in the eyes of the Father there is no good or bad there is only isness. These anxieties are brought on by upbringing and personality and can only lead to frustration which is needful to be reduced in the life of one who serves.

2. In terms of employment, even though it was difficult to do both, and I still had negative feelings I was not in such a formal and stringent setting as you. You will find that the release from this job or anything like it will uplift you far beyond your expectations and help you in every aspect of your life and being. You are now enjoying a very high level of meditation, the slight nausea you feel is not a necessity, it is simply your body's way of accustoming itself to a considerably raised vibrational level. We would recommend that you not be too concerned with that either, for as you step into your meditations with the proper physiological alignment, physical fitness, preparation and attunement with the Father you will find that this is not a particularly difficult day, difficult way to pass your days. If you find difficulty during the course of a reading do not be afraid to ask for clarification for it is always given, only silently utter the words "clarification please" and you find that the matter is rephrased, or expressed in an entirely different way for your better reception. As you process thru a reading and you feel that the reading is coming to a close and your vibrational level begins to slightly drop invoke the white light, silently ask for Father's guidance thruout the day, minute to minute and as you bring yourself down envision a lovely apricot color for this is a very cooling color, a very soothing color and a color of at-oneness with the Father. As you envision the apricot color you will find that you will be able more readily to step out of a higher meditative state with less physiological rebound. I have received your thanks and know of your deep appreciation. Another method that is most helpful, interms of validity, if you have questions or concern that there is ego involved do not be afraid to ask, silently, that ego be removed and merely ask for the rainbow, and as you see the rainbow you will know that the matters you are receiving are indeed true. You are only humanly aware that your reception is superior, this has now been brought to your attention in order to keep you from

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struggling with ego, as well as some these personal issues that you have been pursuing. As you use these techniques you will find that your accuracy should be far beyond that of any medium who presently resides on the planet earth. We are phrasing it in this way to allow you to comprehend what has transpired for you over the last year, I too was relatively afraid to admit that my gift was exceptional, that my abilities were more than most. As you know yours are natural, mine were given. With assistance from time to time you should be able to exceed the work I did, that is only a way to let you know not to be afraid, to continue on and know that you are very close to your goals, closer than even you fantasize.

3. Yes, the matter of transcription is an issue. Naturally since I was reading long before the miracles of your electronic devices were discovered a human secretary was required. This individual donated a great deal of her time out of love and forbearance due to my struggling financial position, that will not be necessary in your case. The addition of a secretary for you is also due to your physiological size and the fact that you will be traveling to places that will require that you take some sort of luggage and handle certain business matters, do not resist for it is well that need not bother yourself with these issues. Your goal, as was mine, is to pursue at-onement with the Father total openness to the Christ consciousness and a willingness to lovingly provide others with your service and time, as the instrument thru which the grace of the Father flows. Again this is a major difference and one of the reasons I agreed to this meeting, for me in that time frame it seemed more of an affliction than the love of the Father expressing itself thru me. It took me many years of discipline and application to understand that this was indeed God's grace manifesting itself in my life. As you know I was aware of the sacred nature of the work always, but I was unable to make the connection between grace and the sacred nature of the work, that too 'blunted' (that is what it "sounded" like) some areas of my life. It is my concern that this work not deplete you as it did me, that you enter into it joyfully and graciously, that it bring you fulfillment and happiness for in this way you will be of total service to the Father. I am still learning my lessons too of obedience to the Father although I have resided in spirit for some time now and find it certainly more desirable than the earthbound experience. Your level of pursuit and understanding have contributed and upliftment and I wish to express my appreciation for this, for this again is a manifestation of an upraised consciousness. Others benefit, you already are aware that others benefit around you, others benefit unseen as well. Your husband Alex has benefited enormously by your growth this is indeed important for your to understand, that while you are here you can be contributing to the upliftment of consciousnesses on both sides...this is not too often revealed for it would be misinterpreted by many. We feel that you will deal with this easily, know then that with these steps, the physical fitness and the continued reduction in your resistance your pursuit of the trance state will ever deepen. Although I was immediately into what is considered a trance state over the years it grew in depth and breadth as it will too for you. Remember-----tape ran out.

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(cough cough) that with the apricot light..... You will find that the absence of jewelry and light clothing will be most helpful to you. We would recommend (can't make out 2 or 3 words) for you, something other than the floor, but for now this is the most available and appropriate space in your dwelling. This well cushioned couch might be very conducive to your comfort which is extremely important when you are maintaining such a discipline. Your work as a medical transcriber has been a tremendous benefit to you in learning to stay still for long periods of time, but as you know body position is all important. Do not concern yourself the right couch will appear when there is need for you to have it. Again as you know when I was directed to move I did, as you are preparing to do so now you will not believe what this move does for you, for I was simply aghast at the change in self. It is hard for those on the human plane to fully understand how severely a low vibrational area can affect you. You will find that the association of those on the path in an area that offers you cleaner air, along with the purity of cleaner minds will bring you into a greater fullness of understanding and happiness which can only benefit you as you pursue your work. Since you will be traveling you may need to practice, off an on, on the floor of your new dwelling for it is well not to become accustomed, too much, to one particular area for that is nothing but a crutch. God is everywhere and so too is the information that will be necessary for you to receive trappings such as couches, garments even the colors we recommended are simply avenues, but they are not the totality, the Father is the totality.

We on this side agree that sufficient information has been provided for you. We are well pleased with your progress and with this meeting and your openness to it. You are already experiencing the cooling effect of the apricot light and reduction of vibrational level. At this point we think maybe one more additional meeting three weeks hence will be necessary, the time and date will be given. Your preparations will not have to be as extensive and if it does fall over your long weekend off, it will take place late on a Sunday afternoon and you will have the majority of the time to do as you wish. Open your heart to every avenue that is being opened to you for it is in this way that the hand of God can be realized in your life. I look forward to an opportunity to work with you again and once again wish to express my appreciation for the assistance you have given me, insights received and know that this indeed has been a reciprocal communication. Go now back into the world, and the dignity and the grace of the Father that is flowing into your life. Your other friends bid you farewell until anon when we meet again. Our blessings, peace and love go with you our faithful daughter.