

# Edgar Cayce and Atlantis: Exploring the Mystic and the Myth



**Edgar Cayce** (1877–1945) is one of the most enigmatic and influential figures of the 20th century in the realm of spirituality and psychic phenomena. Known as the "Sleeping Prophet," Cayce is famous for his thousands of psychic readings on topics ranging from spiritual healing to ancient history. Among his most intriguing contributions are his numerous readings on Atlantis, which have captivated generations of researchers, mystics, and curious minds.

## Who Was Edgar Cayce?

Born into a modest family in Kentucky, Edgar Cayce displayed psychic abilities from a young age, such as the ability to memorize books by sleeping on them. However, it was in adulthood that his full talent as a psychic developed. During his sessions, he would enter a deep trance—hence his nickname "the Sleeping Prophet"—and answer questions posed to him on a variety of topics. While much of his work focused on physical and emotional health, he also delved into metaphysical and historical subjects, including Atlantis.

Cayce had no formal medical training, yet his readings often provided diagnoses and remedies that were effective for many people. He believed that his answers came from a higher spiritual source, accessible through his trance-like state.

## Atlantis: Myth or Reality?

Atlantis is a legendary civilization first mentioned by the Greek philosopher Plato in his dialogues *Timaeus* and *Critias*. According to Plato, Atlantis was a vast island or continent that existed approximately 9,000 years before his time. It was a highly advanced society in both technology and spirituality, but it eventually sank into the sea after falling into moral decline and conflict.

Since Plato's time, the idea of Atlantis has fascinated philosophers, scientists, writers, and explorers. Many modern researchers consider Atlantis to be allegorical or fictional. Still, some believe that the civilization was real and may have been located in areas such as the Mediterranean, the Caribbean, or near Antarctica.

### Cayce's Readings on Atlantis

Through his readings, Edgar Cayce provided many details about Atlantis, adding fascinating layers to the myth. He described the civilization as technologically advanced, with a deep understanding of science and spiritual powers. According to Cayce, Atlantis existed between 200,000 and 10,000 B.C. and was a vast continent located in the Atlantic Ocean between Europe and the Americas.

Cayce's readings suggest that Atlantis went through several periods of destruction. The first occurred around 50,000 years ago, caused by the misuse of powerful technology, particularly crystals that could concentrate energy. Another catastrophe took place around 12,000 years ago, leading to the final collapse and submersion of the continent.

### **The Spiritual History of Atlantis**

For Cayce, Atlantis wasn't just a technologically advanced society but also a spiritually evolved one. The Atlanteans were said to possess a profound understanding of cosmic laws and universal energy. However, Cayce warned that Atlantis suffered from a moral split. One faction, called the "Sons of Belial," was driven by power and material ambition, while the other group, the "Sons of the Law of One," lived in harmony with the spiritual forces of the universe. This conflict ultimately led to the downfall of their society.

### **Atlantean Technology**

One of the most controversial aspects of Cayce's readings is his description of the technology used by the Atlanteans. He claimed that Atlantis had developed a source of energy based on large crystals that harnessed solar and cosmic energy. This technology not only provided power for daily needs but also allowed them to move large objects and control natural forces.

More detailed accounts mention "flying machines" and vehicles capable of traveling through the air and water, using this mysterious crystal energy source. Some see parallels between these descriptions and modern theories about free energy or UFOs.

### Reincarnations of Atlanteans

A central concept in Cayce's philosophy is reincarnation. He believed that many modern human souls had lived previous lives in Atlantis. In his readings, Cayce often identified individuals he was working with as having been Atlanteans in past lives. Some had even played key roles in the downfall of the civilization. This belief has led to the idea that some of the challenges humanity faces today may be linked to unresolved lessons from Atlantis's fall.

Cayce also predicted that physical evidence of Atlantis would re-emerge in the 20th century, particularly in the Bahamas, where underwater structures might belong to this lost civilization. In 1968, the discovery of what some believe to be a submerged road near Bimini was seen as validation of this prediction, although modern geologists typically attribute these formations to natural causes.

## **The Legacy of Cayce's Readings on Atlantis**

Cayce's readings on Atlantis continue to have a lasting impact on esoteric and spiritual circles. His claims have inspired numerous books, research projects, and speculation about the existence of a technologically advanced lost civilization. While hard archaeological evidence of Atlantis remains elusive, Cayce's accounts still capture the imagination and fuel discussions about humanity's origins, the nature of consciousness, and the cycles of history.

For some, Cayce offers a spiritual and esoteric vision of Atlantis that transcends the limits of conventional science. For others, he remains a mystifier, articulating an ancient myth in a way that resonated with the spiritual aspirations of his time.

## **Conclusion**

Through Edgar Cayce's readings, Atlantis becomes more than just a myth. It represents a powerful allegory of humanity's struggles between materialism and spirituality, ego and soul. Whether or not Atlantis ever truly existed, Cayce's teachings remind us of the importance of harmony with universal forces and the lessons of the past, both on an individual and collective level.

## **Sources**

- [fr.wikipedia.org](https://fr.wikipedia.org)

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