

Planting Our Souls



“Let the body know, let the body comprehend that it is being chosen for the expression of divinity into materiality!” (480-28)



The children, grandchildren and great-grandchildren in my garden.

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PLANTING A GARDEN TAKES dreaming about it, finding the proper place and time, and preparing the soil. It takes work—downright dirty work!

The ground must be made ready, the seed planted and watered, and here in Arizona, protected from the sun. And this is just the beginning.

The same has been true in my professional life, during which I have had the privilege and the joy of working with thousands of expectant mothers and the souls they deliver into Earth’s plane. When I began working with the Cayce readings I came to think of my work as a divine mission. I had to do more than I had been taught to do in my training; I had to help families understand and prepare for the coming of this divine being.

It was important to know that the care of the physical, mental, and spiritual journey of this soul was in the parents’ hands, that the process began before conception, and that communication with the incoming entity could commence immediately. This process was really like planting a seed. The soul is the seed that grows into the physical body which this person will inhabit for the rest of his or her life.

Cayce tells us we influence (consciously or not) what soul, or “who” is drawn to be our offspring through our thoughts and attitudes and the activities and actions we take, not only during pregnancy, but even before conception. As we begin to understand this, we realize that all aspects of our beings need to be involved. Body, mind, emotions and spirit all need to be engaged.

When preparing for the coming of this divine being into our world, both parents are responsible to physically take care of themselves. Their love is the spark which enlivens this soul, and their health is important to the baby’s health. The father doesn’t just plant the seed; his energy is in the DNA of the baby along with the mother’s and always will be. Everything they do builds healthy or unhealthy bodies. After all, they are the garden in which the baby is growing. The food they eat, the way they exercise, the sleep they get, the air they breathe, the water they drink, all affect the baby.

In addition, the baby’s mind is developing along with the body. What the parents do with their minds becomes part of the baby’s thoughts and feelings. What they read, what they talk about, what they experience, the roads they

travel, what they think, see, feel, hear, taste, and smell, all become part of the baby’s reality. How they react to what happens in their lives teaches the baby how to respond to life. We all know this is true after the baby is born, but science tells us that the fetus is a conscious being and at a cellular level can be influenced. When I was pregnant and learned what Edgar Cayce said about the energy created in *A Search for God* study group, it was important for me and my baby to be part of it. There is much in life which we cannot control, but when we find something that feeds our body, mind, or spirit during a pregnancy, we are adding fertilizer to the soil.

Now we must consider what is happening with the soul and spirit of the developing baby. Unlike garden seeds, the incoming soul chooses its parents and perhaps even its siblings. When my two youngest were about seven and five, they had a very active sibling rivalry. One day it escalated and we took the children aside. We told our daughter, the eldest, “You have to learn to get along with your brother or you are going to come back as his wife or something, and you know that you chose this family.” Quick as a flash she responded, “But that was before I knew HE was coming.” Nevertheless, they have both learned that lesson and are very good friends.

If during the pregnancy, the baby is loved, wanted, and cherished, they will feel they are important and that, no matter how difficult the circumstances, the world loves them. If the family is happy and filled with joy because this baby is coming, the very cells of the baby’s body are happy cells. If, on the other hand, they feel unloved, unwanted or if they feel fear and/or anger in their parents, that is the way the world will look to them. If every baby was born into a loving world, they would in turn love and be love-able. And, as Cayce tells us: to be loved we must be love-able. If, however, we are born into a world of fear and hate, the world is just a scary and angry place.

So, let us remember what Jesus taught: “Perfect love casteth out all fear.” How we live our lives matters! Each of us creates the world we live in—perhaps not the circumstances, but how we respond to what happens to us. This is the garden we are leaving to our children and how they blossom and bloom is our gift to them and the world.