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## YOUR DREAMS

### INTRODUCTION

The Edgar Cayce records state that the psychic powers of man are normal, natural expressions of the real self, the soul. How can we reach an understanding of the reality of the psychic realm, simply, easily, with out confusion or fear? One of the safest approaches to this study it through dreams - your own dreams.

Much of the practical psychology and many of the philosophical concepts in the Edgar Cayce records may be explored through dreams.

Some of you are already saying to yourselves, "That's too bad because I don't dream." About such people the readings said "Those who do not dream are not as spiritual minded as they should be." In other words, such individuals do not concern themselves enough with spiritual subjects, they do not seek to know themselves.

Dreams are your memories of the mind's activity in the state called sleep. You are the laboratory. Let us examine some of the experiments you can undertake which can be most rewarding.

### THREE TYPES OF DREAMS

#### Physical

There is a large area in the dream world which we may identify by tracing the stimuli to physical causes. Some of these major stimuli are connected with bad combinations of food - mince pie and ice-cream, pickles and liquor, etc. Other stimuli are found in pain and discomfort produced by bodily strain, injury or disease. External influences may arise from pressure on the body, such as a hard place in the bed; a cold wind; a bright light: a clock striking. etc. You will not have much difficulty in recognizing these.

#### Subconscious

There is another type of dream which we may call the subconscious dream, the dream of the unconscious. Such dreams are brought into consciousness in the language of the unconscious - symbolism, a picture language. This realm of the mind is like a new world. Exploring it will bring many strange adventures. It is in this world that you have many psychic experiences, telepathic, clairvoyant, premonitory and the like.

#### Superconscious.

Beyond the subconscious realm, the Edgar Cayce data identifies another type of dream which we may classify as the vision, the spiritual experience, the revelation.

We will examine data on the sleep state and explore the advantages to be gained in identifying and understanding all three kinds of dream experiences.

## SLEEP

What happens when we go to sleep?. You and I spend almost a third of our lives in the earth plane in an unconscious state. A third of this week you will be asleep. Physical consciousness is laid aside. What is consciousness? On a physical level it is awareness through the five senses. Actually sense perception extends, as we shall observe, into the sleep state. Sleep, then, may be said to be a movement in consciousness. Sight, hearing, taste, smells feeling, are closed off from awareness as we know it in the state of physical consciousness. It is as if the plugs have been pulled out in the main control room. The bed continues to cause nerve reaction by pressure, sound waves beat on the ear drums, etc., but attention has shifted to a new dimension, a new level. We are asleep.

The Edgar Cayce records have some interesting remarks to make about this state. We are nearer the real world. The world of matter is a reflection of a higher realm of matter. Thus the world of matter is a shadow of reality.

Here we are reminded of Plato's famous description of the men bound in the cave.

"Behold! human beings living in an underground den, which has a mouth open towards the light and reaching all along the den; here they have been from their childhood, and have their legs and necks chained that they cannot move, and can only see before them, being prevented by the chains from turning round their heads. Above and behind them a fire is blazing at a distance, and between the fire and the prisoners there is a raised way; and you will see, if you look, a low wall built along the way like the screen which marionette players bare in front of them, over which they show the puppets,

"I see.

"And do you see, I said, men passing along the wall carrying all sorts of vessels, and statues and figures of animals made of wood and stone and various materials, which appear over the wall? Some of them are talking, others silent.

"You have shown me a strange image, and they are strange prisoners.

"Like ourselves, I replied; and they see only their own shadows, or the shadows of one another, which the fire throws on the opposite wall of the cave?

"True, he said; how could they see anything but the shadows if they were never allowed to move their heads?

"And of the objects which are being carried in like manner, they would only see the shadows?

"Yes, he said.

"And if they were able to converse with one another, would they not suppose that they were naming what was actually before them?

"Very true.

"And suppose further that the prison had an echo which came from the other side, would they not be sure to fancy when one of the passers by spoke that the voice which they heard came from the passing shadow?

"No question, he replied.

"To them, I said, the truth would be literally nothing but the shadows of the images.

"That is certain.

"And now look again, and see what will naturally follow if the prisoners are released and disabused of their error. At first, when any of them is liberated and compelled suddenly to stand up and turn his neck round and walk and look towards the light, he will suffer sharp pains; the glare will distress him, and he will be unable to see the realities of which in his former state he had seen the shadows; and then conceive some one saying to him, that what he saw before was an illusion, but that now, when he is approaching nearer to being and his eye is turned towards more real existence, he has a clearer vision - what will be his reply? And you may further imagine that his instructor is pointing to the objects as they pass and requiring him to name them - will he not be perplexed? Will he not fancy that the shadows which he formerly saw are truer than the objects which are now shown to him?

"Far truer.

"And if he is compelled to look straight at the light, will he not have a pain in his eyes which will make him turn away to take refuge in the objects of vision which he can see, and which he will conceive to be in reality clearer than the things which are now being shown to him?

"True, be said,

"And suppose once more, that he is reluctantly dragged up a steep and rugged ascent, and held fast until he is forced into the presence of the sun himself, is he not likely to be pained and irritated? When he approaches the light his eyes will be dazzled, and he will not be able to see anything at all of what are now called realities.

"Not all in a moment, he said.

"He will require to grow accustomed to the sight of the upper world. And first he will see the shadows best, next the reflections of men and other objects in the water, and then the objects themselves; then he will gaze upon the light of the moon and the stars and the spangled heaven; and he will see the sky and the stars by night better than the sun or the light of the sun by day?

"Certainly.

"Last of all he will be able to see the sun and not mere reflections of him in the water, but he will see him in his own proper place, and not in another; and he will contemplate him as he is."

This passage from Plato's REPUBLIC, one of the most quoted from all his writings, suggests the same idea about matter as that presented in the Edgar Cayce readings. Do we, then, in the sleep state turn toward a world which is actually more real than that we perceive in the state of physical consciousness? If we are clinging to the body, if the desires of the flesh are strong, if the mind is involved with matter and is confused, we are held close to this material level of consciousness and a return from the sleep state blocks out and quickly erases the activities of perception in this other level or awareness.

We all know the experience of waking remembering a nightmare, or a horrible dream which leaves us depressed and confused. Perhaps, these dreams reflect the confusion and turmoil arising from the fight taking place in these other levels of consciousness. Can we be souls, with bodies as points of expression in this dimension we call matter? Let us keep this question in mind as we continue to examine the sleep state and its memories - our dreams.

"If sleep brings a movement into another level of consciousness," you say,

"what happens to me? Do I go anywhere? Do I go out and walk along the seashore at night? Does my soul leave my body, or does the mind just project itself as in memory? Do I go off on another planet? Do I draw closer to God during the sleep state? I do not have time for this in physical consciousness, because I must make some money to buy some food, to get some energy to make some money, to buy some food."

Edgar Cayce seemed to be released during the period of his readings. He described a condition in which the etheric body, a duplicate of the physical body made of a finer type of matter, lay just parallel to his physical body. In this state of consciousness his point of attention was freed to move as directed by suggestion. Each of us is relatively free during sleep according to our mental activity, our aspirations, our desires, our concern with the spiritual life. We are just as free as we let ourselves be, and we drop shackle after shackle, as we reach toward the spiritual realities of life.

We can leave the body. There can be projection. For most of us, this takes place frequently. If we could remember some of the real experiences of sleep we would be more startled than by wildest nightmares. We do not remember, because the mind tends to forget that which is unpleasant. Self preservation is one of the basic, strongest urges. The unpleasant thought, the disturbing experience, these we push down, cover up, plow her, paint over. We press them into the subconscious. Such experiences are handed back to us in pictures as the mind continues, on another level of consciousness, to wrestle with the conflict.

What are the strongest desires of the body? You and I are constantly striving to move in consciousness to fulfill those desires. Thus an interpretation of dreams will to some degree give us a better understanding of our real self, it will help us face ourselves and measure the fundamental urges which mold our lives.

We cannot leave a discussion of sleep without considering just how the physical body is affected and at least raising the question as to the centers in the body which are involved. The Edgar Cayce records stress that the endocrine glands are the psychic centers in all physical bodies. The functioning of these glands has a great deal to do with the quality, the character, of our sleep. The speed of healing during sleep, the renewal of energy during sleep, the clearing of nerve tension resulting from sleep, all of these may be related to functions of the ductless glands.

At this point let us turn to the Edgar Cayce records on the nature of sleep. "We find in sleep the body is relaxed and there is little or no tautness within same." (5754) This statement is followed by an explanation of the subconscious control of organs of the body during sleep. Breathing, circulation of the blood, digestion and all of the unconscious functions of the body are uninterrupted by sleep. The original impulse for this action arises through the first germ cell of the body at its inception. Whatever is fed the body physically and mentally is gradually built into the physical and mental bodies. Actually we become what we eat, what we think. During sleep the real self (soul) makes adjustments with that which is becoming the physical and mental bodies.

The readings continue by describing functions of the auditory nervous which will bear much further study. "Auditory forces are those that are the more sensitive. There is the act of hearing by feeling, the act of hearing by the sense of smell, the act of hearing by all the senses that are independent of the brain centers' thinking, but

are rather of the lymph centers." (5756)

We are reminded here of a statement made by William James in PRINCIPLES OF PSYCHOLOGY, "The mother who is asleep to every sound but the stirrings of her babe, evidently has the babe portion of her auditory sensibility systematically awake."

Consider, too, these statements from the same reading, "Sleep is that period when the soul takes stock of what it has done during the waking state. It draws comparisons that produce our attitude of harmony, peace, joy, love, long-suffering, patience, brotherly love and kindness. These are the fruits or the spirit.... Consciousness is sought by man for his own diversion. In sleep it (the soul) seeks the real diversion, or the real activity of self." (5754)

And again, "...it (the other self) goes out into that realm of experience in relationships with all the experiences of that entity throughout the eons of time."

With these statements in mind our memories, as we have called them, of the sleep state, our dreams, become increasingly important.

### **How Much Do We Remember?**

We are all familiar with the type of dream which is made up of a series of unrelated flashes. Impossible, fantastic, patch-work dreams of this character are explained if we accept the suggestion advanced by Dunne in AN EXPERIMENT WITH TIME. Many of our dreams are made up of bits, pieces of complete images, scenes and experiences. It is as if we are looking at a deck of cards with just the edges toward us, Each edge is part of a complete dream. As we begin to increase our memory of dream experiences we can look at the face of each card, so to speak.

### **Improving Our Memory or Dreams**

Now let us go back to the question raised by some of you about not being able to remember dreams, This was a problem for many individuals who came to Edgar Cayce for help. In numerous individual readings he suggested that it would be helpful for the individual to keep a careful record of all dreams.

Begin tonight, Place a pad and pencil within easy reach of your bed. Immediately upon awakening tomorrow morning pick up the pencil and write the fragments of your dreams. For the first few days these records may be sketchy and incomplete. There may be days when you cannot remember a single shred of a dream experience. Do not let this bother you, As you are about to fall asleep say to yourself, "I will remember my dream." Do not forget to place the pencil and pad within reach. Only this act of expectancy will convince your subconscious. Gradually day after day, if you persist, memory of dreams will increase until there is a regular constant flow of thoughts and mental images. Write them all down. Later when you have gone further with your studies you can begin to separate and choose those of greatest importance. Within a few weeks you will have a most interesting journal of your dream experiences which can be studied and used to advantage.

The only thing that stops you from remembering your dreams is the pressure of your daily activity. You are conscious that you must get out of bed, take a shower, grab some breakfast and catch a bus for the office. You just don't have time to write your dreams.

Now and then you have a dream that practically knocks you over. You remember it vividly and at the first opportunity describe it in detail to some patient and bewildered friend, who may then be moved to describe to you an equally

strange experience. Just as your friend received your account, so you sit anxiously through his discourse not hearing very much, a glazed look in your eye, nodding now and then at the wrong time, frantically trying to remember some wraith-like memory picture of your own dream which has been stirred up by your conversation. Writing your dreams down may not completely save your friends but it will do much toward making your stories more coherent and interesting.

Your journal of your dreams over a several month' period will make a far better dream book than any you may pick up on a newsstand. Dreams may be said to be a new language which we all should learn.

### **EXAMPLES OF DREAMS**

Let us return now to our three kinds of dreams and examine examples of each type before we turn to a discussion of how dreamer can be of daily help.

#### **Physical**

The dream which has its stimulus in some physical area of the body is made up of conscious and subconscious associated memory patterns. We are all acquainted with the experience of a word reminding us of another particular word, of an odor which immediately brings a memory of a certain person or scene. Thus discomfort from a hard place in an unfamiliar bed will bring on a series of associated memories. These memories may come from childhood experiences, from something we have read, from a conversations or the like. Not long ago I recorded a dream of sleeping on rocky ground. The scene was a familiar one, a memory of any one of a great many camping experiences. I awakened to find myself on the edge of my bed with one of my seven year old son's knees in the middle of my back. In all fairness to my subconscious I cannot bring myself to be disturbed over Freud's possible interpretation. The memory of many nights in the open in an unpadded sleeping-bag is strong, and the logic of memory association with the physical stimulus seems natural. Many of our so-called nightmares are more difficult to unravel but under persistent examination can be clarified.

#### **Subconscious**

Under this heading we must examine a much more complicated and perhaps much wider area of dream experience, Here is a partial list of types of dreams which fall under this heading. We will give an example of only one of these types:

A. The subconscious continuation of conscious thought

1. Solution of a problem
2. Wish fulfillment
3. Memories of experiences

B. Self examination and self help.

C. Psychic experiences.

1. Telepathy
2. Clairvoyance
3. Premonition
4. Memory of past lives etc.

D. Experiences of the mind in other dimensions, or levels or consciousness

E. Symbolic awareness of ideas.

(Philosophizing of the subconsciousness.

By way of illustrating this type of dream I have chosen one from the category of psychic experiences. It is recorded by William Oliver Stevens in THE MYSTERY

OF DREAMS, a book which would be helpful to you in further studies of this subject. This particular dream falls into the group which we may call a premonition of coming events. Let me quote from Mr. Stevens:

"The most striking success achieved by means of a strict, daily record of dreams - at least to the present writer's knowledge - was one experienced by Mr. Hugh Lynn Cayce, who will be mentioned again subsequently in connection with his father's story. I had this fulfillment incident told to me by Mr. Cayce himself. In his case, however, there was no connection whatever with Mr. Dunne's book or his directions for experimentation. Mr. Cayce began keeping a daily record of his dreams at his father's suggestion. In order to keep the record shipshape, he wrote out all the details he could recall of a dream immediately on awakening. Then he dated the page, signed it, and had some member of the household witness it with a signature before it was put aside for possible future reference. He kept this up faithfully for two years.

"One night he dreamed that he was going with a young lady to the old Masury house in Virginia Beach, a huge, stone mansion which was at that time closed up. In his dream, however, he knew that the place had been transformed into a night club. Curiously enough, the face of the person he was escorting was blank - he had no idea who she was.

"As they went up the steps he noticed that the place was strangely dark for a night club. A steward came out to meet them on the porch; and he apologized for the situation, saying that a fuse had blown out and the management had to use candles on the tables. The dreamer and his companion seated themselves at a small table; and then a waiter, dressed in a white jacket with brass buttons, came up to take the order. Just afterwards Mr. Cayce turned and saw, coming through the door, his friend Mr. Blumenthal, who built the hospital at Virginia Beach for the Cayce Foundation. That was all there was to the dream.

"About a year later he was going to the Masury house, which, by this time was actually transformed into a night club. But he had completely forgotten this particular dream among the many hundreds that he had recorded. With him was Miss Sally Taylor (now his wife) but whom he had not met a year before. He found the house strangely dark. The couple were met on the porch by an employee who apologized for the lack of electric light, explaining that a fuse had blown, and the management had to resort to candlelight at the moment. Mr. Cayce and his lady sat down at a small table. At once a waiter came up to take the order. He was wearing a white jacket with brass buttons. At the sight of the waiter, and not till then, the memory of that dream flooded back vividly and Mr. Cayce told Miss Taylor about it. 'Now,' he concluded, 'if I turn around and see Blumenthal coming in through the door I think I'll get up and run. It would be just too spooky!'"

"At that he turned in his chair and saw his friend Blumenthal entering the door!

"As nearly as he could remember, there was absolutely perfect tally between the dream and the little scene he had just enacted. But in order to be sure he checked over all his records until he came upon that one. There it was, signed, dated, and witnessed by a member of the family. That date was more than a year before. It is worth noticing that the face of the lady in the dream was blank, obviously because at the time Mr. Cayce had never seen her."

### **Superconscious**

For an example of our third general type of dream let us turn to one of Edgar Cayce's dreams which he had in January, 1925. He saw a close associate, and water running over rocks. People were separated by the water into groups and the character of the people was illustrated by the surroundings of each group. He saw a fish and was attempting to catch this fish. It was broken and he attempted to put it together again. An interpretation of this dream was secured through a reading:

"In the dream of the water, with the separating of the acquaintance of the body, we find the manifestation again in the subconscious forces, of the water representing the life, the living way, that separates those of every walk of life, and about each entity, or groups there is builder that which radiates in an earth's sphere, or in a spiritual sphere, the deeds done in the body.

"In the representing of the fish, which is the representation of Him who became the Living Way, the Water of Life, given for the healing of all nations; that in the breaking, and in the separation, there will yet be brought the force that will again make this the Living Way, the perfect representation of the force necessary to give the life to all.

"In this condition regarding the material forces necessary for the material manifestation of work on the earth plane, there is given a way by which many groups, through two individuals, may work out that necessary for the performance of much given in the vision and dreams." (924-15)

Here is another of Edgar Cayce's dreams which is perhaps more definitely a vision or experience in another level of consciousness. It took place about 3 o'clock on January 13, 1942.

"Someone came to me and said, 'Do you want to go to a meeting?' I said, 'I don't know, I don't go out very much.' The person answered, 'This is a very unusual meeting, I think you will enjoy it.' I asked, 'Who is going to be there?' He answered, 'The Master is going to speak!'

"We went to the meeting and it was in the most beautiful place I have ever seen in my life. We entered a dark hall-way but not a long hall-way. The light in it was very dark blue and made your flesh look purple. As I looked at the people, I realized that all of them had passed on. No one was there in the flesh, except myself I didn't know the person who had asked me to come; with me and around me were mostly preachers, Mr. Moody, Mr. Smith, Mr. Jones and many of those who'd been ministers on the earth, ones I had known. No one was sitting, there were no benches, and no chairs, everyone was standing. All were dressed in robes. I couldn't see the light, but I realized that it came from a voice. It was the Lord speaking, but He could not be seen. He said 'Who will go to bring peace again on the earth?' Then Jesus stepped forward and said, 'I will go. It is time for me to go again into the earth to strengthen my brethren though I will not be born on the earth...' "(294-205)

### **PRACTICAL USE OF DREAMS**

Assuming that you are prepared to begin a careful record of your dream experiences and that within a few months you will have a collection of data on which to work, let us now explore some of the practical reasons why our dreams are helpful and just how we can use them. We will refer frequent to these examples of dreams which have been given above but rather than work from the dreams, I have chosen four values of dreams: (1). Helpful toward understanding self; (2) Source of

intellectual stimulation; (3) Record of psychic experiences; (4) Inspiration for spiritual growth.

### **Understanding Self**

Through your dreams you can become acquainted with yourself. In the beginning you may not like the looks of what you see, but that knowledge of yourself can be a key to a new world of experience in which you can enjoy greater intellectual honesty, a recognition of a depth and breadth of the mind previously unknown and a sense of coming to grips with the blocks in your personality.

It is at this point that we must part company with the psychiatrist who thinks of the subconscious as an impassable bog which must not be explored without hours of scientific help. There is no question that such help is frequently needed but, for the average person, the Edgar Cayce records seem to indicate decided advantages to self-exploration.

The very admission of the existence of subconscious levels; the first steps faltering though they be, toward a recognition of the power of mind over body; light on how the mind works and what it works on, all of these will bring a better picture of self.

Even the dream brought on by some physical stimulus can help us realize the tenaciousness of memory and thus help us understand how the mind functions.

The dream from the subconscious level opens, as we have said before on a new world of the mind. Here we can face and gradually come to understand some of our fears, prejudices, weaknesses. Here, too, we can get answers to many of our problems. The realization that our mind continues to 'think' during the sleep state is revolutionary in itself. Perhaps, as is suggested by the Edgar Cayce records, it does some of its best thinking during sleep. All of us can make use of conscious awareness of such thought action.

It is impossible to keep looking at one's self as just a physical body when faced with a premonition of events that seemed to work out more than a year later. And it is even more important to recognize self as capable of visions, a lifting of awareness that seems to involve a spiritual nature and purpose.

### **Source of Intellectual Stimulation**

May I use the personal premonition as recorded by William Oliver Stevens to illustrate this point? In this dream I found confirmation of points of view reached in years of study of the time space questions. Time must be considered by every individual who attempts even the simplest philosophical studies. It is one thing to question Ouspensky, turn to Dunne's *EXPERIMENT WITH TIME* and even tackle some of the simpler interpretation of Einstein's thinking, and quite another to have a personal experience that makes it most difficult to explain away (for one's self) the power of the mind to move ahead to pick up exact events in time and space. The dream given here in some detail was for me a source of stimulation for considerable thinking about time-space.

May I suggest that your dreams will offer you not one, not two, but yes, more than thirteen areas for intellectual stimulation?

### **Record of Psychic Experiences**

Do not say you do not have psychic experiences until you have carefully recorded and studied several months of daily records of dream experiences. You are most likely to find a number of dreams in your records which are warnings

(premonitions), telepathic impressions from some friend or relative, clairvoyant impressions of some distant scene connected with your own experience or that of someone close to you, or a flash memory of some previous life.

For those of you who need some Biblical authority for such research take a quick look at the Bible as a source book for some very practical dream experiences. Joseph and Daniel, to mention only a couple, would have been in even more difficult positions if it had not been for their ability to both dream and interpret dreams. You may not be a Joseph or a Daniel but you may be a Pilate's wife who can warn your husband to wash his hands.

Are you sure that you do not already know a great deal about some of your past lives through your dreams? Most of us have had dreams that seem to be concerned in detail with events of another period of time. In such dreams there is a strange sort of identity at times with a character in the scene. Perhaps not all of these are "wishes of Walter Mitty," or memories of some passage from a forgotten historical novel. Only careful records, and thoughtful study and comparisons will bring an answer.

### **Inspiration for Spiritual Growth**

Are you prepared to state that God is incapable or unwilling to speak to you through your dreams? If God seems too far off, or if you have decided to convey His Authority to some intermediary, can you not conceive of your high self bringing through genuine inspirational experiences if you will but prepare the way? Of course this preparation of self must be more thorough than putting a pencil and pad by your bed, but if you pray, if you seek through meditation, the answers may be found in your dreams, This is certainly the point of view of the Edgar Cayce records. Let me quote just one statement on this from among hundreds; "As we see, all visions and dreams are given for the benefit of the individual, would they but interpret them correctly. For we find that visions or dreads, in whatever character they may come, are the reflection, either of physical conditions with variations with same, or or the subconscious, with the conditions relating to the physical body and its action, either through the elements of the spiritual entity, or a projection from the spiritual forces to the subconscious of the individual. Happy may he be that is able to say he has been spoken to through the dream-vision." (294-15)

It is perhaps in the realm of the vision, the dream with inspirational implications, that we will find the most frequent occurrences of symbols that are universal in their meaning. Perhaps, we have an example of this in the interpretation of Edgar Cayce's dream where the fish is a symbol of the Christ. This type of symbol is developed from group and mass thought. They can be readily identified after careful study and appear in dreams in a variety of meanings, according to associations with other images.

### **CONCLUSION**

May we in closing use one more quotation from an Edgar Cayce reading, the opening of a reading interpreting a dream for an individual, "Dreams, visions, impressions to the entity in the normal sleeping state are the presentations of the experience necessary for the development, if the entity would apply them in the physical life. These may be taken as warnings as advice, as conditions to be met, conditions to be viewed in a way and manner as lessons, and so truth. (294-70)

Begin now to record your dreams. Study and classify them. Begin to work out

the meaning of the symbols, i.e. learn the language. As rapidly as possible we will make more and more material from the readings on dreams available through lectures, articles, and in the library in looseleaf note books. During future Congresses and Conferences we will present laboratory classes which will help you understand and use your dreams constructively.

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## DREAMS

by Hugh Lynn Cayce

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Of the types of experiences which are common to all men dreams are outstanding as points at which we may begin studies of the inner life of the mind and spirit. Through the years readings given by Edgar Cayce pointed out and explained the importance of dreams. Three major divisions were defined into which all dreams can be classified - those relating to the physical body (produced by combinations of moods, tiredness etc.); visions, action of the subconscious mind (continuation - of thought on some problem, warnings, etc.); and, experiences (relating to the development of the soul). These divisions are explained in the following questions and answers for an individual who was seeking guidance in development of her psychic faculties.

"Are my dreams ever significant of spiritual awakening?"

"As is experienced by the entity, there are dreams and visions and experiences. When only dreams, these too are significant - but rather of the physical health, or physical conditions. In visions there are often the inter-between - subconscious mind - giving expressions that make for an awakening between the mental consciousness and that which has been turned over and over in the physical consciousness being weighed with what you hold as an ideal. In visions where there are spiritual awakenings, these are seen most often in symbols or signs. In training yourself to interpret your visions, the expressions of eye, hand, mouth, posture, or the like, must be understood in your own language. When these are, then, in symbols of such, know the awakening is at hand." (262-9)

The study of dreams may be closely related to each individual's spiritual growth and awakening. It can become one of the surest, safest methods for self-analysis and development of psychic powers. For each individual it is a personal matter.

We are devoting considerable time to the preparation of information on this subject which will be used in lectures, booklets and material for group study. In assembling such data we indexed the following experience from the records of Edgar Cayce's dreams which is of timely interest and may be helpful to many.

To understand the significance of this dream it is necessary for you to be acquainted with the activities and conditions which led up to it: In November 1935, the entire Cayce family, including Miss Davis, had been arrested in Detroit Court action was postponed until the early part of March, 1936. January and February of 1936 were low periods in the history of the work. Edgar Cayce was ill. He worried, not so much over the outcome of the court action, but because of the persecution which seemed to continue in the face of his attempts to give the readings. Late in

February the family returned to Detroit and on March 8, 1936, court action was over and everyone was free to return to Virginia Beach. While on the train that night Edgar Cayce had the following dream:

He had been born again in 2100 A.D. in Nebraska. The sea apparently covered all of the western part of the country, as the city where he lived was on the coast. The family name was a strange one. At an early age as a child he declared himself to be Edgar Cayce who had lived two hundred years before.

Scientists, men with long beards, little hair, and thick glasses were called in to observe the child. They decided to visit the places where he said he had been born, lived and worked, in Kentucky, Alabama, New York, Michigan, and Virginia. Taking the child with them, the group of scientists visited these places in a long, cigar-shaped, metal flying ship which moved at high speed.

Water covered part of Alabama. Norfolk, Va., had become an immense seaport. New York had been destroyed either by war or an earthquake and was being rebuilt. Industries were scattered over the countryside. Most of the houses were of glass.

Many records of Edgar Cayce's work were discovered and collected. The group returned to Nebraska taking the records with them for study.

On June 30, 1936, a reading was given in which interpretation of Mr. Cayce's dream-experience was requested. The answer follows:

"These experiences, as has often been indicated, come to the body in those manners in which there may be help, strength, for periods when doubt or fear may have arisen. As in this experience, there were about the entity those influences which appeared to make for such a record or confusion as to appear to the material or mental-minded as a doubting or fearing of those sources which caused the periods through which the entity was passing in that particular period.

"And the vision was that there might be strength, that there might be an understanding, that though the moment may appear dark, though there may be periods of the misinterpreting of purpose, even these will be turned into that which will be the very proof itself in the experiences of the entity and those whom the entity might, whom the entity would in its experience through the earth plane, help, and those to whom the entity might give hope and understanding.

"This then is the interpretation. As has been given, 'Fear not.' Keep the faith; for those that be with thee are greater than those that would hinder. Though the very heavens fall, though the earth shalt be changed, though the heavens shall pass the promises in Him are sure and will stand as in that day - as the proof of thy activity in the lives and hearts of thy fellow men.

"For indeed and in truth you know, 'As you do it unto your fellow man, you do it unto your God, to yourself.' For with self effaced, God may indeed glorify thee and make thee stand as one who is called for a purpose in your dealing, in your relationships with your fellow man.

"Be not unmindful that He is nigh unto thee in every trial, in every temptation, and has not willed that you should perish.

"Make thy will, then, one With His. Be not afraid.

"That is the interpretation; that the periods from the material angle, as visioned, are to come to pass matters not to the soul, but do thy Duty TODAY! TOMORROW will care for itself.

"These cranes in the earth will come to pass, for the time and times and a half are at an end, and there begins those periods for the readjustment. For how has He given? 'The righteous shall inherit the earth.'

"Has thou, my brethren a heritage in the earth?' (294-185)

**NOTE:** This has is a REPRINT of a former monthly publication of the Association for Research and Enlightenment, Inc.