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Welcome to Edgar Cayce’s A.R.E.!

We’re delighted that you’ve chosen to be a part of our conference season. We continually endeavor to present essential concepts and material from the Edgar Cayce readings on topics such as philosophy, holistic health, parapsychology, meditation, reincarnation, and dreams, along with the very best information available from additional perspectives.

Our goal is to provide you with renewal and inspiration of spirit, mind, and body. If there is any way in which we can make your A.R.E. Headquarters Conference experience more enjoyable, please let us know. Serving you throughout your time with us will be our joy.

If you are not yet a Member of A.R.E. please visit our Lobby Desk to learn about current offers and new member benefits and premiums. To find out how to continue your A.R.E. experience at home, see the inside back page of this Handbook. If you are interested in pursuing your spiritual growth in a small group, the Outreach Services Department can help put you in touch with A Search For God groups in your area, as well as update you on A.R.E.-sponsored programs near you.

Enjoy your visit!

The A.R.E. Conference Team

What’s Inside This Booklet:

Welcome to Edgar Cayce’s A.R.E.

General Information

Tips on Meditation

Tips on Dream Work

Tips on the Labyrinth Walk

Tips on the Cayce-based Diet

Selections from the Cayce Readings

Space for Notes and Contacts

Continuing Your Experience at Home
While You Are Here

Enjoy our expansive campus, peruse the 14,256 Edgar Cayce readings housed in the A.R.E. Library, or join one of our many activities.

- Our library houses one of the world’s largest collections of metaphysical studies and comparative religions. Wi-Fi/Free Internet access is available.
- The Health Center and Spa offers massage, facials, foot reflexology, acupressure, colonics, steam/fume baths, and other cleansing treatments for the body.
- Free daily activities including The Edgar Cayce Legacy film, Tours, and Lectures.
- We have a Prison Outreach Program that provides books for inmates and other support services such as Prayer Services which offers prayers for those who have asked for prayer assistance.
- The Glad Helpers Prayer Healing Group meets in the Meditation Room every Wednesday 9:00 a.m.-12:15 p.m.
- The Meditation Room, Meditation Garden, Labyrinth and Reflexology Walks offer settings for quiet contemplation and meditation.
- A.R.E. Camp, located in the mountains of western Virginia, offers a variety of summer programs for all ages.
- Atlantic University offers an accredited online master’s degree program in transpersonal studies and other courses.
- The Cayce/Reilly School of Massage offers diploma programs in massage therapy, incorporating the Cayce holistic approach to health.
- Our recently expanded and remodeled Bookstore and Gift Shop is one of the largest and most comprehensive independent bookstores in the nation, and holds body-mind-spirit fairs and special events throughout the year.
- Our Cayce-Miller café provides fresh, locally sourced lunches, soups, desserts, tea, and coffee, created exclusively for A.R.E. by Cafe67.
- Stop by our Lobby Desk and ask our Reception staff to let you know about any special events or activities occurring during your visit.
General Conference Information

Name Badge: Please wear your name badge to all conference sessions. It serves as both an admission ticket and a way to get acquainted with others. It also allows you to receive a 10% discount off all purchases in our Bookstore for the duration of the conference.

Packet: For most programs you will receive a packet of materials, handouts, schedules, special offers, etc. Please write your name on it and keep it with you for reference. Please fill out and return the program evaluation before you leave.

Conference Bulletin Board: Located on the north wall of the north wing of the main auditorium, you will find messages, daily schedule, van schedule, speaker sign-up sheets, Cafe67 menu, nearby restaurants, etc. Check the board daily for updates.

Conference Recordings: DVD’s are available by order for most speakers/conferences through our bookstore and can only be ordered during the conference; they are not available afterward. You will find an order form in your packet. Please DO NOT record audio or video using your own camera or phone as this will violate the terms of our agreements with the speakers.

Wyndham Hotel Shuttle is available for most large conferences. If available, schedule will be in your packet.

Cell Phones: Please silence your cell phones during the presentations. This includes the “vibrate” option which can also disturb your fellow attendees especially during meditations or reveries.

Questions for Speakers: Please hold questions for the speaker until the end of the presentation in order to avoid disrupting their talk. Also, as a courtesy please limit the number of questions and be brief.

Breaks: Breaks times are listed on the schedule. For “Energy Breaks,” light refreshments and beverages are served. “Stretch Breaks” do not include refreshments.

Other Questions or Concerns: Contact the program Facilitator who will be in the auditorium or Facilitator office throughout the program.
Dining Information

The oceanfront area of Virginia Beach offers many excellent options for you at meal times. Below are a few suggestions from our conference staff on local eateries. A comprehensive list is available at the Lobby Desk.

Cafe67
Located on the 2nd floor of the Cayce Hospital building, Cafe67 provides fresh, locally sourced lunches, including soups, wraps, desserts, and daily specials, plus vegan and gluten-free options.

The A.R.E. Bookstore
Offers a variety of snacks and drinks as well as coffee.

Heritage Natural Market Café
Offers a selection of salads, sandwiches, entrees, and desserts, many prepared from organic and free-range ingredients. Located inside Heritage Natural Market (formerly The Heritage Store) 914 Laskin Road (31st St.). 757-428-0500.

Surf Club Ocean Grille
(at the Wyndham Virginia Beach Oceanfront)
Offers more elegant ocean-side dining, with lunch specials. Guests may charge meals to their rooms. Atlantic Avenue and 57th Street. Scheduled shuttle usually available to and from the A.R.E. For lunch or dinner reservations, call 757-428-7025.

Taste
A busy deli offering sandwiches and salads to fit both the gourmet and everyday palate. Pick up orders to go or eat in; outside seating available as well. Well-stocked with picnic basket items and culinary Virginia gifts. Pacific Avenue and 36th Street, 757-422-3399.

Commune
Rustic-chic spot serving seasonal New American dishes using only locally-sourced ingredients, many with produce from their backyard garden. 501 Virginia Beach Blvd Suite B, 757-963-8985

Selections from the Edgar Cayce Readings Continued…

Reincarnation
“First, the entering of every soul is that it, the soul, may become more and more aware or conscious of the divine within, that the soul-body may be purged that it may be a fit companion for the glory of the Creative Forces in its activity . . . For it has been given that the Lord hath not willed that any soul should perish. But with every temptation He hath prepared a way . . .” 518-2

“For it is not by chance that each entity enters, but that the entity—as part of the whole—may fill that place which no other soul may fill so well...Thus with each material manifestation there is an undertaking by an entity to so manifest that it, as a part of the whole, may become more and more attuned to that consciousness, and thus glorify Him in the entity’s relationships to others in any and in every experience.” 2533-1

“And no soul enters a material experience just to have a good time, or to magnify the ego. For he that is the greatest among his fellow man is the servant of all with whom he comes in contact.” 3063-1

Finally
“Study to show thyself approved unto God—not to another.” 294-198
“...For, know that the answer to every problem, to every question, is within self.” 2438-1
“If ye would be happy (it is the law), ye must make others happy.” 412-9

“...Mind is the builder.” 357-13

Don’t forget to fill out and return your Conference Evaluation form. We read each one and use your feedback to help improve and shape future programs, speakers, and themes!
Dreams
“The dreams . . . come for the entity’s edification . . . for through same the issues of life may be understood and the entity more able to apply same in its life.” 538-15

Meditation
“Meditation means, then, the entering within self to seek for the Creative Forces; or to seek that God may make for the using of the body—mentally, physically, spiritually—as a greater manifestation of His love in and among men.” 1020-1

“Q: Please explain in detail the steps I should take in this development, in meditation, that would be most consistent with my inner self?
A: In whatever manner that to thine own consciousness is a cleansing of the body and of the mind, that ye may present thyself clean before thyself and before thy God, do! Whether washing of the body with water, purging of same with oils, or surrounding same with music or incense. But do that thy consciousness directs thee! Not questioning! For he that doubteth has already built his barrier!

Then, meditation upon that which is thy highest ideal within thyself, raise the vibrations from thy lower self, thy lower consciousness through the centers of thy body to the temple of thy mind, thy brain, thy eye that is single in purpose; or to the glandular forces of the body as the Single Eye.

Then listen—listen! For it is not in the storm, not in the noise, but the still small voice that rises within.

And let thy query ever be:
Here am I, O God, use me—send me! Do with me as Thou seeest! Not my will, but Thine—O God—be done in and through me.” 826-11

“[Meditation] is not musing, not daydreaming . . . It is the attuning of the mental body and the physical body to its spiritual source.” 281-41

Prayer
“. . . Set a definite period morning or evening or both even, though it be five or ten minutes—let nothing interfere, pray.” 5368-1

Death
“. . . for there is no death, only the transition from the physical to the spiritual plane.” 136-33

“For do not consider for a moment...that an individual soul-entity passing from an earth plane as a Catholic, a Methodist, an Episcopalian, is something else because he is dead. He’s only a dead Episcopalian, Catholic or Method-ist, and such personalities and their attempts are the same; only that ideal! For all under the law of God are equal . . .” 254-92

How to Meditate
1. Set an ideal.
   Aspects of the ideal suggested in the Cayce readings: Love; Oneness; Others, Not Self; Service (in other words, “Not my will but Thine, O Lord.”)
2. Choose a time and a place for meditation.
   Be regular, consistent, and patient!
3. Prepare physically, mentally, spiritually.
   Employ aids for attunement that you find helpful:
   A. Posture—spine straight, feet flat on the floor
   B. Head and neck exercises.
   C. Breathing exercises—six deep breaths
   D. Music
   E. Chants—e.g., “Aa-ree-ooh-mm”
   F. Preparatory prayer—The Lord’s Prayer
4. Protection.
   Surround self with the consciousness of the presence of the Christ Spirit by using a prayer such as: “Father, as I open myself to the unseen forces that surround the throne of grace, beauty, and might, I throw about myself the protection that is found in the thought of the Christ.”
5. Focus on an affirmation.
   A set of phrases or sentences that express the ideal. Helpful affirmations are given in the Search for God study group material. Use the words as an aid to focus on the spirit or meaning of the affirmation.
   Return to the affirmation to reawaken the spirit each time the mind is distracted.
7. Pray for others.
   It is important to differentiate between those who have requested specific prayer and those we are surrounding with Light. Either way, our prayers should be “in accordance with Thy knowledge of their need.”
8. Closing prayer—e.g., the Twenty-Third Psalm
The Lord’s Prayer,
The Twenty-Third Psalm,
and The Seven Centers

Selections from the Edgar Cayce Readings Continued…

“The one that forgives is lord even of him that he forgives.” 585-2

Purpose of Being

“That it, the entity, may know itself to be itself and part of the Whole; not the Whole but one with the Whole; and thus retaining its individuality, knowing itself to be itself yet one with the purposes of the First Cause that called it, the entity, into being, into the awareness, into the consciousness of itself.

That is the purpose, that is the cause of being.” 826-11

“The purpose in life, then, is not the gratifying of appetites nor of any selfish desires, but it is that the entity, the soul, may make the earth…a better place in which to live.” 4047-2

“Do not attempt to be good but rather good for something!” 830-3

Balanced life

“We find that these [ailments] arose as a result of what might be called occupational disturbances; not enough in the sun, not enough of hard work. Plenty of brain work, but the body is supposed to coordinate the spiritual, mental, and physical. He who does not give recreation a place…well, he just fools self and will some day—as in this body in the present—be paying the price.” 3352-1

Exercise

“After breakfast, work a while, after lunch rest a while, after dinner walk a mile.” 3624-1

“There’s no exercise better than walking or rowing or golfing!” 257-200

Humor

“Hence in the present the entity even by a smile or a frown may make a whole day glad or bitter for those about her. Hence it is well to cultivate patience and humor. Remember, man alone in God’s creation is given the ability to laugh, the ability to make those relationships personal between one another, to make them creative and individual—by choice.” 2995-1

“For if ye lose that ability to laugh, ye lose that ability to be joyous. And the religion, the principle of the Christ-life is joyous!” 3003-1

“Keep an attitude of helpfulness, cheerfulness, hopefulness. Be optimistic! At least make three people each day laugh heartily, by something the body says! It’ll only help the body; it’ll help others!” 798-1

Heaven

“You’ll not be in heaven if you’re not leaning on the arm of someone you have helped.” 3352-1
Nothing prevents—only self. Keep self and the shadow away. Turn thy face to the light and the shadows fall behind.” 987-4

**Fear**

“. . . Fear[,] the greatest bugaboo to the human elements, for in fear comes those conditions that destroy that vitality of that assimilated. To overcome fear, so fill the mental forces with that of the creative nature as to cast out fear; for he, or she, that is without fear is free indeed...for many a body stumbles and blinds self by putting self first and foremost.” 5439-1

“When you get to the place where you would worry…stop and pray!” 2823-3

“Then, let not thy heart be heavy. Never, never, never be afraid!” 1981-1

“In the activities mentally, keep optimistic--even when everything goes wrong.” 3329-1

**Desire**

“. . . as respecting the attitude the entity should assume; knowing that the desires are of a threefold nature. Spiritual, physical, and material. Two are for gratification of self. The other is the keeping of that divine force that is within.” 451-1

“Q: . . . will I, develop any spiritual gifts . . .? A: Dependent upon the application . . .What dost thou desire in thine heart? That ye may play with those things that would enter in? Or, do ye seek to glorify thy Father in heaven? Would ye speak with the sons of men, or would ye speak with the angels of light?” 457-3

**Love**

“Q: How can I best learn impersonal love (in the broad sense)? A: Stand aside and watch yourself pass by. Analyze thine own self and ye will find the whole of the commandments are bound up in one. ‘Love ye one another, even as I have loved you.’” 5091-3

“For He, the Father-God, loveth all alike . . .” 826-11

**The Greatest Thought**

“Just think in self, ‘somebody cares!’ It is the greatest thought that comes to the mind of man—‘somebody cares.’” 3365-1

**Patience and Forgiveness**

“First learn to be patient with self. For as ye analyze these ideals, ye will come first to this as a concept: What would have been thy end had God grown impatient with thee? It is the manner in which ye treat thy fellow man, whom ye would teach, whom ye would direct, with whom ye would work. This is the manner ye would have thy God treat thee. For thy prayer should ever be: ‘Lord forgive me, as I forgive my fellow man.’” 5091-3

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### Ideals Work Sheet

**Know the Spiritual Ideal**

“...the most important experience of this or any individual entity is to first know what is the ideal–spiritually.” 357-13

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How to Work with Dreams

1. Write down your ideals. These give standards and criteria for dream interpretation and, thus, the dream can be evaluated as to how it relates with the ideals. Use three columns: Spiritual, Mental, and Physical.

2. Have a seeking attitude. Go to sleep with your purpose and ideal in mind. The conscious mind alone does not know the best way. Seek and you shall find.

3. Have a quiet time upon awakening. “...for, as is given, those who would seek God must believe that He is, and a rewarder of those who would seek Him... only those who have approached sufficient to make the mind of the physical, the mind of the soul, the mind of the spiritual, One with Him, may understand or gather that necessary to approach that understanding.” 900-21

4. Write the dream immediately. Take note of the dream and act upon it. The readings indicate that it is only by experience that we learn. There are many indications that it is better to do something, even if it is wrong if in accordance with the ideal, since the experience will bring guidance and wisdom.

5. Pick out what is important. A voice, something written, a particular color, or something you feel is important, the recurrent theme.

6. Consider different levels.
   A. Every aspect tells something about self.
   B. It may tell something about your real feeling about another person in the dream.
   C. It may tell something you had not known before about the person.
   D. Look for what may be clairvoyant, telepathic, precognitive.
   E. Is there reincarnation material in the dream?

7. Correlate dream aspects with one another.
   A. In thinking about a dream, if something emerges into consciousness, note that.
   B. When you recall the dream during the day, note what you were doing at that time.

8. Decide upon a course of action. Then ask for a dream of affirmation. If this is an important decision for your life, realign self through meditation, then ask again.

9. Apply what knowledge there is. Don’t seek information unless it is to be applied. The real interpretation is in the application of the dream to the situa-

Selections from the Edgar Cayce Readings

“Be glad you have the opportunity to be alive at this time...” 2376-3

Christ Consciousness

“Q: Should the Christ-Consciousness be described as the awareness within each soul, imprinted in pattern on the mind and waiting to be awakened by the will, of the soul’s oneness with God?
A: Correct. That’s the idea exactly!” 5749-14

Oneness

“For each soul seeks expression. And as it moves through the mental associations and attributes in the surrounding environs, it gives out which that becomes either for selfish reactions of the own ego—to express—or for the I Am to be at-one with the Great I Am that I Am.” 987-4

“For ye know, ye understand—that all stand as one before Him. There are no ones above another...” 1662-1

Worst Fault

“A: Correct. That’s the idea exactly!” 5749-14

Spiritual Development

“Q: What is holding back my spiritual development?
A: Nothing holding back—as has just been given—but self. For know, as has been given of old, ‘Though I take the wings of the morning in thought and fly unto the uttermost parts of the earth, Thou art there! Though I fly into the heavenly hosts, Thou art there! Though I make my bed in hell, Thou art there!’ And as He has promised, ‘When ye cry unto me, I will hear—and answer speedily.’
Diet Basics from the Edgar Cayce readings

Remember...
There is as much of God in the physical as there is in the spiritual or mental, for it should be one! 69-5

Do have plenty of vegetables [grown] above the ground; at least three of these to one below the ground. Have at least one leafy vegetable to every one of the pod vegetables taken. 2602-1

Corn and tomatoes are excellent. More of the vitamins are obtained in tomatoes [vine ripened] than in any other one growing vegetable. 900-386

Yet if these [tomatoes] are not cared for properly, they may become very destructive to a physical organism; that is, if they ripen after being pulled...The tomato is one vegetable that in most instances...is preferable to be eaten after being canned, for it is then much more uniform. 584-5

Q. How much water should the body drink daily?
A. Six to eight tumblers or glasses full. 1131-2

Bolting food or swallowing it by the use of liquids produces more colds than any one activity of a diet! Even milk or water should be chewed two to three times before taken into the stomach... 808-3

Well, then, each morning upon first arising, to take a half to three-quarters of a glass of warm water...this will clarify the system of poisons. 311-4

The cooking of condiments, even salt, destroys much of the vitamins of foods. 906-1

Certain characters of food cooked in aluminum are bad for any system...Cook rather in granite, or better still in Patapar paper [vegetable parchment paper]. 1196-7

Q. Consider also the steam pressure for cooking foods quickly. Would it be recommended and does it destroy any of the precious vitamins of the vegetables and fruits?
A. Rather preserves than destroys. 462-14

The A.R.E. Labyrinth

The labyrinth at Edgar Cayce’s A.R.E. headquarters in Virginia Beach is located in front of the historic hospital building built by Edgar Cayce in 1928. It is an 11-circuit labyrinth, 40 feet in diameter with 11 circles constructed of contrasting tan and charcoal-colored pavers. Modeled after the labyrinth at the Chartres Cathedral in France, it is designed as a safe area to simply walk and think or enter into a deep meditation. Our labyrinth contains a unique center design piece with two pewter-colored dolphins in the shape of a yin-yang configuration. Constructed in mosaic tile, the center design was created especially for the A.R.E. labyrinth by KCL Landscaping.

How to Walk the Labyrinth:

Each person’s labyrinth walk is a personal experience that may differ with each walk. While most people enter the labyrinth with a specific intention in mind, others walk just for pleasure.

Whatever your intention, the labyrinth is there to serve you. If you wish to seek spiritual guidance or a solution to a problem, prepare for the labyrinth walk by forming a question in your mind ahead of time. Edgar Cayce suggested that a question that can be answered with a “Yes” or “No” is the most useful.

Use the following guidelines when looking for guidance when walking the labyrinth:

Entrance. Pause at the entrance to set the tone with a prayer or to give thanks. State your issue (this can be done silently), take a few deep breaths, and begin the walk. Walk inward. Move into the path of the labyrinth and walk at your own pace. Focus on your issue for at least two or three turns. Examine your emotions concerning the issue by saying “I feel... (state the emotion)... about this.” By the fourth turn, start releasing your thoughts and try to make your mind a blank. When you stop thinking, some solution can begin to occupy your mind.

Center. If a solution comes to mind before reaching the center, then proceed with the walk. If a solution has not materialized, you may pause in the center maintaining a meditative state to see if something will come to you.

Walk outward. As you walk out of the center, examine how the solution that was offered is going to affect your personal life. What will this solution mean to you in terms of cost, health, and other possibilities? Examine how you feel about the solution. Is it right? Is it going to work?

End. When you reach the end of the labyrinth, turn and give thanks.

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Do not be discouraged if a solution did not appear during your labyrinth walk. Be diligent with your thoughts during the next few days, and the solution you sought will make itself known.

History of the Labyrinth:

Walking a labyrinth is a ritual that dates back over 4,000 years ago. It is found in various forms in almost every major religious tradition throughout the world as well as in many cultures, such as Native American, Greek, Celtic, and Mayan. It inherently mirrors some of the sacred spiral and meandering patterns found in nature. For example, the spiral is a pattern found even in our DNA structure while meandering is a pattern followed by water as it forms into rivers and streams. In ancient times, the labyrinth also became a symbol of protection and was found etched onto Roman shields.

The spiral motion of a labyrinth along with its right and left turns relaxes the mind, allowing us to focus our thoughts to become more centered and balanced, making it a useful tool for meditation, reflection, comfort, and prayer. A labyrinth permits us to walk into its space in chaos and gives us the time to organize our energy in a way that is useful to us so that we leave it in balance.

From a spiritual standpoint, the labyrinth is recognized as a healing tool both for us and for the earth. When we bring our focused energy into a labyrinth, it heals us body, mind, and spirit, while our vibration penetrates into the earth.

The earth then takes in our love vibration to heal itself. You can help heal the earth simply by walking a labyrinth!

Reflexology Walk

The A.R.E. Reflexology Walk is located a short distance from our labyrinth. Shaped like a reversed letter J, the walk is constructed of rounded, polished river stones in various sizes. Walking barefoot on the reflexology path relieves aching feet by increasing circulation and stimulating the nerve endings in the feet that are connected to different body organs.