



# Edgar Cayce's A.R.E.®

Your Body, Mind, Spirit Resource Since 1931

215 67th Street, Virginia Beach, VA 23451-2061

EdgarCayce.org



Prayer  
and Meditation  
Services

June 2022



Prayer and  
Meditation Services

A.R.E./Glad Helpers'  
International Prayer List

## Dear Prayer Healing Friends,

In 1980, Hugh Lynn Cayce's superb book, *Faces of Fear*, was published. Available in the A.R.E. Library, it has since been reissued in paperback, retitled, *Overcoming Fear and Anxiety*.\*

Hugh Lynn once took me to the Library and showed me drawers of card catalog references to "Attitudes and Emotions." He lamented that *that* information was some of the least used and most needed.

When the hardback series, Volume 14, *Attitudes and Emotions, Part II* was published in 1982, it contained 84 pages with excerpts from the readings on fear alone.

Hugh Lynn cited Soren Kierkegaard, the 19th century Danish philosopher, as tracing fear to the fall of humanity and our resulting separation from God. The Bible tells us that "There is no fear in love. Perfect love casteth out fear." [1 John 4:18] Let's explore Hugh Lynn's ideas concerning this concept.

\*[available from the A.R.E. Bookstore, order #588]

Judith Stevens  
Prayer and Meditation Services

**Don't let this be your last prayer letter!**

**We need to hear from you by August 1, 2022.**

**Thank you for being a part of our prayer community! Each month we mail hundreds of letters across the United States and to many international countries.**

**More and more people are requesting prayer and many have elected to receive their monthly newsletter by email.**

**Help us save on printing and postage costs, while leaving a smaller environmental footprint.**

**If you wish to continue receiving your prayer letter by USPS mail, contact us at 757-457-7166 or email: annmarie.bochicchio@edgarcayce.org**

**If you have not contacted us by August 1, 2022, the July prayer newsletter will be your last letter until we hear from you again.**

## Perfect Love Casts Out Fear Hugh Lynn Cayce with Judith Stevens

Edgar Cayce dealt with our separation from God as the soul's projection into the earth. The thought form we call the *body* gradually builds up conflict between our inner spiritual drive to return to God-consciousness, versus the desires and needs of the body. The "creative energy's purpose" is to return to God. If we constantly choose greater involvement in matter, the conflict brings guilt and fear.

Reading 101-1 says, "Fear is the greatest destructive force of [our] intelligence. When will is in conflict with creative energy's purpose in the earth, doubt, fear, uncertainty result." (101-1)

"Fear . . . is the greatest drawback in the proper development of any well balanced normal individual." (554-3)

"If you are in doubt, fear has crept in." (1238-1)

In some physical diagnoses, Mr. Cayce described a 3rd and 4th cervical lesion (irregularity) in the spine as being related to impaired functioning of the thyroid



## June 2022 Affirmation

“May the knowledge of the Lord so fill my life, my body,  
as to make of me a channel in His name.”

Edgar Cayce reading 281-27

The Edgar Cayce readings emphasize the importance that those who are seeking help and healing through prayer actively participate in the prayer effort—praying for themselves and others on the list. This creates a cooperative, unified prayer effort. In the giving comes receiving.

AS HELP IS RECEIVED, REMEMBER TO THANK GOD, THE GIVER OF ALL GOOD AND PERFECT GIFTS.

### A.R.E. Prayer and Meditation Services

215 67th Street • Virginia Beach, VA 23451-2061 • 800-333-4499, ext. 7551

EdgarCayce.org/prayer • prayer@edgarcayce.org

#### Request for Direct Healing Prayer for the July List

I AGREE TO

PRAY FOR: FULL NAME \_\_\_\_\_

PLEASE PRINT

and to pray with those names on the Glad Helpers Prayer List (Morning, Noon, Sunset, Evening, Passed On), or with those whom I feel led to pray for on the list:

SEND LIST TO: NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

\*EMAIL \_\_\_\_\_

Please continue to send the Prayer Letter through the mail in 2022.

I want to help save money! Please sign me up to receive the list via email\*.

**PRAYER TIME:\***

- MORNING     SURROUND (Those in need, but who are unable or unwilling to participate). Note: Name will not be printed on list, but the individuals will be prayed for each day.
- NOON
- SUNSET
- EVENING
- PASSED ON

You are joined in prayer by the Glad Helpers Prayer Healing Group. If your request is received after the 2nd Monday of the month, it will be placed on the following month's printed list. **You must renew your name each month.**

\*Please choose one

**Thank you! Your donations completely support this service.**

I am enclosing a \$ \_\_\_\_\_ donation to help support this work. We gladly accept checks, money orders, cash, and the four credit cards listed below.\*

VISA                       MasterCard

AMEX                       Discover

Card Number \_\_\_\_\_

Expiration Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

2022PL

\*Please make check payable to A.R.E., and in the lower left-hand corner of your check, designate: "for Prayer and Meditation Services." We thank you.

Cont. from page 1

gland (the “will center” in our endocrine system). The Cayce materials make many references to the spiritual centers of the body, also known as *chakras* or “wheels” in Sanskrit. “Let thine eye be single,” say the readings, and thy whole body will be full of light. Or, as might be said, “. . . let the creative power rise to the higher spiritual center, the pituitary forces . . .” (262-20)

“The adrenal glands located above the kidneys [our 3rd lower endocrine center] are extremely important to nerval functioning and to the ability of the body to cope with stress.” Hilgard, Atkinson, and Atkinson, *Introduction to Psychology*, 2nd ed., (New York: Harcourt Brace Jovanovich, 1957), p. 57.

The cells of particular parts of our bodies can literally take on disturbed patterns, producing distorted perceptions resulting in fear and anxiety. As unsuspected functions of the endocrine glands are discovered, and as we more and more recognize the effects of the mind on the physical body, we will be better able to deal with our fears.

A 30-year-old woman was told: “. . . the effects in the physical consciousness appear as fears, inhibitions, or doubts . . . one of the sensitive glands . . . is the thyroid . . . some deficiency in the activities there.” (2114-1)

Mr. Cayce recommended medicine to correct the thyroid condition, and stressed the importance of developing a

better mental and spiritual attitude.

He also recommended specific passages from the Bible as inspirational reading (John 14, 15, 16, and 17) so that energies used up in fearful emotions were transformed into a more balanced life.

“As you read, apply the messages not just to anyone, but to SELF—as though He, the Lord were speaking alone with [you]! Read only about five to ten verses each day. Then apply that given in those verses for a day! Then read five to ten more—apply that. You will find a regeneration. For, remember—thy body is the temple; there He has promised to meet thee. There ye may commune with Him—NOT outside! That from the outside must answer to that within.” (2067-6)

Setting a time for daily prayer and meditation can be a powerful antidote to fear and can build within us unshakable calm and inner peace. Mr. Cayce, ahead of his time with holistic healing methods, spoke of these concepts in the early 1900s when the ideas were new to the field of healing.

Perfect love—our attempts to be tender, sympathetic, forgiving, patient, and kind to others and to ourselves—not only casts out fear, but telegraphs the type of inclusive world we hope to help bring into being. We ARE our brother's keeper.

## MORNING

Gloria Janneth Monroy Alvarez	Mary Joel Davis	Tara Kelly	Willa Pinto
Winnie and Monique Arcand	Deborah Diamond	Tom Kelly	Jerry Popis
Ronnie Avila	Iris Diamond	William Kempen	Jim Richardson
Edna Baker	Nicky DiRito	Sandra Lee Kistler-Connolly	Maria Rudder
Diane Bargonetti	Douglas Dobrzynski	Kathy Kliclouris	Caryn A. Schmidt
Steve Bargonetti	Erika Dobrzynski	Pamela Krommendyk	Sophia Sharfstein & Family
Morris Bayard	Miriam Duenas	Marina Kurkov	Darwin Smith
George Beauregard	William Egan	Dorothy Lalonde	Evelyn Smith
George Beauregard, Jr.	Donna Ehret	Jason Lalonde	Penny Ann Soussa
Carl D. Booth	Cheryl Evans	James Leung	Hazrah Spring-Leahy
Jonathan Bryan	Joe Flanagan	J. Zoltan Lover	Frederick E Steinway
Bibiana Burciaga	James Geoghegan	Tim Lovic	Lawrence Stevens
Caryn Carlin	Neve Gillum	Keao Low	Carolyn Thewlis
Cathleen Carlin	Francine Hamel	Kathy Luciano	Miky Lee Torrill
Ovide Caron	Dionne Hearne	Luke Mars	Lucy Tyrrell
Mary Carpenter	Allison Heirs	Lois McGee	Oliver Finn Tyrrell
Jeami R. Chiapulis	Dawnetta Hodge	Kathaleen McKenna	Roxane Vachon
Brenda Ann Clark	Diane Houde	Keith McParlane	Sue Walkup
Mary Elizabeth Coleman	Brian Hyrne	Brenda Mignardi	Jon Waller
Zeus Coleman	Susan Hyrne	Fred Thomas Miller	Fred Warren
Matthew Corless	Pueno Italiani	Nikkie Jimas Miller	Dolores Wellman
Nicole Côté	Anne Jaqua	Richard Mycka	William F. Wellman, Jr.
Christie Crombie	Barbara Ann Joseph	Thomas George Nawrocki	Alonzo Whitney
Askia Cuff	Shirley Jusino	Brigitte Newton	Nathan Winn
William Cuff & Family	Sue Keiser	Mike Obenshain	Sebastian Winn
Wayne F. Curtis, Sr.	Jonathan Kelly	Rita Patin	Connie Lynne Wright
	Kathleen Kelly	Kim Terese Phetteplace	

---

## NOON

Jesse Alvarez	Heather Hall	Patrick Leveque	Roger Puente
Tamela Barnhart	Barbara Ann Hall	Andrea Lietze	Arthur P. Rader
Wanda Barrows	Michael Patrick Hall	Rosalind Logan	Stephanie Rader
Dennis Barson	Denise Harrison	Florence Loudon	Alan Ramage
Lynn Basselan	Joyce Hayes	Eryc Lucas	Nancy Eva Reese
Sean Blackerby	Pierre Hebert	Mary Lucas	Elizabeth Roadifer
Steven Borkowski	Brigitte Houde	Wesley Lucas	Roger Rouse
Rose Cceberio	Wallice Stephanie Johnsen	Phil Madison	Whitney Sawyer
Rita Dafoe	Jim Johnston	Carol Murray	Stephen Sclafani
Bobby Davis	Emily Jokela	Dawn Murray	John Takada
John Drosieko	Glendrick Jones	Tom Murray	Michael Treanor
Katie Drosieko	Nancy Jones	Paul Myers	Julietta Vela
Steve Freeman	Margaret Kary	Patti Myntti	Barbara M. Walton
Kim Gervais	Aurorah Kelevh	Joe Angel Navarrette	Audrey Waterfield
Sam Gervais	Michelle Kirkland	Wendy Pile	Alex Wheeler
Edmen Griffin	Russell Kiviniemi	Alan Piwowas	Camille Wheeler
Lawrence Grobman	Lucielle League	Catherine Posey	

---

## SUNSET

Ryan Gabriel Armelao Rodriguez	Giuseppina Gaggero	Amy Morrissey	Antonella Pedicelli
Guido Ferruccio Arrighi	Barbara Gauger	Beatrice Rita Murano	Pierfrancesco Pellegrino
Bridgett Bernard	Vickie Golding	Francesco Antonio Murano	Giovanna Pera
Elisabetta Bersani	Nancy Hastings	Ornella Murano	Sabrina Preti
Beatrice Bonetti	Harry Holmes	Ashley Murphy	Noah Raffini
Leonardo Borrioni	Ciro Inno	Judi Murphy	Steven Rizzo
Giuseppa Ciarmoli	Gianluca Inno	Katie Murphy	Roger Alecio Rodrigues
Meghann Dunagan	Liliana Lewis	Michal Murphy	Rieffel
Paul David Dunagan	Bruna Macario	Michelle Murphy	Mariella Saldi
Marina Ercole	Roberta Maffei	Jimmy Murphy	Aura Celeste Selmani
Nicolo' Evangelista	Maria Cristina Mauri	Judi Murphy	Jackie Suleck
Carol Finger	James McCloud	Katie Murphy	Eunice Welch
Ombretta Fugazzotto	Louise McCloud	Martino Parodi	
	Krista K. Meyers Horwat	Simona Piera Maria Pasino	

---

## EVENING

Zoe Alferes	Diann G. Bastien	Sandi Bodley	Julia Buchanan
Frank N. Anguilli	Max Bastien	Margaret Brennan	Luann Bush
Marie Rose Anguilli	Sheliah Bello	Jean Brewer	Linda Caputo
Claudia Arguedo Germain	Nicole Goulet Bernier	Ashely M. Brink	Pat Caputo
Richard Baker	Catherine Bloom	Brad Buchanan	David Carver

## EVENING (cont.)

Gary Chenoweth	Briahna Gee	Terri Lynn Lesser	Susan Shannon
Rosalie Cooper	Curtiss Gemming	Diana Liberatore	Christine Stephens
Nora Curtis	Mary Gemming	Josie Linen	Alicia Gail Steward
Wayne Curtis, Jr.	Rochelle Gray	Georgette Lomax	Paul Stone
Hank Dejonge	Diann Caccia Gregory	Nathan Lomax	Andrew Swyschuk
Chris Dougherty	Eugene John Gregory, Sr.	Steve Luhoway	Devon Elizabeth Tamm
Charles Ezra Easton	Robert Hanus	Jolantha Malone	Françoise Hernandez
James Eugene Easton	James Harman	Michel Marc	Thompson
John F. Easton	Françoise Hernandez	Michelle Marc	Walter Titus
Michaela Easton	Tatiana Nicole Hernandez	Frank M. Marchese	Richard Torok
Tyler Easton	Leigh Elizabeth Hronek	JoAn G. Easton Marchese	Johanna Van de Ven
Barbara Eckert	Louise Izzo	Janalynn Martens	Robin Lee Vigil
Debbie Eng	Ellen Jeske	Keriann Matthews	Jordan Vira
The Izzo Family	Kala Kiki	Elizabeth Miskura	Christopher Timothy Wallin
Beth Fernandez	Nicole Lafourcade	Joann Miskura	Barbara Winchester
Shannon Fox	June M. Latine	Rhodes Pinto	

## PASSED ON

**Father, in Thy love, Thy mercy, be Thou near those who are in—and have recently entered—the borderland.  
May I aid, when Thou seest that Thou canst use me. (281-15)**

Dean Alvino	Martin Falardeau	Francesco Ierisi	Margie Payton-Bowell
Garry Anderson	Martin Farrar	Nicodemo Ierisi	Douglas Petersen
Sue Anderson	Gilles Farrell	Rocco J. Izzo	Ernie Pett
Raffaele Aromolo	Joseph Ferrara	Frédéric Janssoone	Gordon Wayne Phetteplace
Luc Arsenault	Nancy Ferrara	Valeria Johnson	Andrée Philibert
Huguette Arvisais	Victoire Ferron	Joe Kane	Françoise Philibert
Jeannine Baillargeon	Grazia Filippelli	Walter Kase	Ty Houston Phillips
Rose Baschuk	Caterina Filippelli	Brad Keiser	Hélène Pichette
Dany Bastien	Eugenio Filippelli	Wayne Keiser	Barbara Popis
Mary Becker	Mariangela Filippelli	Nancy Kell	Michel Poulin
Bernadette Béland	Thérèse Fournier	Charles Kelly	René Pronovost
Susan Bell	Robert Furey	Allison Kins	Franceschina Putrino
Rodolph Blais	Marie Fussell-Bowell	Niko Vasilis Kokkinos	Bianey Ramos
Jacques Bourassa Burciaga	Peat Gaudreau	Roberta Kravitz	Debra Reyes
Carmen Campagne	Sr. Monique Gélinas	Guy Lafleur	Earlene Rhone
Marie Ange Caron	Onéda Gélinas	Jane Latine	Dotty Roseberry
Marie Rose Caron	Albert Esdras Giguère	Rose-Anna Lavergne	William Ruger
Rino Caron	Estelle Giguère	Pastelle LeBlanc	Alice (Gemma) Saint-Arnaud
Aleen Carpenter	Gaston Giguère	Karl Leisner	Giuseppe Sassi
Antonio Cayer	Hélène Giguère	Coralie Lessard	Iréna Sender
Cataldo Ceravolo	Huguette Giguère	Anthony Liberatore	Isaiah Sharpe
Grazia Cianciaruso	Jeannette Giguère	Frederick (Fred) Vernon	Carol Sharpton
Raffaele Cosentino	Joseph Giguère	Lishman	Katerina Simic
Andre Côté	Laurent Giguère	Jérôme Lupien	François Simoneau
Jean-Paul Côté	Maurice Giguère	Juliette Lupien	Louis Simoneau
Madeleine Côté	Ovide Deus Giguère	Peter Marotta	Alice Smith
Marcel Côté	Philippe Giguère	Léo Massicotte	Kirk Smith
Margueritte Côté	René Giguère	Rita Mazzone	Ruth Ann Specht
Nicole (Béland) Côté	Yvettes Giguère	Fran McFadden	Robert Stanton
Rita Côté	Mike Gillum	Georgette Millette	Ken Stephens
Rolland Côté	Franca Giorno	Gabriel Miron	Mini Stump
Thérèse Côté	Gaetano Giorno	Jovenel Moïse	Ebru Timtik
Fernand Coupal	Nicodemo Giorno	Christiane Morin-Blanchette	Martin Tremblay
Akilah Cuff	Sylvain Girard	Amitav Mukerji	Nicodemo Tridico
Chris Daigle	Maurice Glover	Eugenio Murano	Thomas Trudel
Charles Deaton	Loretta Godbout	Francesco Murano	John Valenzuela
Ida Deaton	Kenneth Gray	Pasquale Stefano Murano	Derek Welton
Filomena Defranco	Father Robert Grondin	Robert Murphy	Albert Wilken
Denise Demers	William "Billy" Gunn	Shirley Murray	Elsa Winders
Jackie M. Dennis	Jeremiah Hall	Christine Newman	Barbara Slade Wyman
Aida Di Pinto	Michelle Holzer	Lynn Nicholson	Robert Arnold Wyman
Sue Dougherty	Bell Hooks	Jason Nikolich	Carrie Wynn-Johnson
Edward Lev Easton	Jean Hubert	Matthew Osterman	Mary-Magdelene
Sharon Estler	Annamaria Ierisi	Hani Ouahdi	Young-Fussell
Sylvia Luccile Evans	Beatrice Ierisi	Marie-France Paquin	Mariangela Zito

**Father, we pray that those left behind might feel the peace and the comfort of your presence and release their loved ones into your waiting arms. (Theresa Cole)**