According to Cayce, \textit{attunement} and \textit{application} are at the heart of spiritual growth. Attunement is the process of awakening to our spiritual nature and our true relationship with God. The most frequently recommended tools for achieving this attunement are the regular practice of \textit{prayer} and \textit{meditation}. Cayce believed that prayer was talking to God, while meditation was listening to God. Both prayer and meditation are invaluable at reestablishing a conscious awareness of our spiritual source while inviting God’s will to work through us as a “channel of blessings” to others.

\section*{Meditation}

Although meditation has long been an accepted practice in the East, it wasn’t until the 1960s that it gained acceptance in the West. Today, clinical research has proven that meditation has positive effects on an individual’s overall health, and many physicians now recommend it to their patients as a way to combat stress. Interestingly enough, Edgar Cayce was recommending meditation in the late 1920s and 1930s.

In simplest terms, meditation is the practice of quieting our physical bodies and our minds, and focusing our attention inward instead of upon the world around us. As you begin to practice meditation daily, it will become easier. You might also notice that the sense of peace inside you during meditation will begin to carry over into the different parts of your day. Although some schools of thought suggest that the mind should be blank when you are meditating, Cayce’s material suggests that the mind is a constructive force and allows for the closest attunement possible if used in the right way.

Cayce often suggested we focus our minds on a positive affirmation during meditation. You may choose to repeat a phrase in your mind, like “I am at peace,” or “God is love,” then try to hold the \textit{feeling} of the phrase (peace, love, joy, contentment) in your consciousness as you sit in silence. Even beginners may experience the calming effects of a few moments of purposeful silence or positively focused thought.

\section*{Prayer}

Prayer is a truly universal concept understood by all cultures and people the world over. According to the Edgar Cayce readings, there is one collective mind (Spirit or the Source) out of which we are all projections. As Spirit, we are all one and can affect one another positively, or for that matter, negatively as well. Every thought makes an impression upon this collective mind. Prayer is so effective that Cayce often said, “Why worry when you can pray?” Worry will accomplish nothing, yet prayer, as even science is finding out, works. It influences situations, people, and outcomes.
Five Tips for Powerful Prayers

1. When you are in need of prayers, pray for others in need; in the giving, comes the receiving.

2. Use positive phrasing; instead of listing how difficult things are in your life, pray for the “best outcome” for your soul.

3. Ask for God’s will to be done, and your prayer could be answered in many ways!

4. Use a specific place and time to offer prayers. This creates a special and sacred place for your prayer sessions.

5. Elevate your prayer with meditation first. After meditating, send out light and constructive energies to the people on your personal prayer list.

“Thy prayers ascend to the throne of God, and the angel of each entity stands before the throne to make intercession.”—Edgar Cayce reading 3954-1

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