

Library Newsletter

DEAR FRIENDS,

Reporting to you from YOUR new library, we are excited to share some updates!

Since the renovations last year, we have been working on furnishing the spaces and unpacking.

- The meeting room has now been furnished with mobile conference tables and chairs so the setup can be reconfigured to suit the needs of the meeting purpose. It also contains a large flat screen television for presentations or video lectures.
- The media room houses the library's DVD/CD collection and contains two public computers with free WiFi, a printer, and the Edgar Cayce DVD-Rom, which serves as a catalog for the 14,000+ readings that are housed in the Cayce area of the library, next to the Flagler room.
- We are still working on furnishing the children's room with funds from a grant provided by the Helen Main Foundation in honor of Charles Thomas Cayce.
- In the main library area, we have two new seating areas of cozy chairs for relaxation and exploration of your favorite books. Two beautiful rocking chairs provide additional seating in quiet corners of the library.
- The new library desk is here and we love it! We worked with Coastline Properties, Inc. for a custom design and gorgeous labradorite top.

- We are working on furnishing a few more areas of the library and will bring you updates as those areas are completed.
- The major library renovations were made possible by the generous donations from the Gail Anita Flagler Foundation in Chicago and Shirley Coleman of Georgetown.

We mentioned to you last fall to look for the launch of the historical publications database in the Virtual Library of the members section of our website. We are offering a pre-launch exclusively to YOU as a preview and this can now be accessed at EdgarCayce.org/pubsearch. We are making daily improvements to the search capabilities and your feedback would be welcome. The database includes current and archived publications: *Venture Inward*, *The New Millennium*, *A.R.E. Journal*, *A.R.E. News*, *Personal Spirituality*, *Ancient Mysteries*, *True Health*, *Cayce Quarterly*, and all circulating files. Circulating files are extracts of the Edgar Cayce readings on specific subjects. We still need to digitize the *Searchlights*, *The Bulletin*, and other historical publications. This searchable database was made possible by a very generous contribution.

Your continued support helps the library to continue adding new materials and preserve the history. We thank you ever so much and are grateful to be of service here at YOUR metaphysical library.



New library desk



New library seating areas

Dreams as Guidance to Life's Questions

By Kevin J. Todeschi

If you woke up one morning and suddenly realized that you lived with friends and advisors who could provide you with helpful and consistent advice about your life, wouldn't you want to check in with them, at least occasionally? What if you discovered that this advice extended to much needed insights into any area of your life, whether it was romance, work, health, spiritual growth, finances, relationships, even your future? You might think it foolish to ignore the wisdom of individuals who knew the answers, who loved you unconditionally, and who only had your best interests in mind. And yet most individuals ignore this very insight every day because it comes to them in the form of their dreams—and it is a wealth of insight and guidance that is just waiting to be tapped from the subconscious mind.

Regardless of what we may think to the contrary, science has proven that everyone dreams. The challenge is simply that we have not conditioned ourselves to remember, let alone work with, our dreams. A secondary challenge may be that we might think dreams too difficult to understand, but the truth of the matter is that individuals can instantly learn how to work with dreams even if they don't understand every symbol. For example, this is the dream of a middle-aged man:

I dreamed that I was looking at a shiny new car in the showroom on a car lot. It was beautiful and I decided that I wanted it. I tried to get into the car but there was no

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Dreams as Guidance to Life's Questions (cont.)

key. When I finally found a salesperson with the key, the car wouldn't start. When the car was fixed and finally started, I couldn't get the car in gear. The car rolled backwards off of its platform in the showroom, crashing through the showroom window and into the parking lot. I quickly got out of the car and suddenly the hood opened and the engine rose out of the car and started heading towards me. I ran off in a panic.

At first we might wonder what the individual's dream was all about, but what if we were told that in real life this individual had just been offered a new job that looked fairly attractive? Is it possible that the new car in the dream is somehow connected to the new job offer (i.e., a new direction in life) and that neither will be as promising as it first appeared?

For the most part, dreams contrast and correlate the activities that are going on in our lives. They often provide the dreamer with other ways of looking at activities, relationships, and concerns that have been on his or her mind. Working with a dream simply suggests that we get a sense of whether or not the dream is positive, negative, uplifting, or a warning—whatever it may be. After we have a sense of the theme or storyline in the dream as well as the overall feeling of the dream, the next step is to attempt to compare our dreams with literal events in our waking lives and get a sense of what the dream may be about. In other words, even if we don't understand every symbol in a dream we can often see "connections" to our waking life events by some of the actions, feelings, and pictures being portrayed in the dream.

The Edgar Cayce readings suggest that we have dreams related to every aspect of our being—physical, mental, and spiritual. In terms of a physical dream, a twenty-year old woman had the following:

I dreamt that I was hungry and went to the refrigerator to get something to eat. When I opened the fridge I was horrified to see that the bottom shelf was covered with big, ugly cockroaches.

If you had to guess about the dreamer's diet, would you guess that the dreamer was prone to healthy eating or instead that the dreamer had been eat-

ing garbage? Even if you did not know immediately how to interpret this dream, the dream obviously suggests that there is something bad about the dreamer's food.

A dream that ultimately dealt with a dreamer's emotional feelings and concerns occurred for a middle-aged woman:

I dreamt that I was trying to go back into a building that was being destroyed. I was trying to save something. Everything around me was crumbling and I suddenly realized that there was nothing in the building worth saving. Saving my life was more important.

Since dreams oftentimes contrast and correlate the current events in the dreamer's life, we need to ask the dreamer what was occurring in her life at the time of the dream. If the dreamer responded with the fact that she was having second thoughts about following through on her decision to divorce her husband, what would you say the dream was suggesting? Obviously, the woman needs to move on.

In terms of spiritual guidance dreams, a humorous dream occurred when a man wrote out the question before falling asleep in order to see if he could obtain the answer in his dreams: "What do I need to work on spiritually?" His dream was as follows:

I dreamed that I was in the army (I have never been in the army) and I was some kind of a drill sergeant doing important paperwork. My desk was filled with important papers and things that were scheduled. Everything was neatly organized and in its proper place. Suddenly a younger man came into my office unannounced. He was singing and dancing and appeared to be having a very good time with himself. To my surprise, he jumped up on top of my desk and started tap dancing all over my paperwork. Everything that I had neatly organized was in disarray. After making a thorough mess, the man continued to sing and dance and danced right out of my office. Immediately, I picked up the phone and called security and yelled into the receiver, "I want that man arrested, and I want to know who he is!" I slammed the phone down, very angry for the interruption.

Suddenly, security came into my office bringing the man who had caused the disruption. They announced that they had caught him and that he was "the company clown."

From the dream, do you think that the man needs to be more serious and regimented in his life, or do you think the dream is telling him that he needs to become more relaxed and to learn how to enjoy life? Obviously, the dream is suggesting that the dreamer is already too serious and too controlled. In the same way that this individual sought dream guidance, each of us can ask virtually any question and receive helpful insights from our dreams.

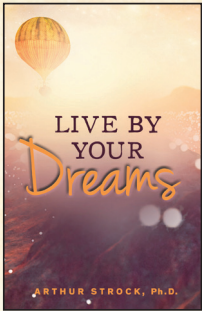
Having worked with dreams for more than thirty-five years, I am convinced that even a novice to the world of dreams and dream interpretation receives valid and helpful guidance anytime that she or he is asleep. All we really need to do is attempt to begin remembering our dreams. Perhaps putting a notepad next to the nightstand will jog our memories in the morning. Or maybe we're one of those individuals who makes several trips to the bathroom during the night. Keep some paper near the sink and simply jot down a few notes before falling back to sleep. The best thing to do is simply to begin writing something down every morning, even if it's only "I feel tired"

With a little practice, most individuals are amazed at how frequently dreams provide insights into the concerns and questions occurring in their waking lives. The more we let our subconscious mind know that we are open to the inner world of dreams, the more we avail ourselves of a wealth of knowledge and insight we always had available but just never knew where to look.

KEVIN J. TODESCHI is executive director and CEO of Edgar Cayce's A.R.E. (EdgarCayce.org) and Atlantic University (AtlanticUniv.edu). A student of the Cayce readings for more than 40 years, he is also the author of countless articles and more than twenty-five books, including *The Best Dream Book Ever*, *Dream Images and Symbols*, and *Edgar Cayce on Soul Symbolism*.



NEW ADDITION TO THE A.R.E. LIBRARY



Live by Your Dreams is a unique, meaningful guide and reference book for understanding dreams. Dream specialist and long-term A.R.E. member Arthur Strock, PhD welcomes us into his world of dream-sharing with fifty heartwarming stories about dreams that involve relationships, problem solving, fears, and spirituality. These dream stories of adults and children become our own stories and along with his commentaries, magically shed light on our everyday life challenges.

Executive Director and CEO Kevin Todeschi had this to say about the book: “Whether you are a consummate dream professional or a beginner to exploring the world of dreams, you will find this volume a welcome exploration and analysis of your dreaming mind.” For more information, visit Arthur on Facebook.

WHY DO YOU LOVE THE A.R.E. LIBRARY?



Greg Little

The A.R.E. Library is an exceptional repository of psychic and parapsychological books of all types, not just Cayce materials. It is a marvelous place to just wander around and look at titles. It has a pretty good selection of UFO books—that is where I seemed to be led.

Over our years of visiting the A.R.E. I have noticed a curious phenomenon in the library. If I am actively contemplating something I seem drawn to an area of the library. I just go and pull out a book and always seem to find what I need. This time I pulled out *The Excalibur Briefing* by Thomas Bearden (1980).



Andrew Collins

What I love about coming to the A.R.E. Library is the fact that I can always bank on finding something new in regards to my current research whether it be Atlantis, Ancient Egypt, Mesopotamia, or humanities interest in the stars. Each time I come, I’m working on a different book, each time I can find something fresh, like the Sykes room. It is like a magic room. I can almost guarantee that I can find a clue or answer to something I am working on at the time. Unquestionably, this is my favorite place in the world to come and research. The Sykes collection sums up the extension of knowledge in my brain. I always find something. You always find keys and solutions to whatever theory you want to expand on or problem you wish to solve. My interest at the moment is stretching out the knowledge of humanities connection to the stars!

Andrew’s new book, *The Cygnus Key*, will be published in 2018

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OUR GIFT TO YOU

For your donation of \$100 or more, we will send you the book *Dreams & Visions* by Edgar Cayce.

This book brings you Cayce’s insights and guidance to better dream recall, better dream interpretation, better dream guidance, even better sleep, and heightened ESP. There’s also a fascinating chapter on Cayce’s instructions for understanding messages of love, concern, or advice—as well as warnings—in dreams from loved ones who have passed on but continue to communicate with us on earth from the other side, because there is no death of the mind and soul, only the body. There’s also a chapter revealing how Cayce interpreted dreams, including his own.

Everyone dreams, science now affirms. According to Cayce, these are the four types of dreams we may experience: those pertaining to our physical health, those revealing our inner self’s dynamics, those that are precognitive and psychic, and those that are visions from the higher spiritual realms. Learn how to enjoy the benefits of each of these in your life.



EDGAR CAYCE FOUNDATION NEWS

This past year, as we moved forward implementing the recommendations of the Archival Needs Assessment, the Edgar Cayce Foundation team realized the importance of having a qualified archivist on staff. Well, we are VERY pleased to announce that—thanks to a generous donation from Margie and Sam Scaletta—we have hired Jessica Newell, who holds a Master of Liberal Arts degree with a concentration in Archival Science, as our new archivist! She joined the E.C.F. team in May and we are very excited to see what this next year brings as Jessica helps to implement the recommendations of the Archival Needs Assessment.



Jessica Newell



Leslie and Charles Thomas Cayce

All the support the Edgar Cayce Foundation has received since we dreamt of having an Archival Assessment truly feels to me like a dream—surreal and heartwarming. We strive to maintain best practices to preserve this work and create a one-of-a-kind archive that will, one day, be digitally accessible from anywhere in the world. We thank all of YOU who have been a part of this journey with us.

If you are inspired to support the Edgar Cayce Foundation, here are some of our biggest purchasing needs right now:

- Spacesaver mobile shelving is archival quality steel shelving with electrostatically applied powder coat paint which means there is no off gassing which can damage fragile documents. The mobile storage system can create up to three times the storage capacity in the same amount of floor space as standard filing and shelving. \$60,000

Please contact Patrick Belisle at 757-457-7126 or pat@edgarcayce.org for more information on how you can help.

Leslie Cayce becomes E.C.F. President

Leslie Cayce was married to E.C.F./A.R.E.'s president, Charles Thomas Cayce, for over 39 years. In addition to working as a medical social worker, she held several A.R.E. staff positions including A.R.E. Camp counselor and program director, youth activities manager, and, most recently, conferences manager. In 2017 she joined the A.R.E. Board of Trustees and, shortly thereafter, became the president of the Edgar Cayce Foundation, a position held by her husband until his passing in 2016.

After E.C.F.'s recent Assessment clarified such pressing needs to, in effect, rescue the archives, and realizing that the void of her husband's absence meant there was no one to voice the great pending changes to the Board, Leslie decided to join the E.C.F. team. She says, "It is a sacred honor to try to help at this crucial time for the Edgar Cayce Foundation. The source materials of the Cayce family and those who received readings are currently in jeopardy of either getting lost or disintegrating. The situation is pretty dire; however, our recent hiring of a professional archivist—Jessica Newell—is a major first step to addressing it. I am so excited to help with the next steps and to be a part of this important E.C.F. renaissance."

NEW CIRCULATING FILES

- Adam
- Fault Ye Find in Others
- Jesus' Promises
- Law of Attraction
- Sin of Omission
- Soul: Lost Souls, Soul Memory
- Water: Drinking
- White Brotherhood

