

DREAMS AND LIFE'S EXPERIENCES

(The Edgar Cayce readings suggest that dreams contrast and correlate the events of the day; which dream matches which situation?)

Situation One:

Individual needs to pay attention to what is really important in his/her life

Situation Two:

Sick of all the gossip at work, an individual thinks, "There has got to be a better way."

Situation Three:

In order to escape frequent "criticism" directed at him/her, an individual spends a lot of time in his/her own head

Situation Four:

Facing a divorce, an individual is fearful of his/her future.

DREAM A:

"I frequently have the following recurring dream: I dream that a vicious wolf is following me, trying to nip at my feet and legs. In order to stay out of harm's way, somehow I am able to float just above the ground, like I am in a cloud of some kind. Repeatedly, I dream that the wolf is trying to bite me and somehow I am able to avoid getting bitten. Any help you could provide as to this dream would be greatly appreciated."

DREAM B:

"I dreamed that I was speaking to the office reception about the fact that I was being promoted. I had decided that from now on there would be a new dress code that everyone would be wearing. I had on a business suit to show her what I was talking about."

DREAM C:

"I dreamed that I was inside my house and all of a sudden I remembered that I hadn't watered or feed my dogs in quite some time. For some reason, I had put them in a shed out back of the house and never went back to check on them. Suddenly, I was in a panic and tried to go and check on them but a neighbor showed up and kept interfering with my trying to go see my dogs. Finally, when the neighbor left I was able to go out to the shed. I was horrified to find that the dogs were gone!"

DREAM D:

"I came home and was shocked to find that my very expensive carpets were being torn out of my house - they were just being ripped up by the carpet people! It appeared as though they were being haphazardly replaced with something cheap that looked much less valuable. I was horrified."

Chakra Meditation Experience

<u>Lord's Prayer Verse</u>	<u>Spiritual Center</u>	<u>Overall Awareness</u>
Our Father which art in Heaven	Pituitary	Awareness of Oneness
Hallowed be Thy Name	Pineal	Awareness of universal Christ Consciousness (that part of self that identifies with the Creator)
Thy kingdom come, thy will be done	Thyroid	Awareness of turning self's will over to God's will
In Earth as it is in Heaven	Lower four; Upper three	Awareness of letting the divine part of self manifest in the earth
Give us this day our daily bread	Gonads	Awareness of having access to that amount of energy that self can use productively
And forgive us our debts as we forgive our debtors	Adrenals	Awareness of forgiving self and others for anything out of harmony
And lead us not into temptation	Cells of Leydig	Awareness of being led appropriately by the Higher Self
But deliver us from evil	Thymus	Awareness of choosing love of others over selfishness
For thine is the kingdom	Thyroid	Awareness of turning self's will over to God's will
And the Power	Pineal	Awareness of universal Christ Consciousness (that part of self that identifies with the Creator)
And the Glory Forever. Amen.	Pituitary	Awareness of Oneness

Adapted from *Soul Signs: Life Seals, Aura Charts, and the Revelation*, by Kevin J. Todeschi

**Suggestions from the Cayce readings for a "Daily Dozen"*
 Balancing Your Life**

Meditation	A morning walk	Add gelatin to salads
Read the Bible / scriptures	Eliminate fried foods	Eat 3 almonds daily
Eat a raw vegetable salad	Use dark bread not white	Use Ipsab
Reduce coffee / tea intake	Eat breakfast	7½ – 8 hours of sleep
Evening exercises	Pray for those on prayer list	Make 3 people laugh
Eliminate carbonated drinks	Smile at a stranger	Be optimistic
Colonic or enema	Peanut oil massage	Spinal adjustment
Apple diet for cleansing	Glass of water upon rising	Glass of water mid-morning
Glass of water mid – afternoon	Glass of water before meals	Head & neck exercise - am
Head & neck exercise pm	An evening walk	Record dreams
Eliminate cream from coffee	Apply study group discipline	Diet: 20% acid; 80% alkaline
Stretching exercises – am	Complain about nothing	Read for better mental diet
Breathing exercises	Eat more leafy vegetables	Bless food before eating
Castor oil pack	Outreach to someone in need	Practice eating slowly

* Adapted from *Day By Day* by Dolores Shambaugh and Herbert Bruce Puryear, A.R.E. Press, 1981

IMAGINING A BALANCED (WELL-ROUNDED) LIFE
A weekend, one year from now ...

I saw:

IDEALS: A TOOL FOR CONSCIOUS CO-CREATION

Spiritual <i>IDEAL</i> "To Be"	Mental <i>ATTITUDES</i> "To Think"	Physical <i>ACTIVITIES</i> "To Do"
<i>Example: Love</i>	<i>Love</i> <i>Compassion</i> <i>Forgiveness</i>	<i>Choose activities for <u>self</u> and <u>others</u>:</i> <i>Forgiveness (Self): Pray/Meditate on Forgiveness</i> <i>Forgiveness (Others): Make an effort to be the first to forgive/apologize, etc.</i>

DO NOT WRITE ON EITHER SIDE OF THIS PAGE [YET]

**When told to do so, write
your question here:**

OVERVIEW OF CONSCIOUSNESS

<u>OCTAVE ONE</u> PERSONALITY	<u>OCTAVE TWO</u> SOUL	<u>OCTAVE THREE</u> GOD/ONENESS
I and Me	We	All
Power vs. love	Balance power and love	Heaven on earth
Karmic lessons	Mastery of karmic lessons	
Karmic patterns	Awareness and mastery of patterns that no longer serve soul development.	
Develop personality Identity	Develop and express soul identity	
Develop and express masculine/feminine	Balance masculine and feminine	
Develop skills and talents	Master skills and talents	
Earth as school	Co-create life	Man and God as co-creators

SOUL POTENTIALS & PROBABILITIES: ENVISIONING THE FUTURE

Scene One:



Scene Two:



Scene Three:



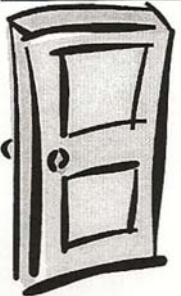
USING INTUITION TO SEE SOUL PATTERNS



Door One:



Door Two:



Message:

NOTES