

**EDGAR CAYCE ON DREAMS:
YOUR PATHWAY TO PERSONAL GUIDANCE AND INTUITION**

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Abstract: Edgar Cayce, the most documented psychic of all time, was one of the first individuals in the west to consistently recommend that average individuals from every imaginable background and life experience learn how to examine and interpret their dreams. From Cayce's perspective, not only was everyone best suited for her or his own dream analysis, but dreams provided a constant source of information regarding every imaginable area of life: problem solving, creativity, finances, relationships, health and even intuitive insights into the future. Most importantly, Cayce contended that it was possible to get specific guidance to specific questions in the dream process.

It was really the work of Edgar Cayce that prompted my own interest in dreams nearly 35 years ago. While taking part in an ecumenical spiritual discussion group that examined Cayce's information on such topics as meditation and soul growth, members of the group informed me that they regularly asked for dream guidance – as was suggested by the Cayce information – and that our “homework assignment” for the week was to write out the question, “What do I need to work on spiritually?” and dream the answer.

Quite honestly, I had never heard of such a possibility, and I was certainly not aware of remembering very many dreams, but as I was new to the group and wanted to fit in, I agreed to give it a try. The first night I dutifully wrote out my question, read it before going to sleep, and went to bed.

The next morning – nothing! I wondered whether or not I would be the only one returning to my weekly group without a dream but I followed the same process the second night, wrote out the question, “What do I need to work on spiritually?”, read it a couple of times and went to sleep. That night I had a dream:

I was in Egypt. (I had never been in Egypt before!) I was coming out of the Great Pyramid at Giza when all of a sudden someone I knew from A.R.E. (the Edgar Cayce organization) said to a crowd of people: “By the way, Jesus taught Kevin some dance steps, and Kevin would like to show them to you now.”

Although I was stunned by such an announcement, as I knew almost nothing about dancing and I had certainly never had a conversation with Jesus, I decided that since everyone was watching me, I better come up with something.

As I was standing there wondering what to do, a number of people started sitting down in front of me on the Giza Plateau. One of these individuals was someone I knew that I absolutely did not like. As this person passed in front of me to sit down, I heard myself think [excuse the language]: “What an ASS!”

As soon as I had had the thought, I looked up over the horizon and there standing on the edge of the plateau was Jesus. As soon as I saw him, I heard his thoughts, and he thought back what I had just voiced in my thoughts. A moment later, I heard Jesus' words in my head: “More than anything else, you need to work on your thoughts.”

I awoke the next morning absolutely convinced that I had received direct guidance regarding my question, “What do I need to work on spiritually?” From that day forward, I became an enthusiast of dreams.

Edgar Cayce has been called the “father of holistic medicine,” “the Sleeping Prophet,” and “the most documented psychic of all time.” for forty-three years of his adult life, Cayce was able to enter into a self-induced sleep state and provide psychic information, called “readings,” to virtually any question imaginable. He was documented with an accuracy rate in excess of 85% for such things as remote viewing health diagnosis, exceeding the average accurate diagnosis for modern-day physicians after an initial visit (Cayce/Cayce 1971, 24). In addition to subjects such as health, philosophy, spirituality and psychic ability, much of the Cayce material deals with dreams and dream interpretation. That information first opened up the world of dreams to me and provided a foundation and an understanding that has stood firm for decades.

Edgar Cayce emphasized the importance of working with dreams, stating as early as 1923 that attempting to understand what he called the subconscious, the psychic, and the soul forces of each individual should be “the great study for the human family.” The rationale from Cayce’s perspective was that through the study of the subconscious and psychic part of ourselves we would come to an understanding of the nature of the soul, our connection to one another and our relationship with the Creator.

Almost nine hundred of the more than 14,000 Cayce readings on file at Cayce’s Association for Research and Enlightenment (www.edgarcayce.org) deal with the subject of dreams and dream interpretation. Generally, when Edgar Cayce was asked to discuss the meaning of a dream, his wife would simply hold a copy of the dream in her hand and ask that the dream be interpreted – without the dream itself ever being read! Even more amazing is the fact that on numerous occasions when Cayce was provided with an individual’s request for interpretation, he would remind the dreamer of forgotten portions of his or her own dream!

In terms of the dream material, one of Cayce’s most involved enthusiasts was a wealthy, young Jewish stock broker named Morton Blumenthal who received more than 500 dream interpretation readings for himself and members of his immediate family. Extremely interested in the nature of the soul and each individual’s relationship to God, one of Morton’s dreams explored this very topic in a humorous vein:

Morton dreamed that he was in his apartment in New York City. Suddenly the doorbell rang and his maid went to answer the door. She announced the presence of a “distinguished visitor” and Morton jumped to his feet in exhilaration with the sudden knowledge that God Himself had come to call. Morton ran up to God and embraced Him with a hug. God’s appearance was very business-like. He was clean-shaven and clean-cut, wore an expensive suit and a derby hat. He also seemed strong and intelligent, just the sort of man with whom Morton would like to do business.

Because God was visiting, Morton decided to give Him a tour around the apartment. Things went well enough until Morton realized they were approaching the living room and that he had mistakenly left his liquor cabinet half-open. Understanding that God was omniscient, Morton decided to reveal everything rather than trying to hide his liquor supply. He flung the cabinet wide open and pointed out the bottles by stating, “In case of sickness.” God’s reply was matter of fact: “You are very well prepared!”

Later, when asked for an interpretation, Cayce stated that much of Morton’s dream indicated that each and every individual could have a personal relationship with the Divine. This interpretation becomes obvious when we consider that God comes to

meet us in the form that we might best recognize Him, that he comes not as some supreme deity but as someone we might relate to, and that the Creator is extremely accepting of us in spite of our imperfections.

The Cayce information on dreams suggests that the guidance we obtain in the dream state often addresses the needs of the individual physically, psychologically/emotionally, and spiritually. In terms of dream guidance regarding the physical, on one occasion Edgar Cayce had been suffering without relief for many days with a serious cold and cough. One night he had a dream in which he saw himself mixing specific ingredients for a cough and cold medicine. Those ingredients were as follows:

- 4 tablespoons boiling water
 - 10 drops glycerin
 - 1 tablespoon honey
 - 2 drops creosote
 - 1 tablespoon simple syrup
 - 1 teaspoon syrup of horehound
 - 15 drops tolu in solution
 - 30 drops compound tincture benzoin
 - 2 ounces of whiskey
- (Cayce reading #294-189, report 23)

Upon awakening, he acquired the necessary ingredient, made the remedy, and found that it gave him immediate relief.

On another occasion, a woman who was very upset about the health of her mother who was suffering from a number of physical complaints dreamed that her mother appeared to her and said, “You should go to the osteopath. You ought to be ashamed of yourself! If [your husband] wants you to go to the osteopath, you should go!” (Cayce reading 136-45)

When the woman asked Edgar Cayce about the dream in a reading, Cayce replied that it was actually her mother who needed to see the osteopath and the dream had come to the dreamer as guidance regarding what she could do to assist her mother.

In terms of a physical dream in my own life, when I was a student at the University of Colorado, I was living in one of the oldest dorms, which always seemed to have a terrible draft in the winter. One night when it was especially cold, the phone rang and it was my grandmother who asked how I was doing. I must have complained about the cold because a week later my grandmother mailed me an electric blanket, which I began using immediately. Each night, I left the blanket plugged in all night and felt warm for the first time that winter.

However, sometime later, I found myself feeling tired and very lethargic each morning upon awakening. Since I had always awakened feeling energized and refreshed, I wondered whether or not there was a problem, and even whether I should see a doctor. One night I had a dream:

I saw myself standing in the bathroom in my Grandmother’s house, looking in the mirror. I had my electric blanket draped over my shoulders and around my body. Suddenly, I opened up the blanket and stared in the mirror. I was horrified to see that my body was covered with hundreds of leeches.

Obviously, the electric blanket was causing some kind of interruption with my own electrical system, so from that day forward I would plug in the blanket to heat up the bed, and then unplug it before getting in.

In terms of psychology and emotional insights from dreams, on one occasion a man who had been married for less than a couple of years was dealing with marital problems. He had a dream that seemed to involve him and his wife on a journey:

In the dream he was on a train and had apparently been looking out across one of the windows, watching the scenery and the various areas they were traveling through pass by. All at once he realized that his wife was sitting next to the window. She reportedly had a croquet mallet in her hand and was trying to line it up against the window one way and then another, as if to measure something. In a mixture of frustration and irritation the husband called out, “You can’t measure it that way!”

During the course of a Cayce reading, the husband asked about his dream. Cayce suggested that the dream was actually guidance as to why the couple was having challenges in their marriage. The husband was trying to measure the success of their marriage by how much money they were making, how much ground they were covering and how successful they were becoming. On the other hand, his wife was trying to measure their marriage by how much fun they were having. They needed to have a collective purpose. (Cayce reading 900-120)

A contemporary example about psychological guidance in dreams occurred in the case of a stock broker who had been involved in the market for about 15 years, but had changed firms about six months earlier. One night he had the following dream:

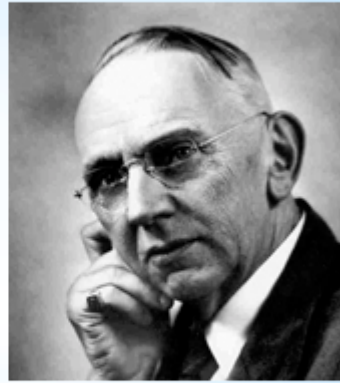
“In the dream I am at some kind of a barbecue with a bunch of people from work. At first everything is fine. Some people are carrying plates others have a drink in hand. Everyone is standing around and talking and having a good time. All at once I look down and notice that I am totally naked! I am horrified and feel very insecure, afraid that someone is going to notice. No one seems to notice before the dream ends. However, I wake up still feeling very insecure.” (Todeschi 2013, 38)

When the individual was asked how he felt about his job, he replied, “Well, I have been here about six months and they do things a little different than my last firm. Sometimes I worry that I am not catching on as fast as I should.”

The dream seemed to be suggesting that as no one else in the dream noticed he was naked (e.g. unprepared) his insecurities were his own.

In terms of spiritual insights and visionary experiences – Cayce suggested that this is also the level where intuitive experiences can occur – Cayce had a dream in which he saw himself as a tiny speck of sand that began to be elevated as if in a whirlwind. As the piece of sand rose, the rings of the whirlwind became larger and larger, each one encompassing a greater span of space than the one preceding it. There were also spaces between each ring that the sleeping Cayce recognized as the various levels of consciousness development:

Edgar Cayce's Dream Regarding the Nature of His Altered Consciousness:



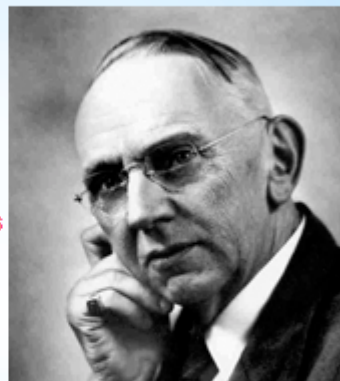
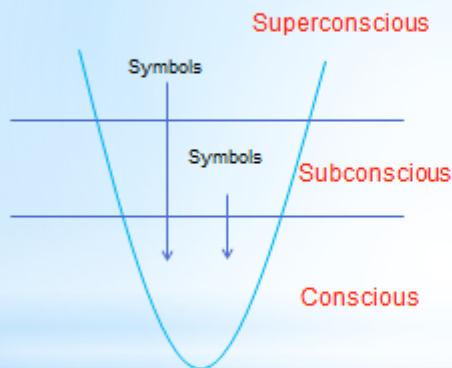
Edgar Cayce, 1877-1945

Cayce suggested that the dream indicated that in the real world he considered himself to be insignificant but when raised in higher consciousness his mind opened to virtually limitless information, time and space.

A reading was given on the dream and Cayce suggested that it was actually a “vision” of his own nature of consciousness and illustrated that in waking life he considered himself insignificant – no more than a speck of sand – but in the altered state his consciousness became open to virtually limitless information, time and space. This dream led to an understanding that the mind could be understood as having essentially three levels of consciousness; Cayce uses the terms conscious, subconscious and superconscious to describe these various levels of the mind:

Perhaps more importantly, the diagram illustrates Cayce’s premise that symbols (as well as guidance and intuition) come to personal consciousness from both the subconscious and superconscious mind:

Edgar Cayce's Dream Regarding the Nature of His Altered Consciousness:



This illustrates how consciousness obtains symbolic images from both the subconscious and superconscious mind. It also illustrates (from Cayce's perspective) how personal guidance and intuition arise from these two levels of the mind.

One way to consider the wealth of information available within the subconscious is to understand the way in which the conscious mind filters out most information and stimulus coming to the individual. A number of scientific studies have suggested that the conscious mind filters out more than 95% of the stimulus coming to it. Although this may sound high, we are generally not aware of such things as the feeling of the clothing on our body, the sensation of the glasses on our nose, the watch on our hand or the ring on our finger, our feet on the floor, the sounds of the heating and air conditioning system, the intensity of the light in a room, the noise being made by a co-worker sitting near us – most things around us – unless we draw our attention to them. This holds true for all of our subtle interactions with people and events. And yet, all of these things reside within the realm of the subconscious mind and are brought to the surface in dreams. In fact, the amazing storehouse of the subconscious mind is the very reason that individuals can often remember more that went on at a crime scene under hypnosis, for example, than they remember consciously. It is the subconscious mind that awakens while we sleep, providing dreamers with insights and guidance about their bodies, their minds, and even their souls.

Because dreams can provide additional insights into a situation, oftentimes they can enable the dreamer to have greater objectivity about his or her future and even “see” the result of possible choices. The dream of a forty-something-year-old man who had just graduated from massage school provides one example.

Although the individual was enthusiastic about massage and was truly excited about building up his own massage business, he was also extremely low on money. This shortage of funds had prompted him to begin looking for an office job. Finally he found a job that he thought he could do but suddenly indecision had set in. He was unsure about whether or not he should accept the job because he realized it might take up too much of his time, causing him to neglect the massage business that he was trying to develop; however, he really needed the income. As he went to bed that night, he asked for guidance about what he was supposed to do in regards to his future. That night he had a dream:

“I am in my living room with my wife and looking out the front window. I notice a little girl out front of our house standing on the lawn. Suddenly, an office supply van drives around the corner and stops abruptly in front of the house. Two men jump out of the van, abduct the little girl and swiftly drive away. To my horror I realize that she is being kidnapped. I wake up in a panic.” (Todeschi 2013, 74)

Upon awakening the man knew that the dream had given him an answer to his query and he decided not to accept the job but to instead build up his massage practice. He came to that conclusion because he felt that the dream was showing himself in his present situation (living room) with wife (family and need for income), trying to make a decision about something related to his future (looking out the front window). He felt that little girl on the front lawn was a symbol of his massage business that had not yet reached maturity – it was still a child. The office supply van stopping in front of the house was suggestive of the nine-to-five job he was contemplating. As a result of the dream, the man decided that if he took the job, his massage business (the little girl) would be taken from him. He was convinced that he had received the very guidance he had requested.

Perhaps most amazingly, Cayce suggested that the information and guidance available individuals is not limited to things that had ever come to conscious awareness! In other words, Cayce contended that oftentimes individuals receive psychic information in the dream state as a way of foreshadowing future events, enabling the dreamer to make

changes and/or prepare for what is to come. In my own life, just such an experience occurred as my wife and I were in the process of building a new house.

We had contracted to build a new home located on a three-acre lot in the countryside, near other custom-built homes also with acreage. After the final plans for the house had been approved, positioning the house one-hundred-and-seventy-five feet back from the main road, surveyors were contracted by the builder to plot out the location of the house, which occurred 24 hours before the concrete foundation was to be poured. Neither the contractor nor I had gone out to watch the surveyors perform their straightforward assignment; however, that night I had a dream:

“I was walking through our house, which had been fully built. Everything was beautiful, just as my wife and I had imagined. When I came into the kitchen, however, I heard a noise that sounded like chewing that seemed to be coming from the back of the house. I walked to the back door and was horrified to find that the house was so close to the rear property line that the neighbor’s horse was able to put its head over the fence and eat off of our deck! The noise I had heard was the sound of the horse chewing hay.” (Todeschi 2013, 78)

Upon waking the next morning, I drove out to his property and measured where the house had been staked out to the back of the property line. Although the dream had exaggerated the problem, the surveyors had mistakenly staked out the foundation fifty feet further from the street than they were supposed to – putting it much closer to the backyard neighbor than had been intended. I immediately called the builder and had him stop the concrete trucks which were on their way until the surveyors could move the house fifty feet forward.

Because of the preponderance of information in the Cayce files regarding the ease of acquiring guidance and insight in the dream state, over the years numerous educators and Cayce scholars have used the dream information in the Cayce material to prompt their own dream research. Once such scholar has been Henry Reed, Ph.D., who for years has demonstrated the accuracy with which a group of people can “target dream” for someone in need!

In addition to editing a journal for three years that contained a wealth of information on the ease of obtaining guidance in dreams (Reed, *Sundance*), Dr. Reed has repeatedly demonstrated the amazing results of the “Dream Helper Ceremony” in which a group of individuals agree to help someone in their dreams without even knowing what the problem is!

Part of the preparation is that the target gives each dreamer a personal belonging (such as a comb or a key) or instead writes out his or her name so that the dreamers have something to dream upon. That night they all go home and dream on the unknown question. The guidance is obtained by group members gathering together the next day and sharing their dreams with one another, looking for similar symbols and themes, arriving at a possible understanding of what the dreams may be suggesting, and then hearing from the target person as to the nature of his or her problem. A discussion ensues and invariably a helpful answer to the dreamer’s problem or question is deduced by the group.

Is it possible to aid another person by agreeing to "Dream for them?"



Reed, Henry, Ph.D., "Dreaming for Mary," *Venture Inward* magazine, Sept/Oct. 1985, pg. 14.

In my own work, both personally and professionally (in conferences and lectures), I have repeatedly found that it is repeatedly possible to obtain the "dream guidance" suggested by the Cayce information by writing out a specific question and dreaming on the answer. What is even more surprising is the fact that a similar guidance process is readily available by working with the symbols and intuition that arise from the subconscious mind without actually having to go to sleep!

One simple example occurred in the life of a twenty-year-old woman who was faced with an imminent choice that she needed to make. She had gone to school in Virginia Beach, Virginia, more than 700 miles away from her home and family in Michigan. Two weeks prior to graduation she had met a young man and wondered if he was in fact "the one." The choice she had to make was whether or not she was supposed to remain in Virginia Beach in order to give the relationship a chance, or to move back to Michigan to be with the family that she missed after her graduation. This was her experience:

I took two identical pieces of paper. On one I wrote "Virginia Beach" and on the other I wrote "Michigan." I folded the pieces of paper into fourths and mixed them up so that I wouldn't know which one was which.

I held the first piece of paper in my hand and imagined myself somewhere. I saw myself in Rome at the Coliseum. I associated the Coliseum as a place with a lot of history but with a lot of conflict because of all of the battles that had been fought there for sport. I wrote what I had seen on my piece of paper.

I took the second piece of paper and imagined myself somewhere else. I saw myself at the beach on the Chesapeake Bay. It is one of my favorite places in Virginia Beach; it is a place I have even called "my heaven." I wrote down what I had seen on the second piece of paper.

When I unfolded the pieces of paper, the one associated with Michigan was in fact the image of Rome. And, honestly, my home is a place with a lot of history but a lot of conflict. The idea of being in Virginia Beach with my boyfriend did sound like heaven to me. (Todeschi 2013, pgs. 147-148)

As a result of the exercise, the young woman decided to remain in Virginia Beach to be with her boyfriend – a decision she claimed had truly been the right choice six months later.

In my own life I have frequently used the “Conscious Dreamplay” exercise as a source of guidance and insight on numerous occasions. One such example occurred one January when my wife and I had taken a trip to Cape Cod to visit her mother and family for a late Christmas celebration.

We flew from Boston to Cape Code and – in spite of the freezing weather – arrived without incident. Unfortunately, our luggage containing all of the gifts that my wife had purchased for her family was lost somewhere on the way to the Cape. We checked in with luggage services at which point the young woman informed us: “If we don’t find your luggage in 90 days, we will replace it.” My wife was horrified and told me that we “had to go shopping,” as the family party (and present exchange) would occur in three days.

After renting a car and driving to my mother-in-law’s, we settled in and my wife made plans for all of the stores we needed to visit in the morning despite the bitter cold. As I had no desire to go shopping, I called the airlines again to see if they had found the luggage. To my dismay, they had not. Rather than immediately agreeing to the shopping outing, I suggested that we try the “Conscious Dreamplay” exercise for intuitive guidance, to which my wife agreed.

Perhaps the greatest hindrance to valid intuitive information is the fears, desires, concerns, and hopes of the conscious mind. This information cannot help but shade valid psychic insights. In the example above, my wife’s fears for her missing luggage and my frustration over having to go shopping in freezing weather would obviously have an impact upon any intuitive hunch we might obtain over a question like: “Where is the luggage?” However, there is an approach that builds upon the dream guidance suggested by the readings, the targeted “Dream Helper” repeatedly demonstrated by Dr. Reed, and the way in which Cayce suggests guidance comes in the form of symbolism from the subconscious and superconscious levels of the mind.

Rather than my wife and I focusing on the luggage, instead I gave us a “harmless focus” that the conscious mind could dwell upon that at the same time allowed the subconscious mind to provide a symbol that will provide guidance and insight into our real question. Although I wrote out the question, “What is the energy surrounding the luggage?” on two pieces of paper, and gave each of us one to hold, I told my wife that the focus of our Conscious Dreamplay exercise would be simply to imagine a movie. If Cayce is right, somehow that symbol could provide guidance into the real question with which we were concerned.

After a few moments, I asked my wife what movie she had seen. She answered. “Lord of the Rings.” The movie I had imagined was “Saving Private Ryan.” As we discussed our personal feelings about the movies we had seen, my wife volunteered that the thing that stood out for her the most about her imagined movie was the fact that “there are three of them.” I told her that for me, my movie meant we needed “reinforcements,” as that had been the main theme I remembered from the movie.

The best reinforcement I could think of was my brother-in-law who lived in Boston. I called him and asked him to go to the US Airways luggage office and I described my wife’s luggage. He went later that day and called and informed us that apparently en route to Boston (our connecting city) the tags had come off of my wife’s

luggage. He obtained the luggage without incident and brought them to the family party which occurred three days after my wife's image of "Lord of the Rings."

Time and again, working with dreams and symbolism has validated Edgar Cayce's premise that the purpose of dreams is to make us more consciously aware of what we are going through in our lives based on our thoughts, feelings, and actions. They are an ever-present source of guidance and insight. Not only can they provide us assistance in the process of making important decisions based on what we already know at a conscious level, but their potential to assist us in every area of our lives and even provide insight into things of which we have no awareness is truly amazing.

Recommended Reading

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