

# “Understanding Dreams”

## *Edgar Cayce’s Approach To Dream Interpretation*

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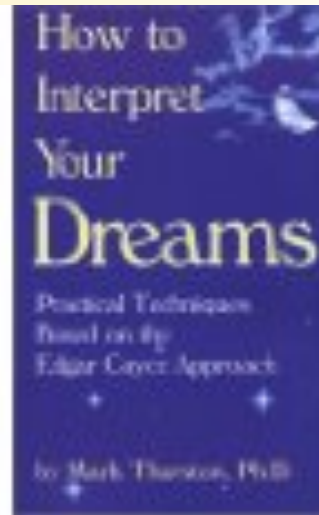
A portrait of Rev. Lowell K. Smith, a man with glasses and a mustache, wearing a pink shirt. He is smiling and looking towards the camera. The background shows an indoor setting with other people.

**Rev. Lowell K. Smith**

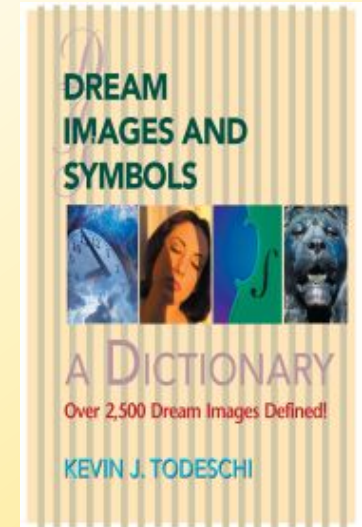
# *Edgar Cayce's Approach To Dream Interpretation*



***Dreams Your Magic Mirror***  
**By Elsie Seachrist**



***How To Interpret Dreams***  
**By Mark Thurston, Ph.D.**



***Dream Images & Symbols***  
**By Kevin Todeschi**

# *Edgar Cayce's Approach To Dream Interpretation*

- Edgar Cayce's approach to Dream Interpretation was very Jungian in principle.

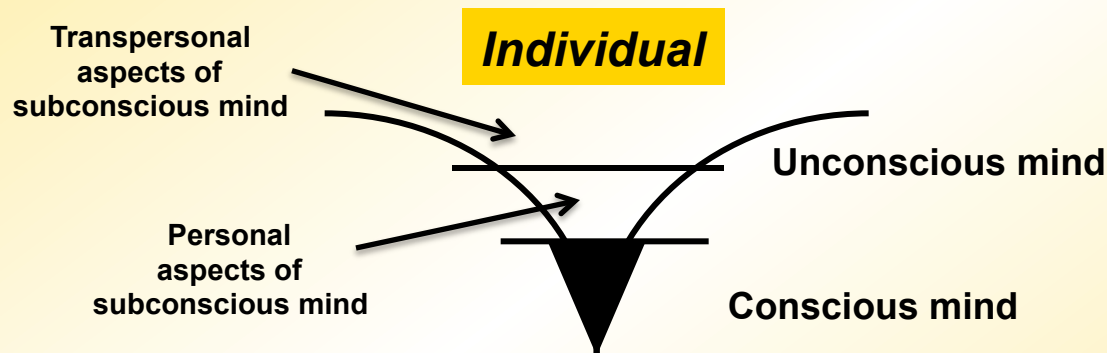
***“In dreams, visions and experiences, each individual soul passes through or reviews or sees from a different attitude those experiences of its own activities.” 257-136***

- The process of translating a soul experience into symbolic or emblematic dream form is described in the following reading:

***“The experience for the mind of the soul...is often tempered by the physical or mental experiences of the body, and when such is the case these then are presented often in emblematical ways and manners.”  
302-3***

# Edgar Cayce's Approach To Dream Interpretation

- In **“How to Interpret Your Dreams,”** Mark Thurston, Ph.D. states:
  - **“When compared to the contents of the *unconscious [mind]*, the *conscious mind* is like the tip of an iceberg. If we invert the iceberg in this analogy, we get a model [of the Conscious & Unconscious mind] like the one developed by Dr. Herbert Puryear<sup>1</sup>, based on one of Edgar Cayce's dreams (294-131), as shown below.**

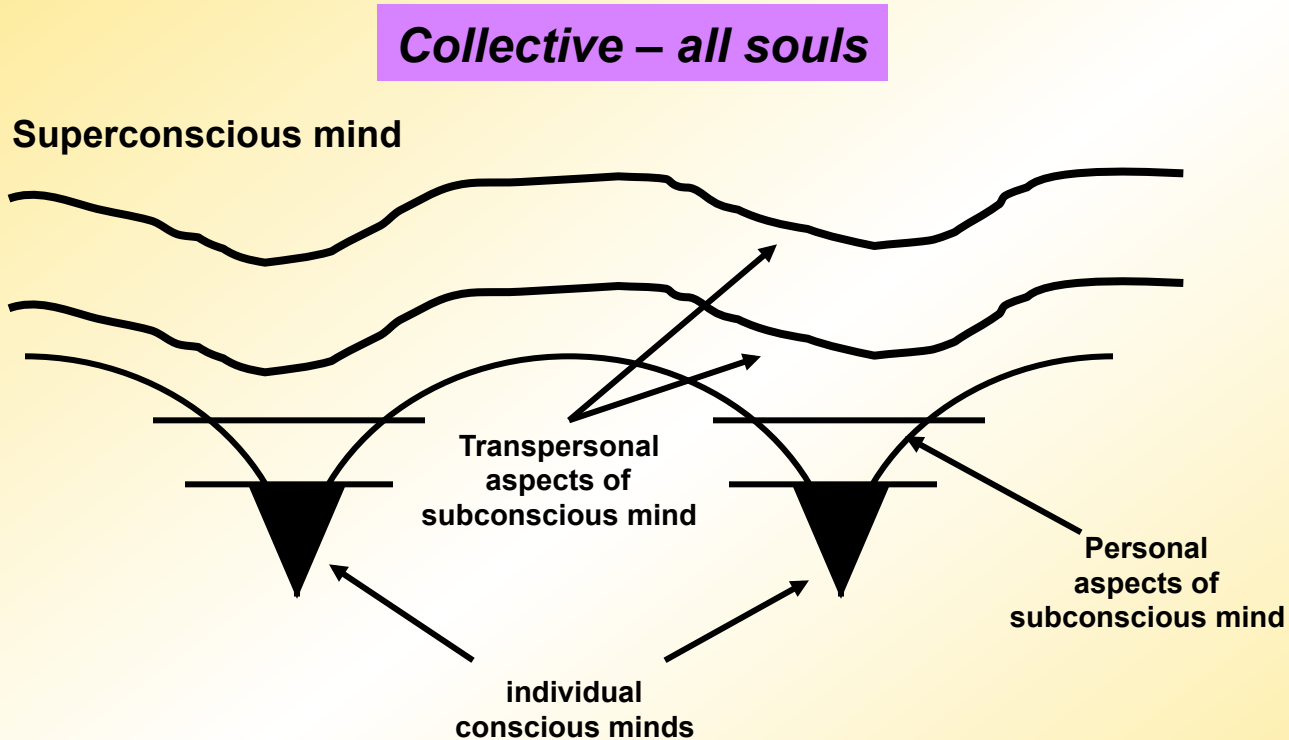


- **“To understand the formation of a dream, the *Individual* model must be adapted in order to:**
  - (1) Describe various levels or aspects of the unconscious (the *Personal & the Transpersonal*), and**
  - (2) Depict more than one individual's mind (for we shall see that some dreams involve telepathic communication).**

<sup>1</sup> See *“Meditation and the Mind of Man”*, by Herbert Puryear, Ph.D. and Mark Thurston, Ph.D.

# Edgar Cayce's Approach To Dream Interpretation

- When we do this we get the following model:

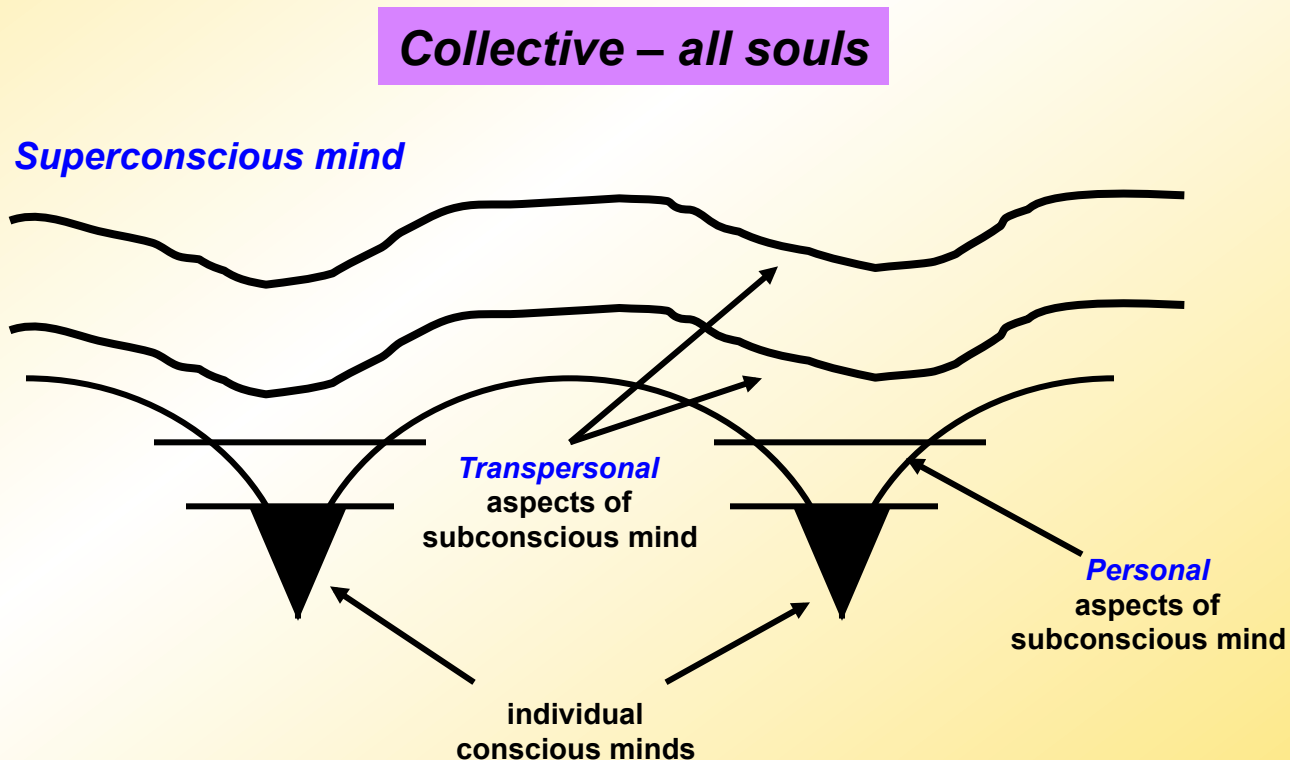


- As Mark states, *“The Swiss psychiatrist C.G. Jung proposed a two-level unconscious consisting of the **personal unconscious mind** (a storehouse of personal memories) and, beyond that, a **collective unconscious [mind]** (the storehouse of mental patterns that are inherent to all human beings).*

<sup>1</sup> See *“Meditation and the Mind of Man”*, by Herbert Puryear, Ph.D. and Mark Thuston, Ph.D.

# Edgar Cayce's Approach To Dream Interpretation

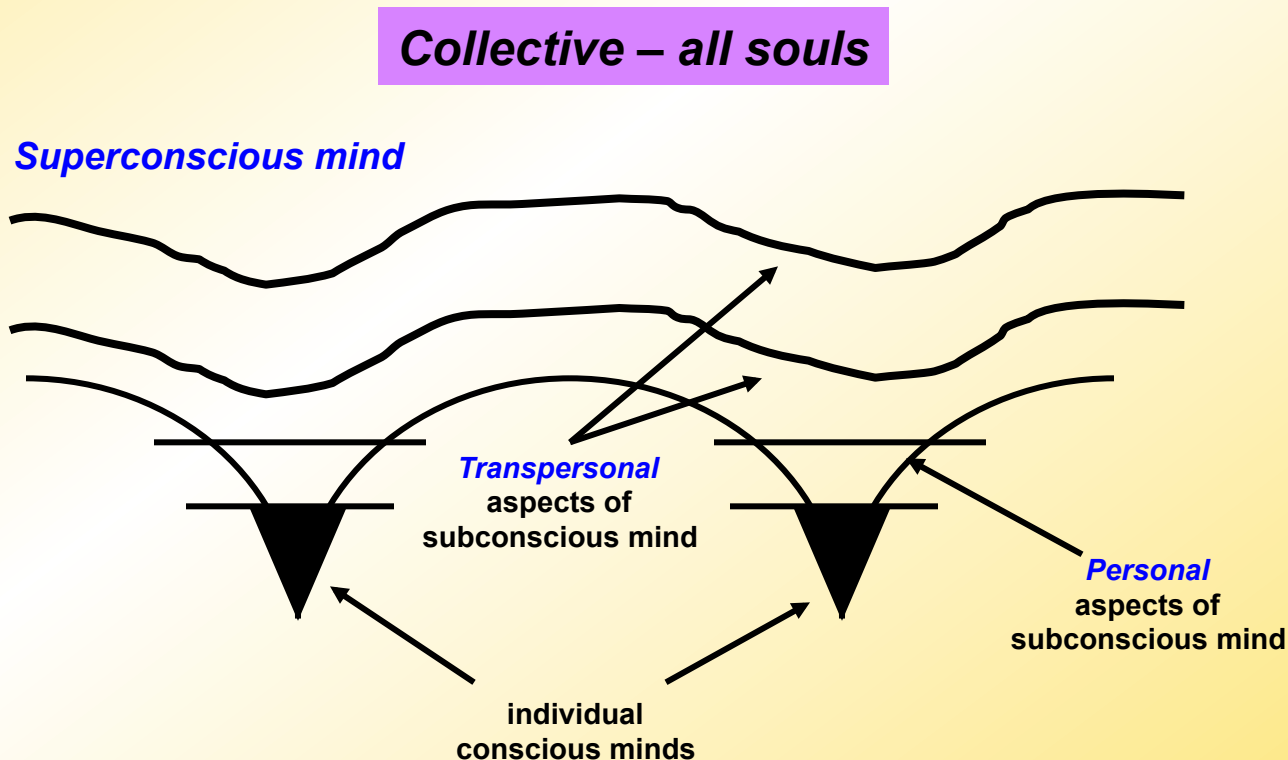
- Mark states that “Like Jung’s theory, the Edgar Cayce readings describe a subconscious mind, which includes the **Personal Unconscious**, as described by Jung, plus a variety of levels beyond that, which are characterized as “universal.” In this case “universal” does not mean “omniscient,” but “accessible to all persons.” Various terms have been used to label these layers of mind, among them being the astral plane, the etheric plane, etc.



<sup>1</sup> See “Meditation and the Mind of Man”, by Herbert Puryear, Ph.D. and Mark Thuston, Ph.D.

# Edgar Cayce's Approach To Dream Interpretation

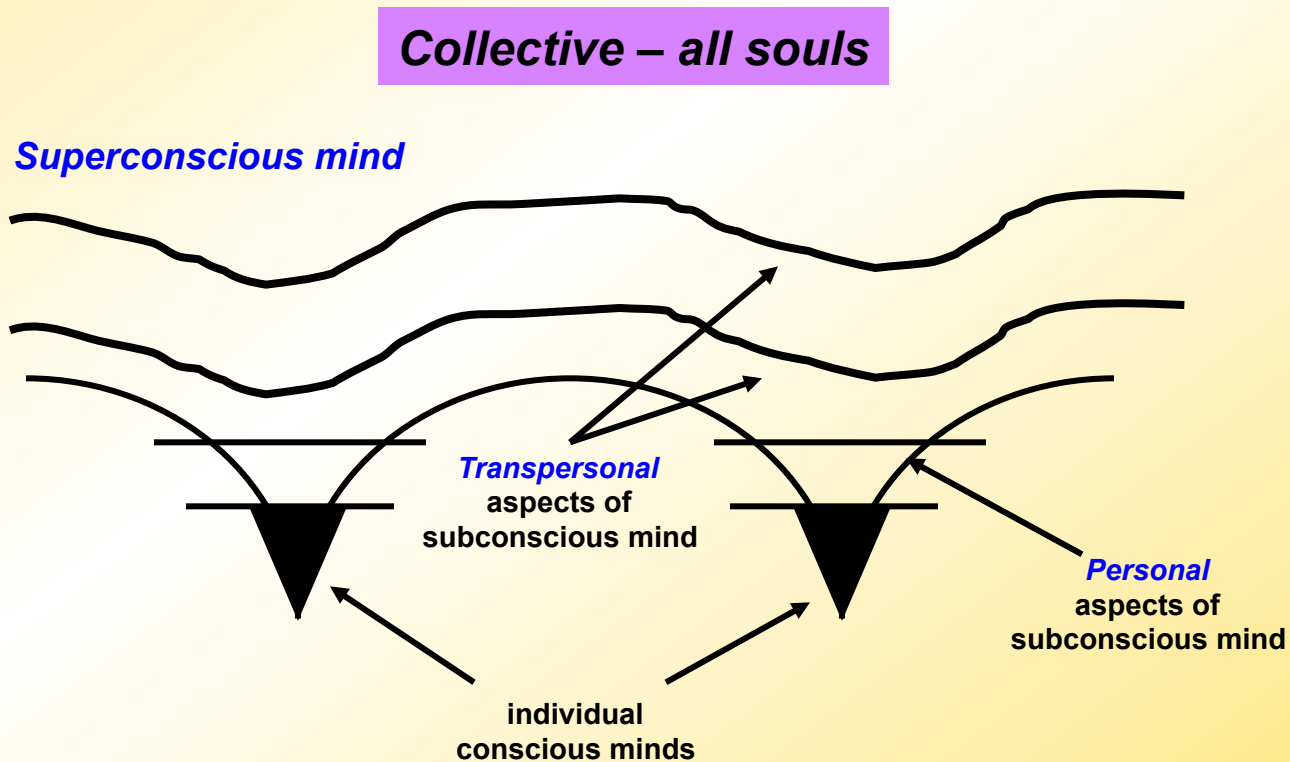
- Mark then states, “Beyond the subconscious mind is the superconscious mind, which is the **Divine Mind** within us all. When we make our **awareness** one with this level of mind we experience our oneness with all life, with “the Divine” -- God, and the **eternalness** of our soul.”



<sup>1</sup> See “Meditation and the Mind of Man”, by Herbert Puryear, Ph.D. and Mark Thuston, Ph.D.

# Edgar Cayce's Approach To Dream Interpretation

- “Although dreams in which the superconscious mind is experienced directly are very rare, the Cayce readings suggest that we will find the influence of this highest level of mind **[the superconscious]** expressing frequently in our dreams.



<sup>1</sup> See "Meditation and the Mind of Man", by Herbert Puryear, Ph.D. and Mark Thuston, Ph.D.

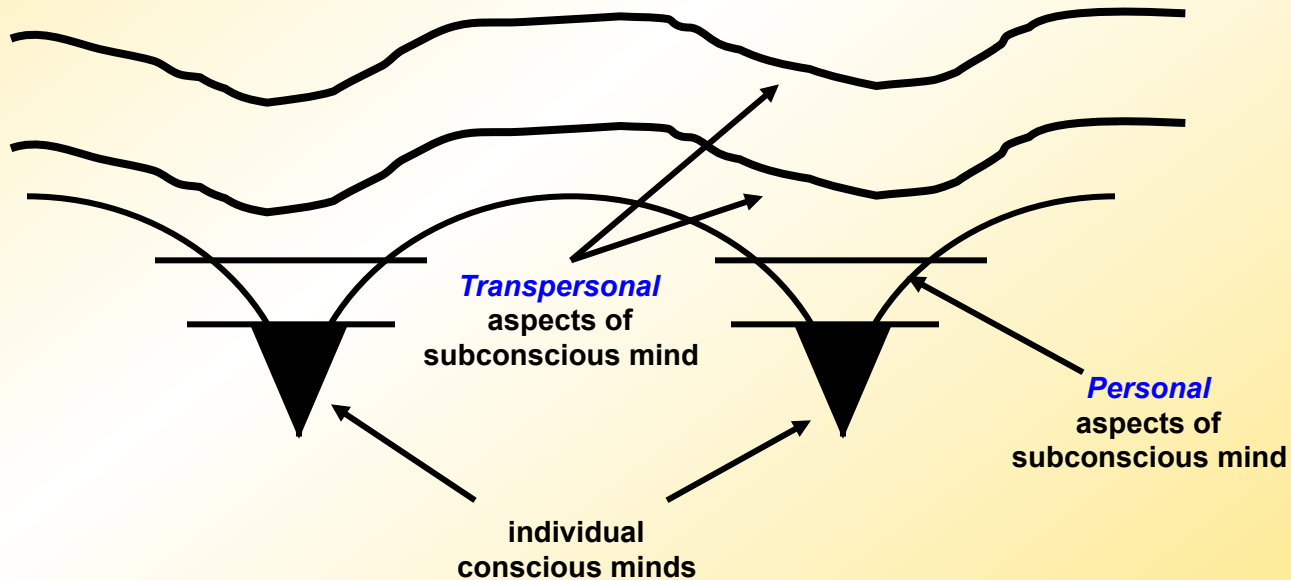


# Edgar Cayce's Approach To Dream Interpretation

- “Finally, it should be noted that the use of the word “beyond” to characterize these levels of mind (e.g., “the superconscious lies beyond the subconscious”) is not meant to imply spatial location of parts of the mind, but the way that we come to experience them.”

Collective – all souls

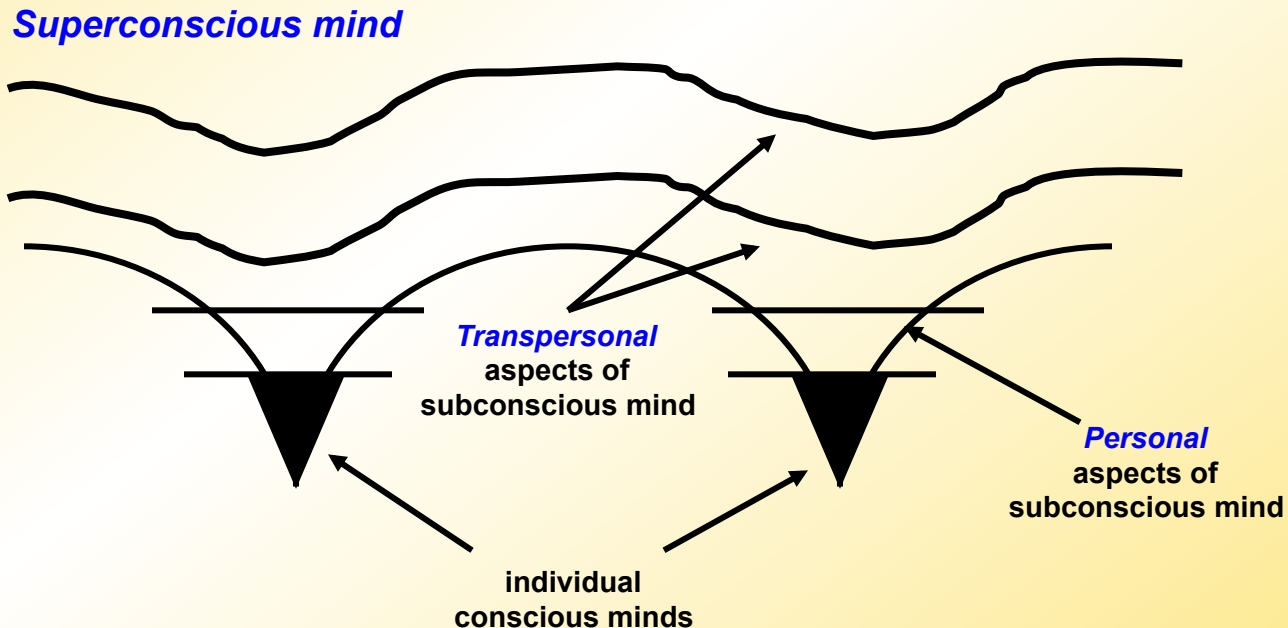
Superconscious mind



# Edgar Cayce's Approach To Dream Interpretation

“The habitual memory patterns of the subconscious [mind] act as a barrier to our contact with the superconscious [mind]. It is only by dealing with those subconscious mental patterns that a consistent contact can be maintained with the superconscious mind.....Dream Study and Meditation are two of the most effective ways to deal with those subconscious thought-form patterns”

Collective – all souls



**You can talk to God in your dreams !! - Heresy**

# *Edgar Cayce's Approach To Dream Interpretation*

**-- Example Dream Analysis --**

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

I am driving on a highway which runs ground level beside a lake. The lake is to the right. To my left are other lanes one or two stories higher than my lane. And I see cars driving off this upper lane and crashing onto my lane to park by the lake shore or to continue driving on my lane. I dodge them. As I drive along, I see a row of parked cars to my right by the lake shore with the same body damage reflective of the lane change crashes. I am pulling an empty flatbed dolly into a tunnel/cave.

As I enter the tunnel to my right is my undergraduate advisor Dr. \_\_\_\_ speaking to a grad student sitting at a bench with their backs toward me. I pull the cart up to him and he stands up from the bench and he greets me with tears in his eyes saying he was not fired. I say Mahalo for everything as he funded my research my Sophomore year in college. We hug and I say Aloha and we part.

I keep pulling the empty cart deeper into the tunnel which is starting to seem like an underground section of a university. Seems like Cambridge. I encounter a rusted metal pipe fence which is the height of the dolly. I take apart the handle and the flatbed. I lean the flatbed on one side (2 wheels) and pull the dolly through the space between the side of the tunnel and the edge of this metal pipe fence. I assemble the dolly on the other side and continue pulling the dolly into a bright opening that I see coming to my left. As I enter this bright opening, I see on the ground to my right a print of a backside of a woman peeling off a bikini bottom. I ignore it and pull inside the bright opening.

F. Harris, Nov 2, 2008

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

I am driving on a highway which runs ground level beside a lake. The lake is to the right. To my left are other lanes one or two stories higher than my lane. And I see cars driving off this upper lane and crashing onto my lane to park by the lake shore or to continue driving on my lane. I dodge them. As I drive along, I see a row of parked cars to my right by the lake shore with the same body damage reflective of the lane change crashes.

The highway you are on represents the path in life you are on, and the lake (water) on your right represents a spiritual level. The fact that the hwy you are on is at (or nearly at) the same level as the lake says that you are working at a spiritual level in life as you go along your path. That is a good sign !

The cars at 1 or 2 levels above you going in the opposite direction represent the people around you that seem to be going in the opposite direction that you are going and I believe the higher level represents a higher intellectual level NOT a higher awareness level. That is often the way academia can be or are - very intellectual (and sometimes in a superior way) and not grounded or spiritual at all. So in the dream the fact that you recognize that and do not feel drawn to be there is also a good sign.

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

I am driving on a highway which runs ground level beside a lake. The lake is to the right. To my left are other lanes one or two stories higher than my lane. And I see cars driving off this upper lane and crashing onto my lane to park by the lake shore or to continue driving on my lane. I dodge them. As I drive along, I see a row of parked cars to my right by the lake shore with the same body damage reflective of the lane change crashes.

The fact that those cars are crashing off their hwy onto your hwy to go park by the lake or to drive on your hwy but in the opposite direction indicates people recognizing that they need to be at your level (at a spiritual level) and some are actually going by the lake (seeking spirit), while others have "crashed" down to your level and keep driving but in the "wrong" direction (going the wrong way in life) oblivious to the lake (spirit) being there. AND you are successfully avoiding crashing into them - that is very good.

Your recognizing a row of parked cars by the lake with "damage" is simply you recognizing some people sitting by the lake soaking up or enjoying the view.

The "damage" that the cars receive as a result of them coming down to your level is reflective of the fall in ego consciousness that is required for a highly intellectual person when they come down to work at a spiritual level.

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

**I am pulling an empty flatbed dolly into a tunnel/cave.**

**You pulling an empty flat bed dolly behind you indicates that you are still holding onto things of the past but the flatbed being empty indicates to me that you have not identified what that past is. The fact that it is a flatbed rather than an enclosed trailer indicates that your past is in the open to see and is not hidden from you, but the fact that you did not identify anything on the dolly is a little bit confusing to me. It could mean that you do not have a lot to bring with you, which would be a good sign.**

**You pulling the empty flatbed dolly into a tunnel/cave indicates the near future for you, and that it is going to initially seem like you are going into "your cave" but I don't feel badly about that.**

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

As I enter the tunnel to my right is my undergraduate advisor Dr. \_\_\_\_ speaking to a grad student sitting at a bench with their backs toward me. I pull the cart up to him and he stands up from the bench and he greets me with tears in his eyes saying he was not fired. I say Mahalo for everything as he funded my research my Sophomore year in college. We hug and I say Aloha and we part.

You meeting an undergraduate advisor (in the tunnel or cave) that helped you in the past sitting with his back to you talking to another grad student (which is you) is a very good sign.....He is on your "right" side, and the grad student that he was talking to is the you of the past. The fact that this advisor said he was NOT fired indicates to me that he can still be of help to you (advise you).....if you mis-spoke and meant to say that he WAS fired, that would be a different meaning.....

Assuming that he said that he was NOT fired, and that you greeted him in Hawaiian and said good bye to him in Hawaiian indicates that you should probably seek him out and get some advice from him on your way to Hawaii to get more education....the Cambridge campus to me represents very good and highly intellectual educational training....whether it is in Hawaii or some other place that is not clear to me. The fact that he had tears in his eyes can mean that he is saddened that you did NOT take some of his advise or that he is willing to advise you but that he recognizes that your future path will not be easy - I am not clear on that.



# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

**I keep pulling the empty cart deeper into the tunnel which is starting to seem like an underground section of a university. Seems like Cambridge. I encounter a rusted metal pipe fence which is the height of the dolly. I take apart the handle and the flatbed. I lean the flatbed on one side (2 wheels) and pull the dolly through the space between the side of the tunnel and the edge of this metal pipe fence.**

**The tunnel or cave "becoming" or turning into a University setting indicates what I have said above....the path that you are taking is guiding you to what may seem like a dark cave but in fact is a path to higher education. You taking apart the flatbed dolly you have been pulling and leaning it up against an old rusted metal pipe fence is a good sign. The old rusted fence represents a self imposed barrier from the past.....and the fact that you are willing to dismantle the past that you have been "dragging" behind you (without actually identifying what it is) represented by the empty flatbed dolly, is also a very good sign, but again something that you must consciously do.**

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Example Dream Analysis --*

I assemble the dolly on the other side and continue pulling the dolly into a bright opening that I see coming to my left. As I enter this bright opening, I see on the ground to my right a print of a backside of a woman peeling off a bikini bottom. I ignore it and pull inside the bright opening.

The fact that you reassemble the dolly on the other side of the fence and continue pulling it, means that you are willing to get beyond the previous barrier (the old rusted metal pipe fence) that prevented you from getting the higher education, but you are still dragging some of the past with you. The bright opening represents that things will become brighter (greater awareness) for you. The print of the "backside of a women peeling off bikini" that you recognize but ignore, simply indicates that there will be attractive distractions but you will be able to ignore them.

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Inception<sup>1</sup> – The Movie --*



***“In a world where technology exists to enter the human mind through dream invasion, a highly skilled thief is given a final chance at redemption which involves executing his toughest job to date – Inception”<sup>1</sup>***



<sup>1</sup> <http://www.imdb.com/title/tt1375666/>

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Inception – The Movie --*

- **Ann Hornaday of the Washington Post says in her “Critic review”<sup>2</sup>,**
  - **“The movie opens with a dramatic shot of huge waves breaking onto a nameless shore. And that image suggests the best way to watch a film with such a tightly coiled plot, cerebral conceits and formidable ambition.”**
  - **“Rather than trying to game out ‘Inception’ on first viewing, it's best to let it wash over you, and save the head-scratching and inevitable Talmudic interpretations for later. Chances are, there will be a later: ‘Inception’ is the kind of film that will no doubt drive scores of viewers to theaters for a second go [because] ‘Inception’ is that rare film that can be enjoyed on superficial and progressively deeper levels.”**
- **The plot is, “...the main character Dom Cobb (Leonardo DiCaprio), makes his living navigating the minds of other people, sharing their dreams and stealing ideas in an elaborate psychological gambit known as ‘extraction’ as part of super-complicated corporate espionage. As the movie opens, a client hires Cobb for an altogether different assignment: Rather than steal an idea, he wants Cobb to plant [an idea] in the mind of the would-be heir to an energy conglomerate.”**
- **As Hornaday states, “Inception keeps circling back to the motivation that has driven films from ‘The Wizard of Oz’ to ‘E.T.’: Cobb [the main character], finally, just wants to go home. This aim, in its simplicity, manages to make comprehensible even the most preposterous layers-upon-layers of ‘Inception’, and gives what could easily have been a chilly, impenetrable exercise a surprisingly strong emotional core.”**

<sup>2</sup> <http://www.washingtonpost.com/gog/movies/inception,1158861/critic-review.html>

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Inception – The Movie --*

### **-- MY VIEW –**

- ***The movie is a mind bending story of how “possible” psychological technologies could be used to invade and imprint on someone else’s subconscious mind ideas that they think are their own, which is of itself possible but I personally have no experience with that, and the Edgar Cayce readings say nothing about this possibility.***
- ***The “TRUTH” in the movie is that your subconscious mind can be “imprinted” with the conscious thoughts that you hold, AND [your subconscious mind] can be a vehicle that “past life recall” memories can bubble up to the surface and reveal important information for your current life, and possibly the lives of others.***
- ***An important “truth” is that our Dreams are experienced in the subconscious mind and the “ideals” that we hold are in the subconscious mind and a goal is to make sure your conscious thoughts are in alignment with your subconscious ‘thoughts’.***

# *Edgar Cayce's Approach To Dream Interpretation*

## *-- Individual Dream Analysis --*

- *Time to share your individual dreams & let's see if we can make sense of them.*

## **Morning Preparation & Evening Gratefulness Affirmation Exercise**

### **Morning Preparation Affirmation Exercise**

Each morning when you get up and place your feet on the floor, "center yourself" and say the following:

***"Thank you Father-Mother God for this day. Help me draw to myself those individuals that are loving, caring, supportive and helpful to me, and that I can be loving, caring, supportive and helpful to them. Let me remain aware of thy presence in myself and all whom I meet and interact with this day."***

Then simply go about your day doing what you find at hand while paying attention to your thoughts and how you respond to them, as well as all of the events and people in your life that day and how you respond to them, noting the synchronicities.

As each meeting or situation that you feel is synchronistically positive, simply acknowledge it and say "Thank you Father."

For each "challenge", be alert to the presence of an opportunity to respond rather than react, and silently say: Help me understand what I am suppose to do with [or learn from] this experience?

### **Evening Gratefulness Affirmation**

At the end of each day, as you are about to get into bed, place your feet on the floor and say the following:

***"Thank you Father-Mother God for this day and all the challenges and opportunities you provided me. I would like to have a dream of clarification regarding – [whatever you feel you want clarification on]"***

If you are having difficulties with someone or some situation, say something like:

***"I would ask for your help in removing those obstacles, things or people that I am having difficulty with [name the person(s) or situation(s), so that I might create an easier or more peaceful relationship with that person or situation"***

### **Dream Journaling**

I recommend that you keep a Dream Journal next to your bed and if you are asking for a dream about a specific thing, situation or person, that you write your request in the Dream Journal and then when you awake, either in the middle of the night or first thing in the morning, jot down all the little fragments - don't attempt to analyze the dream at that time, do that later. As you go about your day, jot down [or note] any additional fragments that you recall throughout the day and document them in your dream journal.



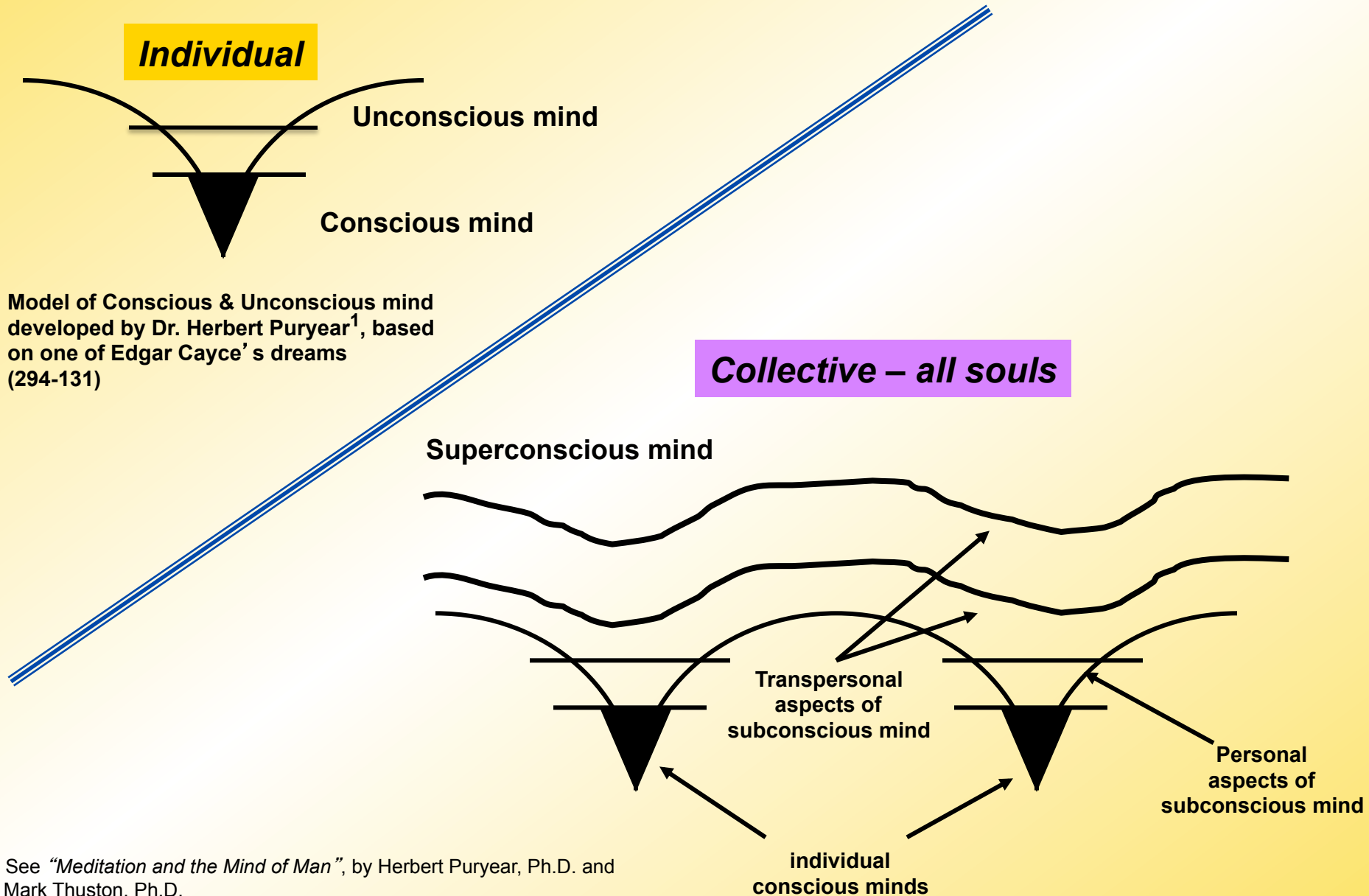
# OM, Shanti

**“Om Shanti, pag ah nam Shanti”**

**“Oh great Universal Consciousness, bring peace to me and to my fellow man”**



# Edgar Cayce's Approach To Dream Interpretation



<sup>1</sup> See "Meditation and the Mind of Man", by Herbert Puryear, Ph.D. and Mark Thuston, Ph.D.