

What Does
Edgar Cayce's
Work
Have to Do
With
Young People?

A guide to the A.R.E.
Written by and for kids!

Brew Miller



Errot ~~Yuksek~~
Yuksek



Heather ●
Kunchev



© 1994 By the members of the A.R.E. Jr. Congress
and facilitator Wendy Bush Hackney

Table of Contents

What is the A.R.E.?	1
Junior Congress	1
Massage	3
Dreams	5
Following Your Vision	7
Meditation	9
Our Three Bodies	11
Being in Nature	13
Service Projects	13
Sparkle	15
A Message from Wendy	17
Fun Pages	18 & 19
Autographs	Inside front and back covers

1 What is the A.R.E.?



The Association for Research and Enlightenment is located in Virginia Beach, VA. The study the works and readings of a famous psychic named Edgar Cayce. The A.R.E. have many members from around the world, including Spain Canada and New Zealand. There are over 33,000 members today. Many of them never come to visit. But, those who do, come to take classes and learn more about the readings and other subjects.

We met many A.R.E. staff people during the week of our Jr. Congress.

Membership Services Department:

Our tour guide, Joan Grasser, introduced us to: Freda P., Susan F., Chris, Bill, Ruth, Will and others. They all looked very busy. Mary W. is the lady who types in all the names of all the people who write to the A.R.E. There are over 300,000 names currently on just ONE computer. She also send outs copies of



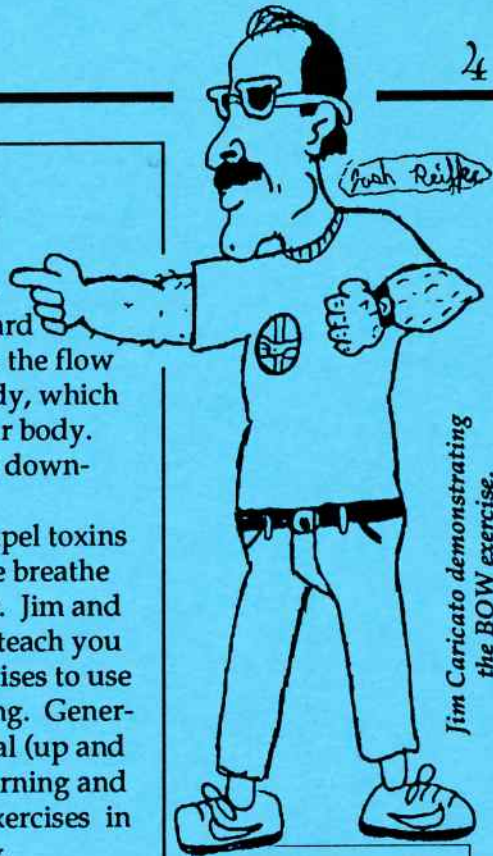
readings by Edgar Cayce on many different subjects. There are three BIG file cabinets full of this information. They get between 300 and 800 pieces of mail EACH DAY, many who request this information, many want to join. Barbara answers phones and sends messages, does membership renewals and loves to play computer games (during lunch, of course), because that is how they learned to use their computers. The computers are

Junior Congress

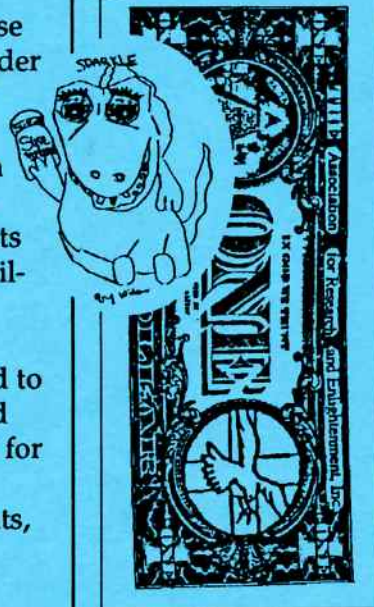
All of us in Jr. Congress have parents who are members of the A.R.E. We came together with them to the annual congress, or we live in Virginia Beach and were able to walk here from home. Some of us have been coming here for a long time. This is the first year we have our own congress for 8-14 year-olds. We like having our own room and being with people our own age. This year we were given an opportunity to write a book for and about young people and the works of Edgar Cayce. We did visits and interviews with all kinds of different people associated with the A.R.E. Our facilitator, Wendy Bush Hackney, brought her desk-top publishing system (Macintosh) so we could make the book look really professional. We hope you enjoy our work! We plan to come back and add more information, so that we will have enough information for a REAL book that we can present to the A.R.E. Press for publication. What do you think?

HELPFUL HINTS ABOUT MASSAGE:

- When you dry yourself with a towel, dry up from your toes and hands toward your heart. This increases the flow of blood through your body, which helps rid the toxins in your body. Dry your head/shoulders downward.
- Deep breathing helps expel toxins in your body. Most people breathe with very shallow breaths. Jim and the other staff people can teach you some neat breathing exercises to use in the morning and evening. Generally, you should do vertical (up and down) exercises in the morning and horizontal (side to side) exercises in the afternoon and evening.
- Most deodorants stop the release of toxins from the lymph area under your arm. This is NOT good for your body
- Lavender oil (used in the steam baths) cleanses your aura. Other essential oils can have other effects on the body. There is a chart available at the school for clients to choose from.
- Cold-pressed peanut oil is good to use for massage. Olive oil is used on the face, and castor oil is used for aches and pains.
- Music is used to relax the clients, as well as dim light and climate controlled temperatures.



*Jim Caricato demonstrating
the BOW exercise.*



5 Dreams

We had a visit with Charles Thomas Cayce. His grandfather was Edgar Cayce. We talked about dreams. He told us about some interesting dreams of people he had met as well as his own daughter. We talked about our own dreams too, and spent some time thinking about what they might mean. Mr. Cayce told us that sometimes, for young people, dreams can be quite literal - for instance - if your dream about certain foods (like lots of chocolate doughnuts) and then you get sick (in your dream) it may mean you may be eating too many sweets! Sometimes, if you jump or feel like you are falling and it wakes you up, it is actually the result of the nerve endings in the joints of your feet, ankles, and knees flexing (still moving) from a full day of fun and exercise. It actually makes you think you are falling in your dream! Some dreams can give us clues about past lives, and some may even BE from past lives.

Our Comments:

Josh: We talked about dreams with Mr. Cayce. He explained what they meant. It was neat because he was the grandson of Edgar Cayce.

Justin: I learned lots of interesting dreams, and I learned dreams can tell you about important things.



Ethan



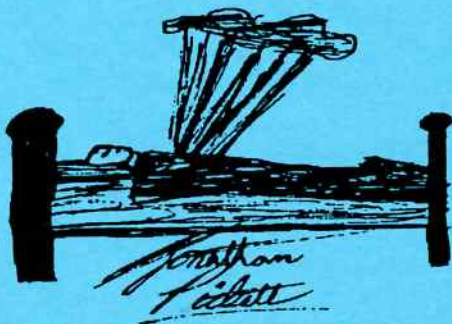
Willow: Dreams will mostly help you to find out things that will or won't help you.

Ethan: I liked the dream about the coffin. It was cool.

Drew: I learned about how to understand them better.

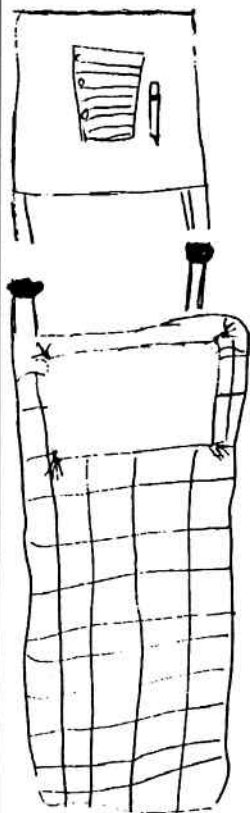


Drew



HELPFUL HINTS ABOUT DREAMS:

- You may not like a certain dream, but it can be helpful for you to remember it anyway, it may be a important message for you.
- You can remember your dreams if you place a pencil and a pad of paper next to your bed. Just before falling asleep, tell yourself that you want to remember you dream as you wake up in the morning. Keep trying this each night. Soon you will automatically remember them.
- We leave our bodies often when we sleep, but we don't usually remember doing it. Sometimes we can see ourselves lying in our beds. Sometimes we can feel as if we are falling just before we wake up.
- Dreams can be very important. They can even save your life!
- Both Einstein and Edison - two famous minds of this century - used dreams in their work. They would lie down when they had a problem, and begin to relax. One kept his hand in an upright position, the other kept his hand over the edge of the sofa, while holding steel balls. As each drifted off into the dream state their hands would become limp, dropping the balls or hitting their chest. They would immediately try to remember what they were dreaming about. Usually, there would be a clue or helpful idea to solve their problem! Both of these men used to correspond and visit with Edgar Cayce.



WILLOW

SPARKLE SEZ:

Maybe I'll
invent
something like
Edison did! I
wonder what it
will be?



Following Your Vision

A VISIT WITH WALLY THE WHALE CREATOR LINN JACOBS

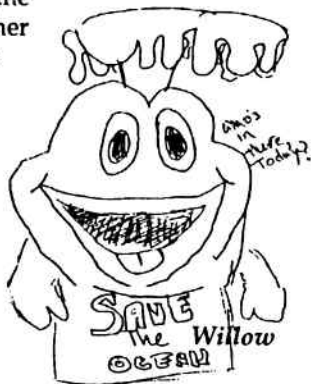
One day, Mr. Linn Jacob's, the creator of Wally the Whale, came to visit us. He brought Wally (in costume). We asked him lots of questions about how the book came to be. He told us about his vision to this, and all of the things that have happened as a result of following his vision. He even is recognized by the United Nations! The book, which is now on sale in the A.R.E. bookstore, is also being distributed nationally. It went on sale only two months ago. We were very impressed with all the work it took to make the book and do all the other related projects. He wants to make a difference with kids. We think Wally will be bigger than Barney!

Our Comments:

Galen: I thought it was really cool. I hope Wally the Whale becomes more famous!

Willow: Wally IS better than Barney. Linn doesn't want to have anything to do with Wally the Whale junk food. He said he would only make agreement to use Wally's image (called a licensing agreement) on products which were environmentally friendly and good for kids!

Josh: He told us a lot about how he started the book and how he stuck with his dream. He met the U.N. and told us to stick with OUR dreams!



Errol: He got the idea during the N.F.L. (football) strike. Everyone wanted to save football. There were also people who wanted to save the whales. What would happen if the whales wanted to save earth? It took over a year to actually make the book.

Justin: Linn Jacobs came to our classroom, it was really cool and fun.

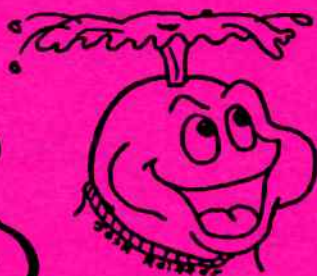


HELPFUL HINTS ABOUT FOLLOWING YOUR VISION:

- Listen and be open to other people's opinions and ideas. **BUT** think for yourself and don't let their ideas overrun **YOURS!**
- Picture what you think it will turn out to be. Keep that picture in your mind.
- It might take a long time to happen, but it **WILL** if you stay committed to it.
- Don't stop dreaming.



Sparkle is Cool!
It would be fun
to play with her!



SPARKLE SEZ:



Wally the
Whale is my
HERO! Maybe
someday I'll be
in a story with
him!

9 Meditation

One afternoon, after a hot walk in the park, we spent some time with Richard Martin. He taught us about using sounds to relax. We made chanted some sounds: HI-HO-HOO-HA-HI. This is called toning. We did it over and over, each time louder, and imagined light going up our spines. He also led us on a meditation. He told us to imagine we were in a flying saucer of our own, with our right and left hands on the controls. Each of us went on our own journey. When we "came back", we felt refreshed and relaxed.

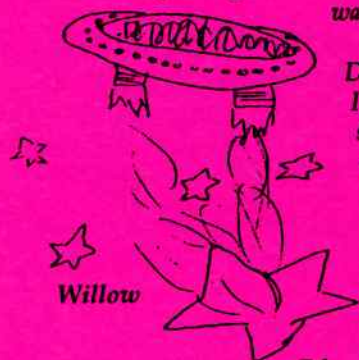
Our Comments:

Galen: I meditated and we went on a trip in our mind. We made different and weird sounds. I saw a flying saucer.



Jonathan (Dude): My favorite part of meditation was travelling in a spaceship., all I could see were the controls and outer space. The planet I landed on had palm trees and sunflowers.

Willow: It was fun to go on the spaceship. I saw a star. I saw an angel by me. She was tall and had long blonde hair.



Drew M.: It happened (but did it really happen?). I don't know, but I do know that when I woke up I saw an aura around people for about ten seconds and then it went away.

Josh: I got very relaxed and it was almost like sleep, but it wasn't, because you could still hear and listen. We did healing sounds like Hi, Ho, Who, Ha, Hi, Ko, Ku, Ka, Ki.

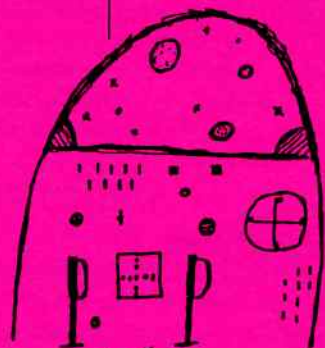
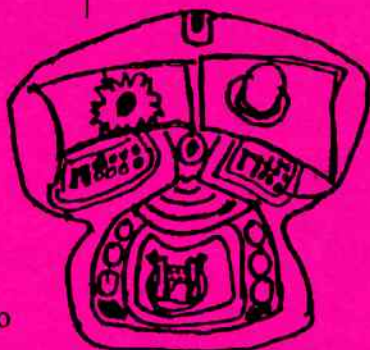
Ethan: I saw the universe while I meditated.

Errol: I was sitting in the spaceship with the two handles in my hands and when it took off I could see all the planets passing me as I controlled the controls. Then I chose a star. Me and the star were surrounded by other stars and then I went back to earth.



HELPFUL HINTS ABOUT MEDITATION and TONING:

- When you meditate, you can lie down or sit down. You should feel comfortable, not scrunched up. You can listen to a tape or have someone read or tell you some guided imagery. It is important not to think there is something that has to happen. Each person gets different pictures, sounds, and impressions. There is no one right way!
- There are certain sounds that you can make which will call to you the assistance of four very special Archangels. Before you say each name, breathe in deeply. Repeat each name several times. Speak slowly, in a sort of chant. The first sound you make is for the Archangel Michael. It goes: MI-KA-HU-EL. The next is for the Archangel Raphael. It is: RA-PA-HU-EL. The third is the Archangel Gabriel: KA-VA-RA-EL. The last is the Archangel Uriel: HU-RA-EL. You can call on their help ANY TIME, not just during a meditation. They will protect you in any situation.



SPARKLE SEZ:

My spaceship was
BIG and had lots
of switches
and controls
It was COOL!



"Our Three Bodies

We had two very interesting discussions about our three bodies. One was with Charles Thomas Cayce, and he helped us to understand what the three different bodies are. The other meeting was with Constance Juanita, who helped us learn more about our AURAS - our spiritual selves. We did some meditation exercises, drawing, sharing and other things. We each found our own personal symbols, numbers, words, and tools. She helped us to understand where we could learn more about them.

YOUR MENTAL BODY

Your thoughts take form - you ARE what you THINK you are. Young people who are psychic can see our mental (thought-forms) body. They have told C.T. Cayce that these bodies look like peanuts. Your thoughts have colors too.



YOUR PHYSICAL BODY



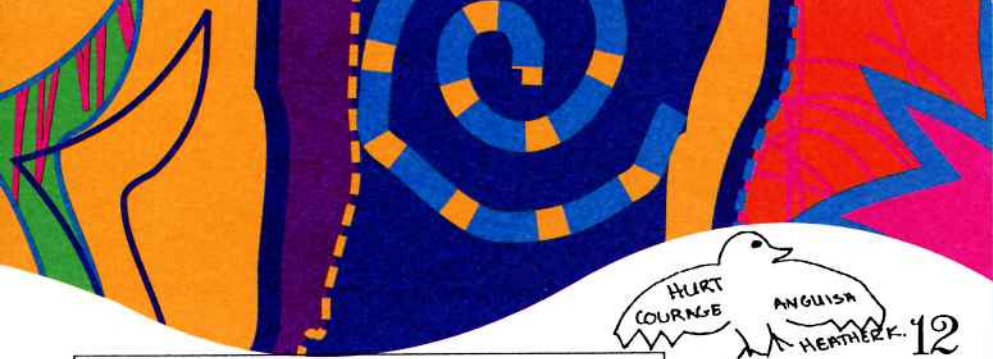
This is your actual flesh and blood and bones. It is the "house" for your soul, but it is NOT the soul. It is nurtured by good health habits, proper diet, and exercise. It is harmed by lack of sleep, over indulgence with any food, drink or drug, and environmental pollution. When your physical body dies, you do not.

YOUR SPIRITUAL BODY

This has three parts:

- The first is the Spirit itself, which is electricity. You cannot SEE it except through something else (just the way we cannot see electricity until it makes something work - like a light bulb. A light bulb glows BECAUSE there is a source of power making it work). The Spirit is your connection to GOD - the source of all life. It is where our "power" comes from. We can best strengthen this connection to GOD by being of service to others.
- The second is your Mind, which processes what you experience and helps you decide what things mean.
- The third is your Will. This is what you use to make choices about what to do, in your own life and in your relationships to others. People can have a strong will to do good OR bad things, it is their choice.

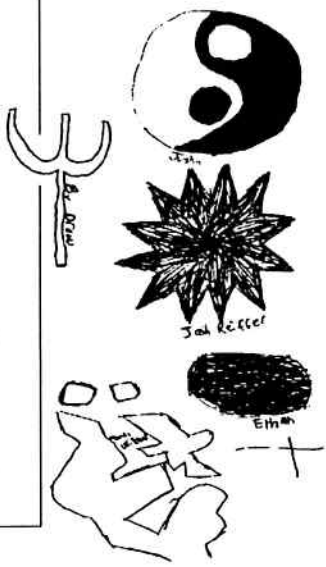
Your spiritual body has a rainbow-like look to it, and is called your AURA. People who can see auras often see different colors depending on how well the person is - ugly, dark, muddy colors indicate illness, either mental, physical or spiritual. Clear, bright colors mean wellness. When your physical body dies, it is your spiritual body which lives on, to come back again into physical form when and if it is desired or required. All humans have a spiritual body which lives eternally.



HURT COURAGE ANGLISH HEATHER K. 12

HINTS ABOUT YOUR THREE BODIES:

- See the massage section for hints about caring for your physical body. Actually, massage affects your spiritual body too.
- To quiet yourself before doing work about your auras, drawing works better than talking. If you feel like talking - pick up a pencil and draw!
- There is a small book in the A.R.E. bookstore called *Beginning the Search*. It is a Young Adults approach to the *A Search for God* book for the adults. It has many interesting symbols and information inside.
- Respect each other's physical space - the best place to touch others without invading them is to lightly put your hand on their shoulder.



Our Comments:

Josh: It thought is was really neat, because after we meditated, we opened our eyes and saw other people's auras. She also has us close our eyes and get feelings from objects of hers that we held in our hands.

Willow: I felt there was a yellow and white light surrounding my body.

Ethan: I was really surprised when I thought the word "pain" when I felt the comb - and then she said she had cut herself with it.

Galen: When I was given a bracelet, the word ruby came into my head. I then found out that her birthstone was the ruby! She had been given the bracelet on her birthday!

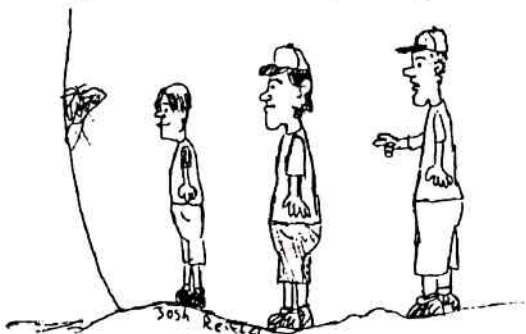
Justin: It was cool. I saw other people's auras. We were all connected by power. I found out almost everyone is pyschic.

Heather: When I held the orange barrette, I pictured crying , hurt, disoriented questions. It turned out that her son was killed in a car wreck this past spring. About 20 minutes after that, I got a flashback, as if her spirit was in ME. I starting seeing everything she did, how she felt, and what she was doing. It was so sad.

Drew: I saw auras of different people, and it was incredible seeing them! It was breathtaking.

13 Being in Nature

One very hot afternoon we went for a short walk to the nearby Seashore State Park. We took a short cut to the main path, through an area that looked almost like a jungle. It had a swamp and there were funny looking cypress knees (a knobby short growth of a cypress tree). We saw platform fungus, ferns, sassafras trees, and lots of bicyclists. They yell "On your right!" as they zoom up behind you to pass you on your right. The park ranger told us there would be some black snakes, raccoons, cormorants and more, but we only saw a few small birds and a squirrel, and lots of bugs.



Our Comments:

Errol: I really liked the nature walk because I like the trees and animals.

Ethan: The walk was too short, even though we took a short cut to get into the park.

Drew: We went on a great nature walk - except we should have brought bug spray

Service Projects

Every year at Congress, participants of all ages are invited to plant trees, roses, and do other service projects on the grounds of the A.R.E. The idea is that each year, we can return to see how our plant/tree is doing. Some people planted things many years ago, and the plants are now very big and beautiful. We did this on a VERY hot afternoon, and we melted!

Service projects are a good idea. They strengthen you spiritual body - your connection to God and the Universe.



Our Comments:

Drew: We needed to bring water. It would have been better to do this in the morning.

Willow: Next year we will see if the miniature roses we planted are still alive.

HELPFUL HINTS ABOUT NATURE WALKS:

- ALWAYS BRING BUG REPELLANT!
- ALWAYS BRING WATER!
- HAVE PLENTY OF TIME TO ENJOY IT!
- DON'T GO IF IT IS TOO HOT!



Ethan

下
十
九
中
十
五

and a canteen for water.

Josh: It was not fun at all. Don't do this unless you have bug spray, or it is cooler outside, and you have something to drink. When we went it was hot and dumb!

Galen: At the Seashore Park I found some really cool rocks.

Justin: I saw a weird plant called a platform fungus (cool). I wish I could go there again.

Willow: Don't go without bug spray! There wasn't enough time. It was a beautiful place, but the bugs eat you alive - seriously!

Jonathan: Don't go on the nature walk if it is hot or if you don't have a lot of time.



Galen: When we were planting the roses, we were boiling in the sun. We should have brought some water to drink!

Josh: I thought it was good idea, but we planted it in the afternoon and it was too hot!



Justin: We planted rose bushes -it was hot and fun! I thought the idea was pretty cool.



Drew

Ethan: We should have planted the rose bushes in the morning. It was really cool though. My favorite part was scooping the dirt out to make room from the root ball.

SPARKLE SEZ:

I LOVE nature!
I eat
caterpillars,
peanut butter
sandwiches
and lots of
CANDY!

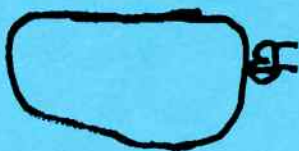


15 Sparkle



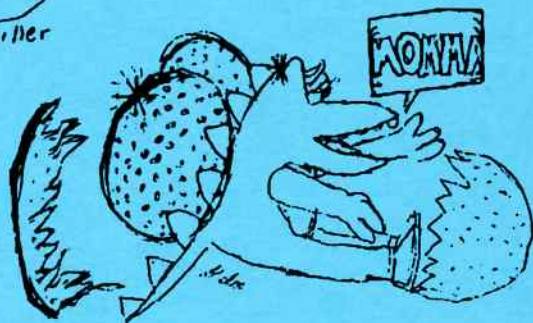
Once upon a time Wendy went walking in the forest. She found a BIG sparkily rock. She went over to see what it was because it didn't look exactly like a rock.

She put her hand on the rock.



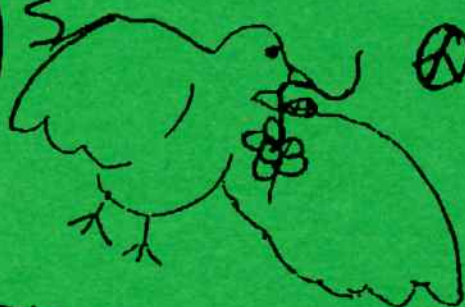
All of a sudden it broke open and out popped a baby pink dragon!

She looked at Wendy and she said:





ALWAYS



LOVE

