





## Dear Prayer and Healing Friends,

Prayer and meditation are powerful practices that foster mental, emotional, and spiritual well-being. They serve as essential tools for cultivating inner peace, clarity, and resilience amid life's challenges. Prayer, often connecting individuals with a higher power or divine presence, provides comfort, guidance, and a sense of purpose. It encourages gratitude and humility, reinforces positive values, and fosters a sense of community. Meditation, on the other hand, promotes mindfulness and self-awareness by focusing the mind and alleviating stress. Regular meditation helps reduce anxiety, improve concentration, and encourage emotional stability. Both practices complement each other by nurturing a balanced life. Prayer can offer solace during difficult times, while meditation enhances self-understanding and mental clarity. The Cayce readings teach us that prayer is talking to God and meditation is listening. Together, they can deepen one's spiritual journey and improve overall health. Scientific studies have shown that consistent prayer and meditation can positively influence brain function, lower blood pressure, and boost immune response. In today's fast-paced world, these practices serve as vital anchors, helping us reconnect with our inner selves and find harmony amid chaos. Embracing prayer and meditation can lead to a more mindful, compassionate, and fulfilling life, enriching both personal growth and our relationships with others.

Savanna Barbarian Prayer and Meditation Services

## Embracing a Future Utopia (A Formula based on Reading 3976-22, World Affairs) Savanna Barbarian

June was a month packed full of excitement. We celebrated the 94th Annual Congress here at A.R.E. Headquarters, with 225 in-person attendees and 111 online. Around 222 memberships were gifted by attendees during Congress 2025 to help support the effort of bringing more people into what we know as the light that shines from the work. So many people commented on the good energy that was felt during the week.

The theme of Congress was "Happiness" and we were in alignment with that topic! Each morning began with a short meditation and prayer from one of our Glad Helper members to set the tone for the day. Each morning we prayed for peace within the world.

World Affairs reading 3976-22 was shared at the closing of Congress by member Sharon Fazel. This reading was given by Mr. Cayce at the eighth annual Congress, on June 13, 1939.

In envisioning a utopian future, the Source

saw individuals as beacons of influence, capable of shaping major global events and decisions. Inspired by Mr. Cayce's philosophies, this notion centers on how personal understanding and development play pivotal roles in society's evolution.

Mr. Cayce suggests the emergence of three primary types of individuals in this utopian world.

First, are those primarily concerned with material aspects of life. They focus on the tangible elements that form society's backbone.

Second, are individuals deeply connected with the "natural laws" of life. These people harmonize daily living with nature's rhythms, embodying a balance many strive for.

Third, are those who ardently pursue personal ideals or philosophies. These individuals, driven by introspection, influence the world

**JULY 2025** 



July 2025 Affirmation

"Our Father, our God, let me be joyous in thy promises. Let me be what Thou hast purposed that I should be . . . " Edgar Cayce reading 281-35 The Edgar Cayce readings emphasize the importance that those who are seeking help and healing through prayer actively participate in the prayer effort—praying for themselves and others on the list. This creates a cooperative, unified prayer effort. In the giving comes receiving.

AS HELP IS RECEIVED, REMEMBER TO THANK GOD, THE GIVER OF ALL GOOD AND PERFECT GIFTS.

## **A.R.E. Prayer and Meditation Services**

215 67th Street • Virginia Beach, VA 23451-2061 • 800-333-4499, ext. 7551 • EdgarCayce.org/prayer • prayer@edgarcayce.org Due to the growing number of monthly prayer requests, multiple requests for and from the same family member will be listed as (your name) "Jane Doe and Family," or "Jane Doe and Friends," or "Jane Doe and Family & Friends." We will pray for you, as the channel, as you pray for those on your personal prayer list, which is what Mr. Cayce instructed members of the original Prayer Group to do. Thank you for your understanding and assistance.

Request for Direct Healing for the August List	Thank you!
I AGREE TO PRAY FOR:	Your donations completely support this service.
Full Name, (Please Print)         and to pray with those names on the Glad Helpers Prayer List (Morning, Noon, Sunset, Evening, Passed On), or with those whom I feel led to pray for on the list:         SEND LIST TO:       NAME         ADDRESS	donation to help support this work. We gladly accept checks, money orders, cash, and the four credit cards listed below.*
CITYSTATEZIP	□ VISA □ MasterCard
*EMAIL	AMEX Discover Card Number
You are joined in prayer by the Glad Helpers Prayer Healing Group. If your request is received after the 2nd Monday of the month, it will be placed on the following month's printed list. You must renew your name each month. □ You have my full cooperation □ I feel that I have been aided PRAYER TIME:* □ MORNING □ SURSET □ SUNSET □ PASSED ON *Please choose one *Please choose one	Signature:

## Cont. from page 1

through their unique perspectives and creative expressions. The influence of the mind over body and environment is huge. Everyone is urged to explore their moral and spiritual obligations, as we seek guidance in our quest for our rightful place in the world. The text emphasizes that these pursuits are not merely for personal benefit but are essential contributions to societal conditions. Patriotism, social norms, and individual freedoms are shaped by these pursuits, reflecting a broader collective consciousness.

The reading touches on the importance of following inner guidance, encouraging a journey towards self-discovery and societal impact. It suggests "conditions which exist in man's experience today,"\* advocating that by understanding oneself, one can significantly impact the world.

A poignant biblical reference in the text speaks volumes: "A new commandment I give unto you, that ye love one another," John 13:34. This principle serves as a foundational element for fostering connection and empathy in human relations. Through love and understanding, individuals can manifest positive changes, nurturing a coming utopia where personal influence and collective harmony coexist.

In the quest for a utopian world, the role of individuals is paramount. Reflecting on the world's global dynamics, Mr. Cayce contrasts countries that prioritize peace with those that do not. He invites individuals to lead by example, suggesting that force always begets force. Nations rooted in conflict, when compared with those that foster harmony, demonstrate each a collective mindset, one grounded in dissension, one grounded in peace.

Mr. Cayce urges individuals to aspire towards unity, emphasizing that real change begins when humanity collectively contemplates a peaceful existence instead of acting through strength or might. The readings suggest that spiritual alignment can guide societal evolution.

The concept of divine stewardship is explored. Asking, "Am I my brother's keeper?"\* highlights the pressing need for compassion and responsibility. Self-awareness is key. When individuals align their motives with higher ideals, they contribute positively to the world. The call is to realize that human existence is not about what is owned, but who we become as individuals. We were made that we might know ourselves. An inward journey enlightens outward actions.

Central to this vision is the idea of love as a guiding principle. By embodying love, individuals can forge lasting peace and unity, shaping a harmonious future for all. \*3976-22



Vera Ambrosio Family and Friends Star Amun Fran Baldassarre Pearl Ball **Dianne Bargonetti** Steve Bargonetti Robert Baxter Family Noelia Benitez Monica A. Bigelow Laura Broomfield Dantae Brown Family and Friends Sandy Brown Connie Sue Brzezanski Linda Buckner-Adams Myrtle Burge Glen Caldwell Randy Campbell Mary Carpenter and Family Olga Cehelska Brenda Ann Clark Judith Ann Cook Brittany Cronin Family and Friends Askia Cuff William Cuff and Family Karen Daniel Mary David Family and Friends

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Father, in Thy love, Thy mercy, be Thou near those who are in—and have recently entered the borderland. May I aid, when Thou seest that Thou canst [can] use me. (281-15)

George Billings Giuseppe Bonetti Jonathan Lee Brittell Sandra Kay Broomfield Frances Burge **Dalys** Carreon Akilah Cuff Louisa DeRiggi Dorita Dixon Sue Dougherty Jane Edwards Joseph Ferrara Nancy Ferrara Davalido Franco Romana Furey Anne-Margret Gaebler Eleonora Giorgi Patty Goo Paxton Haili Larry Hester Sharon Hines Maurice Houde James Thomas Hurd Rocco J. Izzo

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Naomi Judd

Bruce Miller Dylan Moise Martin Allen Mosher Doug Myers Justin Neill Sally Nicholls Jason Nikolich Jane O'Neil Michael OHare Luce Pangle Clorinda Pelosi Rose Marie Phetteplace Evangelina Poggi Susan Proescher Walter Rapetti Raul Rekow James Renko Robert Renko Jeremy Rickards Linda Lou Rogers Helen Rubin Andreas Salzmann Marianna Theo Brahmi Sardar Warich

Edward Schmitt Abraham Selesko Beatrice Selesko John Shedd Edwinna Spivey John D. Valenzuela Darlene Wade Amrik Warich Derek Welton Carol Wiesner Charlotte Wood

Father, we pray that those left behind might feel the peace and the comfort of your presence and release their loved ones into your waiting arms.