

A complete course in meditation,  
from America's foremost clairvoyant

# Edgar Cayce's **MEDITATION** for Everyone



Narrated by Charles Thomas Cayce, Edgar Cayce's grandson  
Two audiotapes and booklet for beginning meditators

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# How to Use this Course

Welcome! With this course, you will learn to meditate by listening to the step-by-step instructions on the tapes. The lessons are designed to help you learn meditation through *listening* and following the instructions you hear, rather than through reading and study.

The workbook includes exercises and illustrations to guide you. In order to get the best results from the course, you will want to follow along in the workbook as the tape directs you.

There is no greater adventure than this inward one called meditation. It is safe, it is easy, and you will find within your own mind and heart an endless stream of treasures!

# Sample Affirmations for Use in Meditation

Peace

Oneness

Love

I am at peace.

Let me be a channel of blessings to all I meet.

God is love.

Peace, be still. All is well.

I am at one with the universe.

Let Thy healing power flow through me, in my life, day by day.

Let my mind, my body, my soul be at one  
with God.

The all-healing power of God is being  
awakened within me. May I be patient,  
gentle, and humble.

Be still, and know that I am God. (Psalm  
46:10)

Not my will but Thine, O Lord, be done in  
and through me. (Edgar Cayce reading  
262-3)

Create in me a pure heart, O God! (262-13)

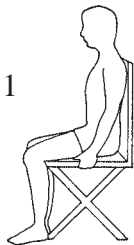
*Lead me, O Father, just for today...* (262-60)

Our Father, our God, in my own conscious-  
ness let me find happiness in the love of  
Thee. (262-106)

# Head-and-Neck Exercises

Note: All head-and-neck exercises should be done slowly and gently, without straining or forcing the muscles in any way.

*Repeat three times:*



Sit in an upright position.

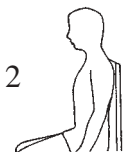


Tip head forward, trying to touch chin to chest.



Return head to upright position.

*Repeat three times:*



Sit in an upright position.

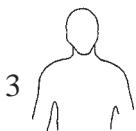


Tip head backward, as if to look at the ceiling.



Return head to upright position.

*Repeat three times to right; three times to left:*



Sit in upright position.



Tip head toward shoulder, as if to touch it with your ear.



Incorrect: Shoulder should not lift or shrug.

Return to upright position.

*Roll head three times clockwise, three times counter-clockwise:*



Sit in upright position.



Drop head forward, touching chin to chest.



Rotate head gently three times in a clockwise motion.

Repeat three times counter-clockwise.

# Three-Stage Deep Breathing

## *Filling the Lungs:*



Stage 1: Fill bottom of lungs; abdomen expands.

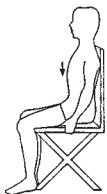


Stage 2: Fill middle third of lungs; chest cavity expands.



Stage 3: Fill top third of lungs; shoulders lift.

## *Emptying the lungs:*



Stage 1: Top third of lungs empties first, shoulders relax.



Stage 2: Chest cavity contracts, pushing air out of middle third of lungs.



Stage 3: Abdomen is pulled in, forcing all remaining air out of lungs.



# Alternate-Nostril Breathing



Left nostril is held closed; air is drawn in through right nostril.



Air is exhaled through the mouth.

*Repeat three times, using the three-stage deep-breathing exercise.*



Right nostril is held closed; air is drawn in through left nostril.



Left nostril is then closed; air is exhaled through the open right nostril.

*Repeat three times, again using the three-stage deep-breathing exercise.*

# Health Tips for Meditation

Remember that meditation and a healthy body can work together in a constructive cycle. The practice of meditation is an important element in your overall program for maintaining good health. Good health practices in your daily life will aid your meditation life. Below are areas to which you might want to pay particular attention:

## Diet

Eat a good, balanced diet, with lots of fresh fruits and vegetables, as well as whole grains. The Edgar Cayce readings recommended:

- that 80 percent of the diet consist of non-starchy vegetables and fruits, with the remaining 20 percent provided by proteins, cereals, and starches.
- that meat intake consist mainly of fish, fowl, and lamb, with red meat eaten only sparingly and pork rarely or never.
- that we avoid overly processed foods, all fried foods, and foods containing white flour and/or sugar.

## Rest and Recreation

Adequate rest and recreation are essential parts of a balanced lifestyle. Be sure to get adequate sleep in order to avoid fatigue during your meditation experience. Recreation helps to relax both your body and mind, which is important when you sit down to meditate.

## Eliminate Toxins From Your Body

The elimination of toxins—the waste products left over after the body has digested and metabolized its food—is crucial to good health. You eliminate toxins through your skin, lungs, bowels, and kidneys. The following practices are all helpful:

- Breathe deeply and fully, remembering to exhale completely. Breathing exercises before meditation help here, but you should also develop the habit of breathing deeply throughout the day.
- Drink at least six to eight glasses of pure water daily, which will help remove toxins and wastes from your body.
- Bowel eliminations should be kept regular through proper diet (including lots of fiber) and exercise, especially walking.

## Exercise

Exercise will help keep your body healthy and aid in stress reduction. Always check with your doctor before embarking on any new program of exercise. Moderate, consistent exercise is more helpful than sporadic, strenuous workouts. Gentle stretching and daily walks will go a long way toward keeping you fit and releasing tensions.

Finally, remember that you are a whole person, with all parts working together. Your attitudes and emotions are vital to good health. As you meditate daily, it will have an impact on your physical health. As you pay attention to basic health practices listed here, you'll find your meditation life enhanced as well.

# Tracing Your Thoughts

When the silence ended,  
were you thinking about:



Particular people?



Worries on  
your mind?



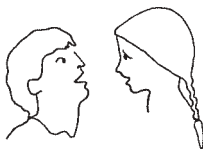
Upcoming events  
or things to do?



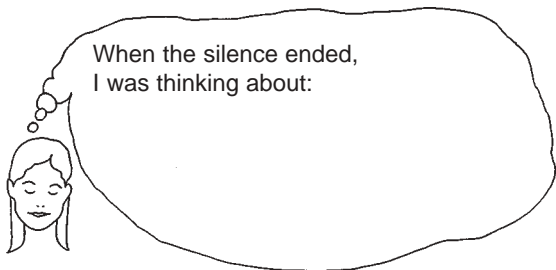
Sounds going  
on around you?



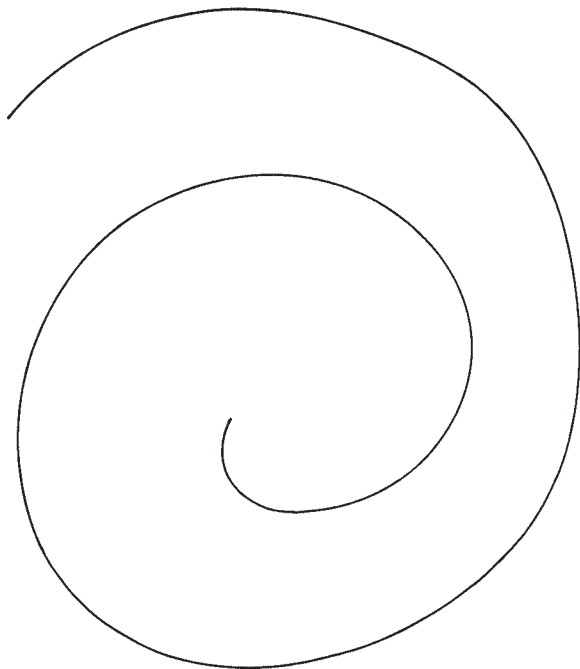
Problems you  
need to solve?



Past or future  
conversations?



**A great exercise in tracing your thoughts:** Write your final thought at the center of the spiral and then see if you can work your way back to the first thoughts you were having as the meditation began.



# Chants for Meditation

The Cayce readings recommend certain chants as very effective in connecting us with spiritual realms. These sounds are voiced on the audiotapes.

Take a long, deep breath, and chant these sounds as you slowly exhale. See if you can make the sounds vibrate deeply within yourself. Repeat up to a dozen times or more before meditating.

In reading 1158-10, we are told that the following syllables awaken the ability to draw God's love:

ahrrrrrr—eeeeee—ooooo—mmmmm

The “e” and “o” are both “long,” as in “seek” and “home.”

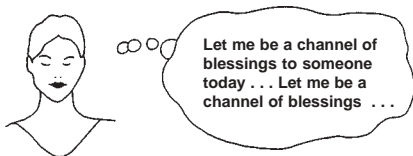
A second chant uses a variant of the four Hebrew letters of Yahweh and is sounded as:

Yah — hay — vah — hay

This chant, according to reading 2533-8, can awaken within us the ability to know ourselves to be individuals, yet one with the Whole.

# Moving to the Deeper Levels of Meditation

**Stage One:** Think about what the words of the affirmation *mean*.

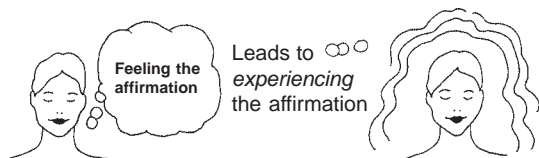


**Stage Two:** As you continue *thinking* about what the affirmation means, you begin to *feel* what it means.





**Stage Three:** As you hold on to the feeling of the affirmation, your awareness shifts to *experiencing* it.



**Or:** You notice your mind has wandered, and you gently go back to Stage One.



# Making Up Your Personal Prayer List

People who have asked for your prayers or given you permission to pray for them:

People, causes, or organizations who have not asked for prayer, but for whom you have a concern:

# Decision Making with Meditation

**Part One:** List the decisions you need to make in different areas of your life:

Work:

Relationships:

Errands:

Finances:

Purchases:

Family:

Health:

Other:

## **Part Two:** The Steps in Decision Making

1. Select one small decision you want to make, and formulate a question that can be answered “yes” or “no”:

2a. Consider the decision from as many angles as possible. Of what facts and issues are you already aware?

2b. Will your decision affect others? If so, how?

2c. What are the likely consequences of each way of deciding?

	"Yes"	"No"
Good Results		
Unwanted Results		

2d. Breathe into your heart three times, and then see how you feel as you imagine going with a "yes" decision. Also watch for any images that might come to mind:

With a "no" decision:

2e. Hold each answer, together with your spiritual ideal and your ethical views. Check compatibility with:

“yes”:

“no”:

3. Considering all of your answers so far, make a tentative decision:

yes

no

4. Now, put this tentative decision aside and meditate.

5. At the conclusion of your quiet time, silently ask your “yes” or “no” question, give the tentative answer you reached earlier, and then wait for any feelings or images that come to mind.

Note those here:

What would you say is the “inner” answer?

yes

no

6. If you are unsure of your inner guidance, you may repeat these steps on another day. However, if you feel confident that your decision is the right one, think about how you might act on your decision.

7. Take the action, and watch for results.

# Summary: Basic Steps

**Step One:** Find a comfortable position. Keep your spine straight, legs uncrossed, and relax any tense muscles in your body.

**Step Two:** Head-and-neck exercises. Do each of the following three times: head forward, head backward, head to the right shoulder, head to the left shoulder, rotate head in a complete circle clockwise, rotate head in a complete circle counterclockwise. Do not strain or force.

**Step Three:** Deep breathing exercises. Fill lungs from bottom to top, exhale from top to bottom. Breathe in through your right nostril and out through your mouth; repeat three times. Breathe in through your left nostril and out through your right; repeat three times.

**Step Four:** Special meditation aids as desired. Music, incense, chants, personal rituals, inspirational reading, prayers, and the prayer of protection.

**Step Five:** Focus on the affirmation. Move through the three stages of focusing on the affirmation: thinking about it, feeling it, experiencing it. Return to the thinking stage whenever the mind wanders. Allow ten to fifteen minutes for Step Five.

**Step Six:** Decision making. Test any tentative decisions you have made according to the decision-making exercise.

**Step Seven:** Healing prayer. Send out light and constructive energies to the people on your personal prayer list.



# Prayers

## ***The Lord's Prayer:***

Our Father which art in heaven,  
Hallowed be thy name.  
Thy kingdom come,  
Thy will be done in earth, as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts, as we forgive our debtors.  
And lead us not into temptation, but deliver us from evil:  
For thine is the kingdom, and the power, and the glory, for  
ever. Amen.

## ***A Prayer of Protection:***

As I open myself to the unseen forces that surround the throne of beauty, grace, and might, I throw about myself the protection that is found in the thoughts of Him.

### ***The Twenty-Third Psalm:***

The *Lord* is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the *Lord* for ever.

# Music for Meditating

Music preferences vary widely, even among people who meditate. However, here are a few suggestions to get you started:

*The Fairy Ring*, Mike Rowland

*Pachelbel: Canon* (Many versions, some especially arranged for meditation)

*River of Stars*, 2002

*Crystals*, Llewellyn

*Adagio: Music for Meditation*, Peter Davison

# Books about Meditation

*Meditation: The Light from Within—Edgar Cayce's Approach to Life's Challenges*, by Harry Glover. A.R.E. Press. A handbook based on the Edgar Cayce readings, this book provides a step-by-step approach.

*Meditation—Gateway to Light*, by Elsie Sechrist. A.R.E. Press. A concise handbook for meditation.

# Grateful Acknowledgments

This course is based on an earlier one, *Meditation Made Easy*, by Lynn Sparrow. Our deepest thanks to Lynn and to the original narrator, Sharon Fazel.

We also thank Cecil Guile for perfectly transcribing the audiotapes from the original course, and Susan Lendvay and Dan Campbell for their beautiful editing of that transcript.

Our gratitude also to Kevin Todeschi and Mark Thurston, Ph.D., for their many suggestions. Much of the credit for the final quality of this course goes to them, while we reserve for ourselves the responsibility for the remaining deficiencies.

Our appreciation to Frank Henry, our marvelous recording engineer, who suggested that the A.R.E. Meditation Room in Virginia Beach would be more appropriate than a studio for recording these tapes. Frank oversaw the production of this course, and did so with dexterity and a sense of “high play.”

We also extend our gratitude to Charles Thomas Cayce, one of the busiest people we know, for taking many hours from his schedule to narrate this course. He brings great “heart” to all that he does, and you will hear that quality on the tapes.

# About Edgar Cayce

Edgar Cayce was born on a farm near Hopkinsville, Kentucky. At an early age he gave evidence of his budding talent: he was able to master his school lessons by sleeping on his books. At the age of twenty-one he developed a gradual throat paralysis which threatened the loss of his voice. When doctors were unable to find a cause for his condition, Cayce entered the same hypnotic sleep that had enabled him to learn his school lessons years before. In that state, he was able to recommend a cure which successfully repaired his throat muscles and restored his voice. It was soon discovered that he could do the same for others.

For most of his adult life, Edgar Cayce was able to provide intuitive insights into nearly any question imaginable. When individuals came to him with a question, he would place himself into a self-induced sleep state. While in that state he could respond to virtually any question asked. His responses have come to be called “readings.” Today his psychic readings constitute one of the largest and most impressive records of intuitive information to emanate from a single individual.

For many years the information dealt mainly with medical problems. Eventually the scope of his readings expanded to include such topics as meditation, dreams, reincarnation, and prophecy. The transcripts have provided the basis for more than 300 popular books about Cayce's work.

Cayce would eventually give more than 14,000 readings on some 10,000 different topics to people all over the world. These readings continue to be researched and written about more than half a century after his death and are available to students, writers, researchers, medical professionals, and A.R.E. members the world over.

# About the A.R.E.

The Association for Research and Enlightenment, Inc., was founded in 1931 to research and make available the information in the psychic readings of Edgar Cayce. The A.R.E., which opens its membership to all, continues that work today through its publications, research, conferences, seminars, lectures, tours, camp, and other activities.

The more than 14,000 documented Cayce readings are housed at the A.R.E.'s Virginia Beach headquarters and discuss thousands of health and spiritual topics, including soul development, holistic health, reincarnation, dreams, intuition, life purpose, and ancient civilizations.

The A.R.E.'s membership comes from around the world, drawing together tens of thousands of those who are seeking answers to life's questions.

For more information, call 1-800-333-4499, or visit our Web site: [www.edgarcayce.org](http://www.edgarcayce.org).