

Keep Your Heart Singing

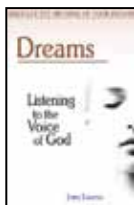


Sometimes fear and uncertainty can grip us and prevent us from moving forward. But the dreamer cannot overcome his fear by just willing to do so; he must also turn within through prayer and meditation, and God will quicken his spirit.

Want to get active in an A.R.E. Dream Group? Visit EdgarCayce.org/dreams.



JERRY LAZARUS is a spiritual counselor, author, and speaker. He has a master's degree in religion and meditation, and leads lectures and workshops on meditation, dreams, and other topics. He is a speaker for A.R.E. conferences across the United States. His new book, *Dreams: Listening to the Voice of God*, is available at his Web site: jerrylazarus.com



“Through me there is Life, and Light, and none shall be afraid.” (900-209)

WITH THE CURRENT ECONOMIC crisis, there is no shortage of “bad” news: recession, layoffs, and the volatile stock market are the topics of discussion. Dreams come to aid, even with problems bigger than the individual.

In 1926 Morton Blumenthal, a stockbroker, sought Cayce’s help to interpret his dream.

[I was] At a party and someone drew a gun, pointing it at someone and me. I also drew a gun and the party fired at me, the bullet entering under my lower ribs to the left side. I fell over, but was not much frightened. They talked of getting readings. “Better get a physical for me first,” I said. Then the doctor arrived and bandaged the wound. “Guess it’s the end?” I remarked to the doctor. “We will have to operate,” said the doctor. “That is the finish,” I said. “I’ve seen many bullets removed successfully” he said, “You may live.” I felt the bullet in me and saw the blood through the bandage. They started to undress me—the doctor and the nurse. I took a sudden weak spell and grew frightened, and I overheard the nurse say: “It looks like the end!” Then fright left me, for things and objects grew so dim to my sight, so vague to my weakened physical mind, that I no longer cared what happened. I was dying and felt the world fading from me, as a movie slowly fades out of sight.

Cayce was not hesitant in laying out the internal struggles of this dreamer. The dream is exposing a “weakness” in him. With the volatility in the stock market, Morton is getting “scared, panicky,” and this is creating fear in him. Two conditions are revealed in this dream. First, by being fearful, Morton is at the mercy of the conditions he is facing. This is represented in the “sudden weak spell” and the “frightened” experience in the dream. Second, with fear cast out, Morton realizes that the volatility is only a transitory condition. Thus, he uses his will

to overcome fear. Instead of surrendering to fear, he subjugates fear. Once the fear is removed, he finds the needed assistance as seen in seeking a physical reading.

How may the dreamer cast out his fear? Cayce advised him that “the greater [strength] comes in that still small voice from within...” By turning within and receiving the strength, Morton may realize a spiritual promise: “Through me there is Life, and Light, and none shall be afraid.” (900-209) What seems to be turmoil and trouble (volatility) turns out to be an opportunity to transform some aspect (fear) of the dreamer. Often dreams are evoking a response from the dreamer. In this case, the dreamer needs to use his will to choose a positive direction, and to rely upon God for strength. If the dreamer fulfills his part, God will fulfill his. But the dreamer cannot overcome his fear by just willing to do so; he must also turn within through prayer and meditation, and God will quicken his spirit. Consequently, new opportunities will come to Morton.

Martin Luther King, Jr. said: “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” Sometimes fear and uncertainty can grip us and prevent us from moving forward. These feelings are universal to every soul. Thus, we find ourselves in situations where our fears are exhibited, as in the case of Morton facing a plummeting stock market. The external happenings provide opportunities to face ourselves. Armed with the understanding of the ideal, and choosing to live it, we have won half the battle. Through prayer and meditation the rest is won. The winning is not external but internal. Thus fear is transformed into faith. Cayce reiterated an idea shared in many scriptures: “...[For]

each soul the first to be conquered is self—then *all things*, conditions and elements, are subject unto that self! That [is] a universal law...” (364-7)

Especially in times like these, it is best to “Keep the heart *singing!* Keep the mind clear! Keep the face toward the *light!* The shadows then are *behind!*” (39-4) 