

Recognizing Your
Inner Guidance in
DREAMS

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messages through dreams."*

BY JERRY LAZARUS

In my years of spiritual counseling and lectures, people invariably ask the question: “Why don’t I get guidance or messages through meditation?” Here are three possible answers:

One good reason is that we may not be working with a proper ideal. It is important to strive toward a high ideal. The ideal calls us to live such attributes as patience, kindness, love, forgiveness, humility, faith, charity, peace, goodness, and temperance. The Christ teachings spell out one such ideal.

Another reason is that the messages may be coming through our dreams. The Cayce readings make it clear that if one meditates regularly one may expect to receive profound messages through dreams. But to harvest these messages, we must be recalling and working with our dreams regularly.

Third, one may be getting messages, but may not understand them, relate them to the question or prayer, or may even be rejecting them. Cayce identified this for some people when interpreting their dreams. For example, a 27-year-old man asked what this dream meant: “Saw people riding on horseback in Central Park. One was a poor rider. He dropped off the horse. I didn’t see him fall off. The horse went on alone. It was a large gray horse.” Cayce told him that the horse represented messages that were coming to him from time to time. The imagery of a rider dismounting or falling off the horse represented the dreamer not understanding some dream messages that were coming to him. Cayce concluded, “Then, the lesson to gain: Understand the words [that] are given, that the truths may be applied, used, to the benefit of the entity.” 137-66

In addition to establishing an ideal, working with your dreams, and making sure that you’re understanding and accepting the messages, be sure to ask yourself the following question: “What type of guidance am I seeking, and what do I expect to receive?”

We may be asking for the wrong things! Part of the reason why we may

not understand the messages we get lies in our fixation on the problem and trying to get a direct, tangible answer. In other words, we want to get an answer that makes material sense to us. But Cayce warned in reading 4028-1, “All prayer is answered. Don’t tell God how to answer it.” This is why in the Epistle of James it is said, “You ask and do not receive, because you ask amiss.” James 4:3

In 1942, a 49-year-old woman asked Cayce about her son in military service: “Could he be transferred to some post closer to his home?” Cayce answered, “This may be, but is it best?” He counseled the concerned mother *not* to act from a place of “doubts and fears” and to put her whole trust in God. Most important, he told her to view this situation as an opportunity for mental and spiritual blessing. Unsatisfied by the answer, she repeatedly asked Cayce for a material solution. Cayce advised her that if she considered this situation from a material angle only, then it would be disturbing. She needed to let go of her fixation on the problem, and her expectation of what the solution should be. 602-7

In a similar vein, a man once asked Cayce: “How can I develop a photographic memory?” The answer was, “Is that the best memory for the entity?” 4047-2 Cayce then told him to rather study himself in his relationship to God.

In my own life, I learned this lesson in a wonderful way. Once a co-worker was promoted over me, although I had higher qualifications and greater responsibilities. From my point of view, I should have been promoted. I thought it was an injustice, and felt rebuffed. Looking for a way to correct it, I raised the issue with my superiors. They empathized with me, but did nothing. The whole issue weighed heavily on my mind, and I wanted a resolution. I prayed and meditated, seeking guidance.

Then I had a dream: I saw two plates of food and a fish that was prepared and cut into two pieces: one on

each plate. Another person came and took the plate with the larger piece of fish. My mother and others protested, saying that the larger piece should have come to me. I looked into my plate and saw the smaller piece of fish. While looking at the smaller piece, I heard a voice, which seemed to be the Divine, saying: “Don’t you know that I can multiply the fish for you?” Hearing that, I told my mom and the others that I accepted the smaller piece of fish and didn’t need the larger one.

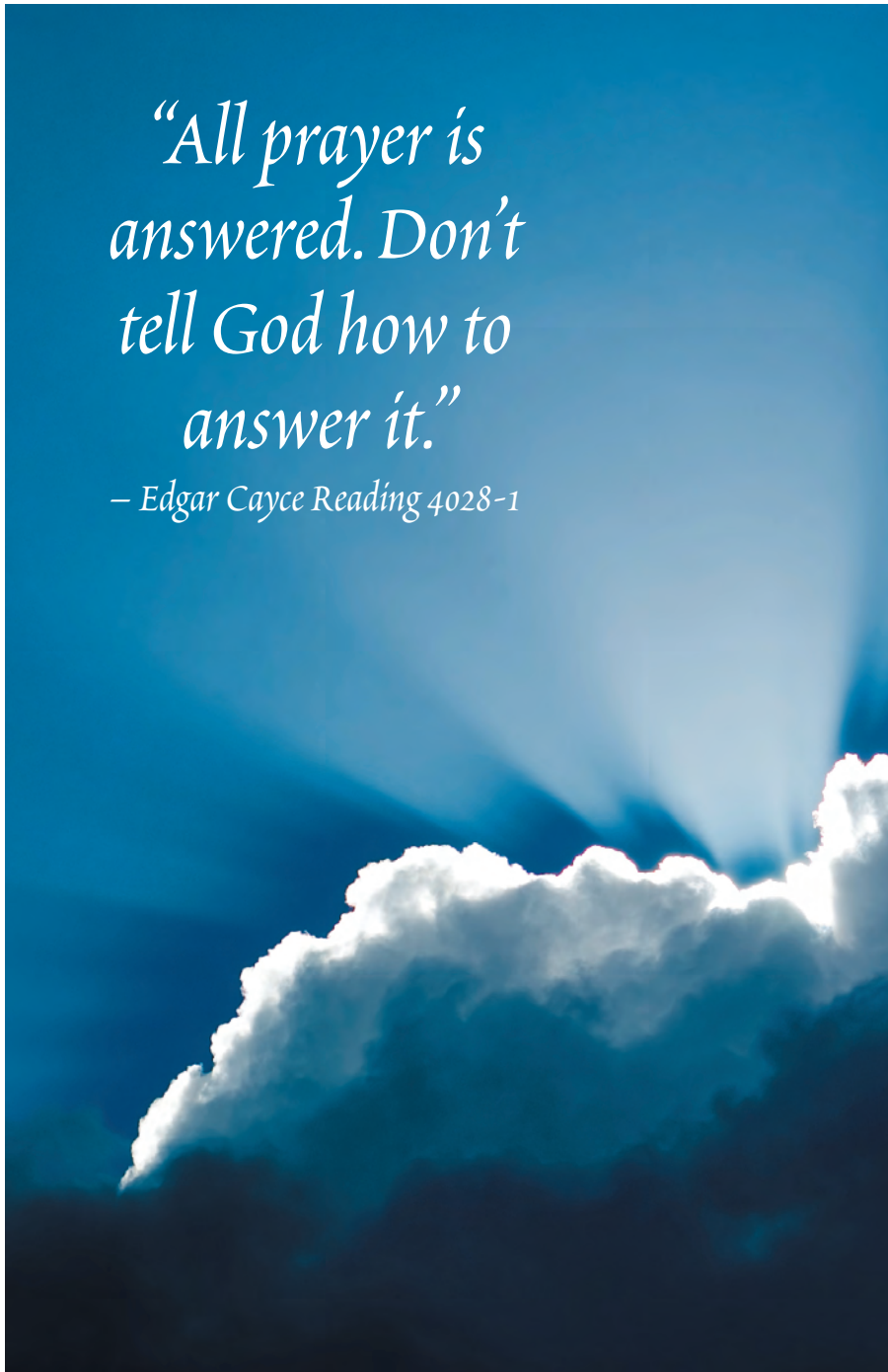
As I pondered the dream, I understood the message – the real supply does not come from human benevolence or justice, but from the grace of God. Through this seemingly mundane issue, I was called to broaden my consciousness by applying a spiritual principle: that God’s grace is my sufficiency in all things. What seemed to be an injustice had now turned into a lesson in the understanding of a truth. This dream helped me to let go and feel peaceful. If I had rejected this message and expected God to tell me how to get a promotion, I would probably have wondered why I was not receiving any guidance on my promotion. Instead, because I accepted the guidance that came to me, I have not lacked anything. It is not a promotion or higher salary that is the true supply, but God’s words, as expressed in this scriptural passage: “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” (Deut 8:3; Matt 4:4)

Our spiritual self is primarily interested in our growth in consciousness. This is attained through an understanding of the spiritual principles and their application. I could say that by heeding my dream message, I was “promoted” to a higher consciousness!

The *Bhagavad-Gita* says, “Be intent on your actions, not on the fruits of your actions.” If I insisted on guidance that demonstrated how to get that promotion, then I would be keeping my eye on the fruit or outcome. I would be missing the greater message that has the power to transform me. It

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– Edgar Cayce Reading 4028-1



is this transformational power of the messages that ultimately matters. Any material result, such as a promotion or higher pay, is incidental to spiritual growth.

Conversely, there are some New-Age philosophies that emphasize the importance of manifesting what we want. Yet, if I were to seek to get my way through prayer, then it would nullify the highest prayer of all, “Thy will

be done.” Thinking positively is one thing, but trying to manifest what we want is another. It is forcing the issue. It is demanding the outcome we think we should be getting. It is missing the opportunities to learn and apply spiritual principles. In the voyage of life, we are certain to go through some measure of disappointments, suffering, heartaches, and rejections. These experiences will become stepping stones

to higher consciousness, if they are rightly understood. Jesus says that it is impossible that offences not come in our lives. But they are to be met with the spirit of love and understanding, listening to what they have to teach us. Cayce reflects upon Jesus’ own transformation in consciousness: “[When Jesus prayed], ‘Not my will, O Father, but Thine be done,’ what did this bring to Him? The cross, the burdens, the crown of thorns. Yet in its essence it brought those abilities to overcome death, hell and the grave.” 281-7

Some examples of prayers, inviting divine guidance, which were suggested by Cayce reading 254-54 are:

- “Lord, have your way with me.”
- “Show *me*, O God, how I may be of service.”
- “Lord, what would you have me do?”

This type of prayer requires a ‘let-go and let-God’ attitude.

When we have learned to give our will over to God, we are in at-onement with God. In that atonement, we receive divine guidance. Thus we first gain the higher vision, and then, effectively, the needed material supply.

To sum up, in order to recognize your spiritual guidance: Set an ideal and work toward it; Watch your dreams carefully to recognize responses to your prayers and meditations; Pray with the intent of “Thy will be done,” and accept what is given.



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