

**Circulating File**

**ADVICE TO PARENTS**

**A compilation of Extracts  
from the Edgar Cayce Readings**

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ADVICE TO PARENTS CIRCULATING FILE

**Advice to Parents**

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## **Commentary on “Advice to Parents”**

The philosophy of the Edgar Cayce readings emphasizes the importance of the home, not only as an ideal environment for raising children but also as a way of service by parents. In a reading for one person Cayce said, “...the home is the greater development for any soul.” (349-17)

There is extensive information in the readings for parents-to-be. There is strong emphasis on preparation for children – physically, mentally and spiritually. Even before conception important influences are being created by the thoughts and purposes of both parents. The purpose for wanting to be parents should ideally be more than just pleasure or carrying on the family name. It should include a genuine desire to be of service to God.

By the attitude of the parents, by their purposes, and by all the physical conditions which they will bring to the child (including genetics, as well as the physical environment), a particular soul is drawn to those parents. The parents create conditions and a soul is drawn to them because it suits the conditions that it needs for its own growth and purposes. This does not mean the conditions created before birth by the parents predestine the child to a particular future. Each soul still has free will. Rather, the type of home and physical body provided by the parents create a unique opportunity for a particular soul to incarnate.

The principle, then, is this: your child has come to you because there was something needed and right for him or for her in spiritual growth. The opportunity is there in the home, but it must be recognized and worked with.

There is also considerable information in the readings about pregnancy. The mother especially is very influential in the creation of the mental state of the child. By what she thinks, reads, watches on television, and so forth, we can assume she is “feeding” to the mental outlook of the child to be born. Of course, physical care during pregnancy is also crucial, with proper diet and periodic osteopathic adjustments as important considerations.

Of special interest to most all parents, once the child is born, is how to go about training. There are at least two key features of Cayce’s approach. First, to train by precept (i.e., principles you would tell the child) and example (i.e., principles you would live as a demonstration). Second, parents must train their children how to make decisions and evaluate things. The emphasis should be upon the Christ as the standard the child will try to use in judgments and dealings “with every problem, good, bad or indifferent, that arises within his experience.” (1125-3)

Of course, in the training process it is important not to break the will of the child. A helpful technique in this regard is to say “do” as frequently as possible instead of “don’t.” Presumably this would mean that if your child were doing something you did not like, you should correct him by saying what it is you want him to do rather than focusing on what it is you don’t want him to do. There are, no doubt, instances to which this principle is hard to apply; but as an ideal to work towards, it is helpful in child-training.

The readings also warn against forcing issues. To do so is to slowly break the will of the child, a matter probably far more serious in the long run than the issue being disputed. The readings do suggest the use of discipline, although the cases we have are

individual ones and we must remember that each child has unique needs. The following passage is a good example of Cayce's advice regarding discipline:

**Q. Often will have to tell her [ten-year-old daughter] the same thing two, three, four, six times before she pays any attention to what you are correcting her for. Is that inattention, stubbornness, or what?**

**A. DO NOT make so many corrections! Make it once and then let it pay the price for same! Not in punishments as in bodily punishments, but rather the denial of things that are liked!** **608-10**

In another example regarding whether or not to discipline a twelve-year-old son about homework, Cayce said, "If you make a game of it, it's very well! If you make it a burden, it's not so good!" (1519-4) We should not necessarily take this as universal advice for reluctant homework completers, but rather look at the principle. A playful or light-hearted approach to parenting is often more persuasive than a heavy-handed one.

Another form of training is sex education. This should begin early according to the readings, well before teenage years. Parents are encouraged to teach children the beauty of their sex and particularly the care of the body. The readings say that awareness of sex difference begins very young, in the neighborhood of two-and-a-half to three years old.

Nature is one avenue that can be used both for sex education and spiritual training. The parent was told that nature was the best way to explain God to a child under twelve years old. The point here is to show the child how each portion of nature is an expression of God in His activity.

Of course, the Bible is also recommended in child training. Interestingly, the readings say to particularly focus on the stories of Jesus as a child and the way Jesus treated children during His ministry. The goal of spiritual training of the child is this: "Put [spiritual truths] in the hearts of thy children, that when they sit at meat [i.e., mealtime], or when they rise to play, those tenets of the living God will be in their thoughts by night and by day." (2118-1)

Although spiritual training should begin quite early, the readings identify the period from about ages 11 to 16 as particularly crucial ones in the formation of ideals, which are likely to be a guiding influence for the rest of the lifetime. Not only are ideals formed during these years, but two other important things take place: the endocrine gland changes of puberty and the tendency for doubts to arise in the young person's mind. This second item should be carefully considered by parents. The adolescent is putting aside childhood and beginning to form a separate identity. A natural part of that process is to doubt the assumptions that have been held during childhood. In many cases, considerable challenges can arise when the adolescent begins to doubt just how wise the parents really are or to what extent they should make all the decisions. Nevertheless, the most unsettling doubts are those which the adolescent has about himself – questions of self-worth. In this regard parents can be of tremendous help, especially with consistent support and encouragement, no matter how obnoxious teenagers can become.

During the teenage years the Bible is still to be an important tool for spiritual training. Cayce's readings suggest that for this age group, Bible study can focus on examination of Biblical characters, in terms of their virtues and faults. In other words, seeing the humanness of these people who tried to follow God's way can help the

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adolescent deal with conflicting self-images. This is also the first age group for which the readings specifically mention working with meditation.

One of the great tools to use in raising a child – of any age – is pre-sleep suggestion. As the child is falling asleep, the parents can gently and softly repeat for several minutes positive suggestions related to behavior changes or attitudinal changes. It is important to do this while the child is in that halfway state between wakefulness and deep sleep. For children who are old enough to understand, there should be a discussion in advance of what is being done.

The unconscious mind is particularly open to suggestion during this transitional period. Suggestions should describe the behavior or attitude desired as opposed to negating the undesirable conditions. For example, “You will have a dry bed tonight,” rather than, “You won’t wet the bed tonight.” Or, “You will get along well with your sister and know that God loves you both,” instead of, “You will stop having fights with your sister.”

It is best for this technique to be repeated regularly and for both parents to be present and participating. This approach to helping a child was recommended for a wide range of problems, from simple behavior difficulties to making a retarded child more manageable. These same readings also stress that the parents prepare themselves for using this technique by: (1) reading Exodus 19:5, Exodus 20, and Deuteronomy 30; (2) discussing their ideals, purposes and hopes as parents; (3) deciding exactly what changes they want for the child; and (4) writing out the suggestions in advance.

In another type of advice to parents, the readings sometimes asked the parents to adopt the perspective of reincarnation to understand a child’s problem that seems to have no reason or cause. According to Cayce, our children will sometimes exhibit fears, anxieties or other emotional difficulties that seem to have no basis in experience from this lifetime. When confronted with such a baffling problem, parents must often resort to prayer as well as a willingness to be patient and consistent in helping the child (i.e., the soul) through a difficulty deep within the unconscious that may be hundreds of years old.

Some parents have also used their dreams to help them understand problems of their children. Dreams could give an insight into the hidden origins of a troublesome situation or they could alert the parent to circumstances before they arise. Similarly, parents are encouraged to listen to the dreams of their children. It is usually not necessary to try to interpret the dreams intellectually for the child. Merely the act of listening encourages the child to pay attention to and appreciate the inner world.

Finally, the readings advise parents that the home is a two-way street. Not only do parents guide and train their children, but children are often attracted to particular parents because they have something helpful to give. As parents, we must be open to receive as well as to give. Perhaps there is no greater advice to parents than the suggestion to recognize and appreciate how blessed our lives are by these children having come to us.

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**Excerpts from the Readings  
on  
“Advice to Parents”**

**349-17, Female 30, 5/26/34**

(Q) It was given (in a reading) on Aug. 27, 1930 [349-7], that in development of self, a dramatic career would be a channel for development and for success that would be rather phenomenal and well.

(A) (Interrupting) As has been outlined, and as was given above, it is a channel - but what a channel! A phenomenal success, yea - in the eyes of the world, yea. In the body of the soul, with two ways set before thee, what wilt thou choose? Yea, a success and a development of the mental forces may be attained through such channels, but - as we have given - the home is the greater development for any soul. For, in the material world it is the nearest akin to that expression, “I prepare a place, that where I am there ye may be also.”

**1125-3, Female 61 (Osteopath, Protestant), 9/27/41**

(Q) How can I help my son [1123] mentally?

(A) Instilling the Christ principles as the basis for his judgements, for his decisions, in his dealings with EVERY problem, good, bad or indifferent, that arises within his experience.

For, as has been given, train the child in the ways he should go - of the Lord - and in his age he will not depart from under the shadow of His hand.

**3162-1, Female 4, 8/17/43**

Be patient. Do not scold. Do not speak harshly. Do not fret nor condemn the body-mind. But do tell it daily of the love that Jesus had for little children, of peace and harmony; never those stories such of the witch, never those as of fearfulness of any great punishment; but love, patience.

**1700-1, Male 11 (Hebrew), 10/4/38**

Then, if the directions through the formative years - the next four or five - are to the activities of a spiritual nature, or towards a mindfulness and thoughtfulness of the entity as to SPIRITUAL things, GREAT may be the accomplishments of this entity during this experience.

On the other hand, if the spiritual laws and spiritual truths are neglected in the guiding of this entity through such periods, many a sorrow may come to those who have neglected and do neglect that which is the command, the injunction to every parent!

**5747-1, Norfolk Study Group #1, 6/29/32**

(Q) How is the best way to explain God to a child under twelve years of age?

(A) In nature. As the unfolding of that that is seen ABOUT the child itself, whether in the grasses, the flowers, the birds, or what; for each are an expression of the Creative Energies in its activity, and the sooner EVERY SOUL would learn that they themselves are a portion of everything about same, with the ability within self to make one's self one WITH that that brought ALL into being, the change is as that of service in its NATURALNESS.

**826-6, Male 34 (Lawyer, Protestant), 7/10/35**

. . . the condition that exists in the present as related to the relationships in sex. . . is from the lack of education in the young BEFORE their teen-age years!

. . . and not wait until they have reached or arrived at that position where they begin to study physiology, anatomy or hygiene. But even in the FORMATIVE years there should be the training in these directions, as a portion of the material things. Even as the child studies its letters, let a portion of the instructions be in the care of the body, and more and more the stress upon the care in relation to the sex of the body and in the preservation of that as to its relationships to its Creator.

**457-8, Female 34, 4/23/42**

(Q) Any other advice?

(A) Remember, the attitude is the main purpose - and the willingness to be the channel; not merely for the gratification of self - or that there may be offspring, but WHOLLY to the glory of the Father through the Christ.

**5749-14, 5/14/41**

(Q) The eighth problem concerns the pattern made by parents at conception. Should it be said that this pattern attracts a certain soul because it approximates conditions which that soul wishes to work with?

(A) It approximates conditions. It does not set. For, the individual entity or soul, given the opportunity, has its own free will to work in or out of those problems as presented by that very union. Yet the very union, of course, attracts or brings a channel or an opportunity for the expression of an individual entity.

(Q) Does the incoming soul take on of necessity some of the parents' karma?

(A) Because of its relative relationship to same, yes. Otherwise, no.

**1788-7, Male 1, 12/20/39**

[On thumb sucking] . . . this - too - can best be controlled by suggestion, in the manner indicated. However, this must not be done as mere rote, or as something just to be gotten through with, - but very positively giving the very gentle suggestion as he sinks to sleep; not after he has gone to sleep for a long time, but as he is losing consciousness and there is the ability to control or suggest to the greater subconscious self

**5022-1, Male 9, 4/10/44**

[On retardation] Then as the body goes to sleep, [let the parents together] make the suggestions. Then take thy troubles to thy Maker, and in thy suggestions appeal to the divine within this developing body.

Begin first to prepare self by reading Exodus 19:5. Know that this is speaking to each of you - the parents. Then read Exodus 20, especially the first 18 verses giving the commandments, and these are to be not merely literally but spiritually applied in self.

Then read Deuteronomy 30 and apply these admonitions in self. This will give the parents the background, the purpose and the ideal for which and through which they would prepare themselves to give the suggestions necessary for this body.

Do that.

## Homemaker or Career Woman?

In homes where children are growing up, the question often arises: should a mother combine a job or career with her work as homemaker, wife, and mother?

The following extract is from a reading given for a very talented lady, also a devoted wife and the mother of two sons:

**(Q) It was given (in a reading) on Aug. 27, 1930 [349-7], that in development of self, a dramatic career would be a channel for development and for success that would be rather phenomenal and well.**

**(A) (Interrupting) As has been outlined, and as was given above, it is a channel - but what a channel! A phenomenal success, yea - in the eyes of the world, yea. In the body of the soul, with two ways set before thee, what wilt thou choose? Yea, a success and a development of the mental forces may be attained through such channels, but - as we have given - the home is the greater development for any soul. For, in the material world it is the nearest akin to that expression, "I prepare a place, that where I am there ye may be also."**

**In seeking, then, it should be considered that changes have come; four years of strenuous strain in the commercial, political, scientific, mental and religious worlds; and in the very body itself there have been disappointments and disillusionments as to what is required under such strain. If such a career is chosen by self, well - but, as He has given thee, "Though ye wander far afield, if ye will call on my name I will be faithful to answer," and "If ye will be my people, I will be your God."**

**Consider under what circumstance the question was sought; the connections, the expectations, the desires, when that was asked, and the answer is the same. Yea, in a career may be development, may be advancement - but has there not been shown thee what a price thou payest? Choose thou!** 349-17

One wonders about the outcome; which did she choose? This remarkable person chose to give up her very promising career to serve the needs of her husband and children. She has not looked back in all the time that has passed since then, nor wished that it had been otherwise.

## **Marital Problems and the Child**

The following readings were given as advice for parents who, because of problems in their marital relationship, were contemplating separation and had asked questions pertaining to what their position should be regarding their children:

**(Q) What can I do to make my husband, [417], realize his great obligation and responsibility to his child as well as myself?**

**(A) These become problems that are dealing with individual entities, individual developments. That they each have their own ideals and either conform to same or drift, becomes apparent.**

**When the periods come in the experience of each soul that the associations are unbearable, as to become hindrances to their keeping their OWN ideal, then to awaken or to attune or to change, or to alter those associations becomes necessary.**

**But each should look into their OWN consciousnesses. Each should answer that which has been given as from old, "Today is set before thee good and evil, life and death."...**

**Then, we would counsel together, as to the obligations, the duties, the disturbances, the hopes, the disappointments, the shadows - the brightness that has been should be held rather than the darkness that may bring even greater fear and doubt.**

**But in prayerful meditation counsel within self as to the approach; not stern, not just forgiving without a purposefulness, but in love, in simplicity, state, give thine own feelings, thine own desires, and see if they coordinate or cooperate with the purposes and desires that may be stated by him.**

**If these are so far then that they may not be drawn sufficiently together for a purposeful life, well that changes be....**

**(Q) How can I secure a future for my child and myself?**

**(A) The best, as has been indicated, is in the possible awakening of or in thy companion the abilities, the goodness, the nobleness that is indeed there - if it will but be aroused to those possibilities, those opportunities that are before him.**

**These make for the greater security. If these fail, then trust in Him only....**

**This is the greater security for self, for son. For thou art indeed God's children, and he hath given and does give His love each day. Then show in thy love, in thy patience, even in thy longsuffering, the appreciations of that love.**

**1192-7**

**(Q) How can I help my son [1123] mentally?**

**(A) Instilling the Christ principles as the basis for his judgements, for his decisions, in his dealings with EVERY problem, good, bad or indifferent, that arises within his experience.**

**For, as has been given, train the child in the ways he should go - of the Lord - and in his age he will not depart from under the shadow of His hand.**

**1125-3**

## Meditation

What are the physical attributes involved in teaching children to meditate?

We must learn to meditate just as we learn to walk or talk or to develop any physical attribute. Meditation is attuning our mental and physical bodies to their spiritual source. A higher state of spiritual consciousness is the aim and purpose of deep meditation. Proper attunement is necessary for true meditation. Attunement depends upon soul development.

**... individual attuning their soul-consciousness to the divine within must attune according to their OWN development....** **281-3**

Physical preparation is necessary for deep meditation. We must purify our bodies. The method might not be the same for all. Cleansing with water (for some, washing hands and face, for others, a whole bath), avoiding certain foods (known to be unhealthful for the body), sounds or music, incense or soft lighting, a quiet place. These outer influences may help to cleanse the thoughts and quiet the mind and body.

**Sit or lie in an easy position, without binding garments about the body.**

**Breathe in through the right nostril three times, and exhale through the mouth. Breathe in three times through the left nostril and exhale through the right.** **281-13**

Quiet the physical body through turning the mind toward the highest ideal. Focusing upon a short affirmation (*A Search for God, Books 1 and 2*) will aid. We must direct our consciousness through desire controlled by will.

Meditation is characterized by stillness. Be still for 5 – 15 minutes each day. Broken periods of meditation will accomplish little.

**... be STILL a moment. For there is greater power in being still before thy God than in much speaking.** **281-60**

*Their strength is to sit still.* *[Isaiah 30:7]*

*Be still, and know that I am God.* *[Psalm 46:10]*

We are made stronger mentally and physically when meditation is properly entered into.

What are the mental aspects involved in teaching children to meditate?

We might first ask what takes place in the mental body during meditation. Things that happened in the past come into our thought, suppressed desires (things we want), things we must attend to, things to talk about – all begin to emerge from the unconscious when we try to still the mind.

We must still the mind (our thinker) in order to meditate. In true meditation we make our minds one with God. Meditation allows our mind to function normally; joining our minds to God is a matter of individual growth. We can liken this to tuning a radio. Each radio (individual) has a slightly different tuning point to reach the same station (God), according to where the radio is placed, its size, shape, etc.

It is necessary to cleanse our minds as it is our bodies. Praying before meditation is one way of doing this.

**Then set definite periods for prayer; set definite periods for meditation. Know the difference between each. Prayer, in short, is appealing to the divine within self, the divine from without self, and meditation is keeping still in body, in mind, in heart, listening, listening to the voice of thy Maker.** 5368-1

Cleansing our thoughts of grudges, resentments, fears is necessary. Let our minds be filled with loving and merciful thoughts. We must know that we are out of harmony with God when we are out of harmony with any person.

The readings emphasize the importance of purposes, ideals and goals, and this seems particularly important in communicating with God.

**For, the purpose of an entity's entrance into the earth (and this might apply to all) is to manifest the personality of God in the own individuality and personality. For each soul is as a corpuscle - yea, as a thought - in the mind and the heart of God. Thus to the individual entity, to know God He must be personal in thy life when applied in thy relationships to any purposefulness the entity attempts.** 3351-1

The eyes must be kept closed during meditation and the mind focused on an affirmation which is in accord with the ideal.

Children should know that they are spiritual beings, that their true identity is more than just the physical, and that each soul is endowed with the attributes of God. Each of us is a soul possessing the power of being one with the Father, a joint heir with the Son, possessing the power of creation. Meditation is the safest and surest way to understand ourselves in relation to others and in relation to God.

A higher state of spiritual consciousness is the aim and purpose of deep meditation.

**Keep thine feet on the earth, but thine head, thine soul, thine mind, to the whisperings of God!** 440-14

There must be a spiritual intent and purpose, a true desire to seek His will, not ours, as we enter mediation.

**(Q) [993]: How can I best direct boys and girls of the junior age in meditation? Please give me a program outlined by steps. Should affirmations be used with them? If so, what kind?**

**(A) These are periods in the lives of boys and girls when there is the greatest chemical changes taking place within their bodies. This must ever be taken into consideration, if the more will be accomplished with such groups.** (continued on the next page)

**There is at this period the first of the doubts arising in each mind, by the very field of their individual activity. This, too, must be taken into consideration.**

**This is the period also when ideals are formed in the mind and heart of each. This, too, must be taken into consideration.**

**And thus programs prepared in which, at the different sessions, all phases of the experiences and changes that are being wrought are given opportunity for full expression.**

**Hence the presentation of the life of Jesus, of Peter, of the rest of the Apostles, of the Holy Women, of the teachers; not only as to their great accomplishments but as to their faults, their fancies - that each individual may draw comparisons. For as has so oft been given, let each individual realize that to make the Christ-Consciousness a part of self is to realize the activities of the individuals that manifested same in their experience and their lives; that their LIVES - as names, as individuals - are not only as history or historical facts but are EXPERIENCES in the life of each and every individual!...**

**As to the use of the affirmations - these are well, but let each of the group at SOME time be RESPONSIBLE for an affirmation that is to be used for a given period. For in such may each learn to pray, not only pray but to become a part of that being presented. 281-39**

### **Purpose of Reincarnation**

Children and young adults, seeking reasons for "being," should be told as much as possible by their parents regarding the purpose of reincarnation – the soul's entering again into matter.

**. . . the purposes for the experience of an entity in any particular period are for the development of the soul entity. 462-12**

**For, each soul, each entity, enters not merely by chance but through the grace, the mercy of a loving Father; that the soul may in and through its own choice work out of those faults, those fancies, as would prevent its communion wholly with - and an atonement with - the Creative Forces.**

**Hence, from the life experiences in the earth, the material and mental circumstance, and those latent forces from astrological aspects, we find these as a composite or as a heterogeneous mass of urges, latent and manifested, in the present experiences of the entity. 459-12**

**Each soul is a portion of its Maker, with those attributes of the divine; and when manifested in materiality it is with the attributes necessary for the awareness in that environ. 295-9**

**. . . in what manner may there be the application of the entity in relationships to things material, to things mental, to things spiritual in the present; to fulfill that purpose for which the entity came into being?**

**Did it come into being for self, for self-indulgence, for self-glorification, for self-exaltation?**



**Each soul, of its spiritual self, knows that purpose for which it entered. If it has been so submerged, so overcome by the material things of an experience that this is lost sight of, then there comes either confusion or retardment in the experience of each soul, each entity. Yet if it ever keeps in touch with the sources of spiritual supply - which are the basis, the center, the nucleus about which all mental forces gravitate, activate or move and these are kept as in accord with the influences for keeping constructive forces - then the entity, no matter WHAT may be the environment, continues to meet itself, to meet those forces and influences that do and will make for constructive development in the experience; in WHATEVER environment or activity it may be, whether in the flesh or out of the flesh.**

**But when it has lost sight of its SPIRITUAL force, its spiritual nucleus, and the body-mental begins to build toward the self, the ego - not the I AM of I AM THAT I AM, that is the center, the source of all forces or influences, but toward the self - it loses its hold. 416-10**

### **Past Life Influences**

The “return” of souls to another opportunity in the earth was mentioned in the readings and parents were advised of

**. . . the law that is ever present; like attracts like; like begets like. Hence there is the attraction as from the desires of those in the physical calling to the sources of generation in the flesh, to the sources of creation or of spirit in the spiritual realm. 541-1**

The expectant mother recognizes the glorious adventure of directing a human life. She should pause to consider “what influences such a journey, such an advent of the soul from the unseen into materiality?” (541-1)

The unmistakable influence of fear was suggested by a mother who asked for a physical reading for her four-year-old daughter. “She is vial, high strung and seems to have an excessive amount of nervous energy. Sometimes after sleeping in the afternoon, she awakes in a lost, distraught frame of mind, wrings her hands and cries ceaselessly. It seems to be sort of seizure or fit. I am very quiet with her and in about a half hour she becomes normal again, and she doesn’t seem to have any recollection of what troubled her.”

From the subsequent reading for the young girl:

**For, here we have a quick return - from fear, to fear through fear....**

**For, the entity was only just coming to that awareness of beauty of associations, of friendships, of the beautiful outdoors, nature, flowers, birds, and of God’s manifestations to man of the beauty, of the oneness of purpose with individual activities in nature itself; and then the tramping of feet the shouts of arms, brought destructive forces. The entity then was only a year to two years older than in the present experience, that finds the world such a turmoil for the entity in its dreams, its visions, its experiences in those periods when the body mind is active again to those fears about it.**

**The entity then, in the name Theresa Schwalendal, was on the coasts of Lorraine. The entity only passed out and then in less than nine months again entered a material world.**

**3162-1**

The reading continued with this advice for the parent:

**Be patient. Do not scold. Do not speak harshly. Do not fret nor condemn the body-mind. But do tell it daily of the love that Jesus had for little children, of peace and harmony; never those stories such of the witch, never those as of fearfulness of any great punishment; but love, patience.** 3162-1

## **Spiritual Guidance**

Since the first anniversary of the Parents' Column has just passed and because we are preparing to enter the holy season of Christmas, we would like to return once more to the theme of the very first column – that of parents' responsibility for their children's spiritual training.

This advice was given for the parents of a six year-old girl:

**Do, more and more, teach the 14th, 15th, 16th and 17th of St. John to the entity. Do teach the child, Jesus. These should be the basic principles, beginning with Exodus 19:5; then portions of the letter to the Corinthians, especially that referring to that which is within self.**

**For the body is indeed the temple of the living God. Have this as a principle in the teachings to this entity, in its development, in its growth, and in its cleanliness not merely of body but of mind.** 5043-1

Parents of a seven-year-old daughter were told:

**Hence in its developing years set the ideals in the Christ CHILD, in the Christ's developing childhood, in the Christ as a lover of children, in the Christ that gave, "of such is the kingdom of heaven."** 1179-2

A sixty-four-year-old mother asked what she could do to help her son, physically and materially.

**By precept, by example, give to him that cheer, that knowledge, that hope, that self living aright and God upon his side, is greater than having the world on thy side and God left out.**

**For one soul with God is in the majority!** 1493-1

The injunction to every parent to teach their children spiritual laws is repeated in this reading for an eleven-year-old boy:

**Then, if the directions through the formative years - the next four or five - are to the activities of a spiritual nature, or towards a mindfulness and thoughtfulness of the entity as to SPIRITUAL things, GREAT may be the accomplishments of this entity during this experience.**

**On the other hand, if the spiritual laws and spiritual truths are neglected in the guiding of this entity through such periods, many a sorrow may come to those who have neglected and do neglect that which is the command, the injunction to every parent!** 1700-1

ADVICE TO PARENTS CIRCULATING FILE

We experience many things during our sojourn in the earth. Children, unable to comprehend good and evil, wonder about the goodness of God: “Why did this or that happen; does He care about me?”

**KNOW there are those who care, and ever He will be thy guide - if ye will claim His promises as thine own! 1523-4**

**. . . ye have oft defied (turned away from) the living God, and yet He hath loved thee and hath again given thee an opportunity, here, now, today, if ye hear His voice....**

**And ye will find that He can and will answer thee. For His promises are sure, “Though ye be far away, if ye call I will hear, and answer speedily.” 3660-1**

What are those promises?

**See, feel, use the promises that are thine from the study especially of the 14th, 15th, 16th and 17th of John. Let them be as words to THEE! 1614-1**

These refer to knowing the indwelling presence of God as a daily, constant reality – a personal experiencing. Children need this constant assurance of the closeness to them of a loving God.

**Keep His promises as thine, for they are as they ever have been. For He is the same as yesterday, and will be forever. If ye will but be His child, He will be thy God....**

**For His promises are sure! Though the heavens and the earth may pass, His word passeth not! For He is the Maker, the Creator of all things.**

**Keep then those promises as thine - first and foremost. 1641-1**

**Even as He gave, the day is at hand when neither in this mountain nor in the temple in Jerusalem but in thine own heart will He speak - to those who love His ways and His coming!**

**For how gave He? “If ye love me, keep my commandments, and I will come and abide with thee.”**

**MAKE YE THESE THY PROMISES! 1598-1**

If the adults around the child can keep that awareness of these promises and thereby live them, filling the environment around the child with those concepts and always manifesting the love and mercy of the Father, this will become a part of the child’s experience.

**(Q) How is the best way to explain God to a child under twelve years of age?**

**(A) In nature. As the unfolding of that that is seen ABOUT the child itself, whether in the grasses, the flowers, the birds, or what; for each are an expression of the Creative Energies in its activity, and the sooner EVERY SOUL would learn that they themselves are a portion of everything about same, with the ability within self to make one’s self one WITH that that brought ALL into being, the change is as that of service in its NATURALNESS. 5747-1**

... it was given, "Put them (spiritual truths) in the hearts of thy children, that when they sit at meat, or when they rise to play, those tenets of the living God will be in THEIR thoughts by night and by day." 2118-1

Parents have a great responsibility in training their children. The above passages make one realize how important spiritual training is and how carefully this training must be given, as these next readings indicates:

**This must, then, have its foundation in spirituality. Not rote, not formality; for the entity tends to abhor formality that becomes rote - and rote becomes drudgery.**

**Unless there is given the entity then the WHYS and the WHEREFORES, by precept and application as well, this entity may become set in a tendency for roving.** 1426-1

**(Q) In what way can I contribute more to my children's spiritual growth?**

**(A) Line upon line, precept upon precept, here a little, there a little; not so much by preaching but by practicing, in thy relationships with them, in thy relationships with others. For, as given, "As ye do it unto the least, ye do it unto thy Maker." Who is thy brother? Who is thy mother, who is thy sister? He that doeth the will of the Father, the same is thy children, the same is thy mother, the same is thy brother, thy sister. Walk in the light, as He is in the light.** 3006-1

Parents are advised to teach:

**Rather by precept AND EXAMPLE; for remember, the example is well, as is the precept; but the example is much more effective to the body.** 1208-8

## Sex Education

**For few there be who have the proper understanding, as we have indicated, of what the biological urge produces in the body!** 826-6

**EVERY child born into the earth, from the age of 2 1/2 to 3 years begins to find there is something that takes place within its BODY, - and that it is DIFFERENT....** 5747-3

Cayce advised that for most young people it would be best to begin sex education in their early years:

**Train ye the child when he is young, and when he is old he will not depart from the Lord.** 5747-3

**... the condition that exists in the present as related to the relationships in sex is from the lack of education in the young BEFORE their teen-age years!** 826-6

Concerning the youth who ask, "What will I do with the biological urge that arises?" Cayce advised:

**PURIFY same in service to Him, in expressions of love; in expressions of the fruits of the spirit, which are: Gentleness, kindness, brotherly love, long-suffering. THESE are the fruits, and these as the urge of sex are in the nature of the association of ideas, conditions....**  
5747-3

It was emphasized that rather than dwelling on the do-nots in regard to  
... the practices of this or the manner of that, or the association of this or that in the adult life. . . there should be those precautions, understandings, relationships as to how and in what manner there becomes the biological urge....  
826-6

And again, parents were admonished that they  
... not wait until they [the children] have reached or arrived at that position where they begin to study physiology, anatomy or hygiene. But even in the FORMATIVE years there should be the training in these directions, as a portion of the material things. Even as the child studies its letters, let a portion of the instructions be in the care of the body, and more and more the stress upon the care in relation to the sex of the body and in the preservation of that as to its relationships to its Creator.  
826-6

## Summer Gardening

... for what we think and what we eat - combined together - MAKE what we ARE;  
physically and mentally.  
288-38

Now that summer is almost here let us remember what the Cayce readings say about raising our own food. Vegetables should be freshly gathered and if possible grown in the vicinity where the individual resides.

**This prepares the system to acclimate itself to any given territory.** 3542-1

This would be an excellent time to give children of whatever age the opportunity to grow something to eat. Even if one is living in an apartment, a few potted tomato plants will produce an ample crop.

... tomatoes are excellent. More of the vitims [vitamins] are obtained in tomatoes than in any other ONE growing vegetable!  
900-386

An interesting concept related to raising vegetables was to:

**Use at least three vegetables that grow above the ground to one that grows under the ground....**  
3373-1

Even very young children should be able to grow fast producers as radishes and green onions. And remember, the readings often recommended the frequent eating of raw vegetables. Youngsters should enjoy their vegetables more if they grow their own.

**This should be the aim, the desire of every soul; to be at least to some extent SELF-sustaining; or owning and creating that as ye consume - from GOD'S storehouse and soil!**  
2345-1

## Children and Animals

Children and animals have a natural affinity for one another. Helping to care for a pet gives even very young children the opportunity to express love and develop the concept of "others, not self."

The following answer was given to an individual who, in a former incarnation, was "able in mind to control those beast, both of the field and of the dens and lairs..."  
(276-2)

**(Q) Just where does body's duty lie towards animals in this incarnation?**

**(A) The ability to control and to show that close affection that may exist between the human mind, as controlling through the manners in which the entity is efficient, and to bring to the attention of others how animals - in their various spheres - are dependent upon their owners, or those who contact same, as to what THEIR activities may be to the benefit of man; for, as was given in the beginning, "Be ye fruitful; multiply, and SUBDUE the earth." Make all that was made, MAKING that - then - as an ensample of, or COMPLETING as it were - the promise that is given to man, that he may be one with, one of, the CREATIVE forces in the universe, by the manner in which he may use those various abilities through his experiences in a material world; and as all of earth's creation is a form or manifestation of the love as is shown forth to those things that may be one-with the Creator, so may the love that may been seen between those of the lower order, or those in their development in a material plane, so may this entity show to others, to the animal kingdom, that as has been received, as may be given by self, by the entity, in THEIR behalf.**  
276-3

## Suggestive Therapy

The Cayce readings advised parents to aid children with various problems by quietly talking to them as they fell asleep.

Thumb sucking:

**... this - too - can best be controlled by suggestion, in the manner indicated. However, this must not be done as mere rote, or as something just to be gotten through with, - but very positively giving the very gentle suggestion as he sinks to sleep; not after he has gone to sleep for a long time, but as he is losing consciousness and there is the ability to control or suggest to the greater subconscious self....**  
1788-7

Allergies:

**Hence the suggestions given. The deeper the body may be put into the unconscious state, with the retaining with the remaining of the ability of the body for the soul-self to be aroused to the using of all influence within self constructively rather than to secondary or destructive forces, the entity will snap right out of the conditions. 3125-2**

Deafness:

**We find that it would be better if the body were kept close to the mother for at least another three to four years [the child was then five]....**

**In giving the treatments with the Wet Cell Appliance, use this period as the period when there will be suggestions made to the body: that it, the body, will - in the influences brought to bear - interpret, understand and make application of these suggestions. Whether these are consciously heard by the body or not, make them audible. 5128-1**

Retardation:

**Then attach the Radio-Active Appliance, and as the body [the child] goes to sleep, make suggestions**

**Then take thy troubles to thy Maker, and in thy suggestions appeal to the divine within this developing body.**

**Begin first to prepare self by reading Exodus 19:5. Know that this is speaking to each of you - the parents. Then read Exodus 20, especially the first 18 verses giving the commandments, and these are to be not merely literally but spiritually applied in self.**

**Then read Deuteronomy 30 and apply these admonitions in self.**

**This will give the parents the background, the purpose and the ideal for which and through which they would prepare themselves to give the suggestions necessary for this body.**

**Do that. 5022-1**

## **Will**

The Cayce readings often repeat the concept that mind is the builder; as we think, so we become. Mind is the creative power of the universe and we should respect this power of mind and will in exercising proper guidance for our children.

**(Q) Any mental and spiritual advice to the mother in directing and caring for this child?  
(A) Be positive but don't break the will of the entity. Make the whole conversation to the body interesting to the body, and so that the body ever wants to do more. Do not so oft say "don't - don't - don't." More oft say "do - do - do!" Let it be something the body likes to do. And this may be found better by instruction as to "Shall we do this, that or the other?" But always let it be constructive in every way. And you will find agreements that will be worthwhile. Do it. 2752-3**

**Much depends upon the developing or formative years, to be sure, as to how well the entity may be controlled – or DIRECTED rather than controlled- through this period. 314-1**

**... to force issues when in the formative period is to break the will, or to build resentment that makes for the breaking of other wills as the development comes.** 276-2

As to the relationship between mind and will:

**Mind is the factor that is in direct opposition of will....**

**THE ACTIVE PRINCIPLE THAT GOVERNS MAN.** 3744-2

The concept of will as the developing aspect of man is clearly stated:

**... will is the factor in the mind of man that must be exercised.** 3744-4

**... as has been given, "Train the child in the way, and when he is old he will not depart from same"** 276-2

## **Dreams and Sleep**

To very young children the dream world they enter during sleep is not unlike the physical world they re-enter upon awakening: it is peopled with experiences and events not understood and sometimes frightening. Explaining the nature of sleep to a child is helpful: we can show how the body consciousness is easily laid aside, how very normal sleep is and how we depend on sleep to make us feel well and rested. We can even explain what a dream is:

**It's a NATURAL experience!**

**... it is nature - it is God's activity!... His DESIRE to make for man a way for an understanding!** 5754-3

**The dreams come to the entity for the good that may be gained through the experiences of the consciousness of the entity, and should be used as such.** 294-74

Parents should know that:

**There are many various kinds of manifestations that come to an animate object, or being; that is in the physical plane of man, which the human family term a DREAM....**

**When the physical has laid aside the conscious in that region called sleep, or slumber, when those forces through which the spirit and soul has manifested itself come, and are reenacted before or through or by this soul and spirit force, when such an action is of such a nature as to make or bring back impressions to the conscious mind in the earth or material plane, it is termed a dream.** 3744-5



**Sleep - that period when the soul takes stock of that it has acted upon during one rest period to another, making or drawing - as it were - the comparisons that make for Life itself in its ESSENCE, as for harmony, peace, joy, love, long-suffering, patience, brotherly love, kindness - these are the fruits of the Spirit. 5754-2**

## **Bible Study**

To help children discover God as they discover themselves, parents are advised to encourage Bible reading and the study of Scripture. Rather than beginning at Genesis, the readings indicate definite portions to be read first:

**Do study scripture. Do analyze it. Begin with definite portions, as: Exodus 19:5. Then study thoroughly the whole of Exodus 20, then Deuteronomy 30. Then make the pattern of thy life the 23rd Psalm, and then the first ten verses of the first chapter of John. And then the 14th, 15th, 16th, 17th of John. And then the 13th of I Corinthians. These should not merely be learned, but used as patterns; not as a show, but as something to be used in the experience with others to become a little more patient, a little more sincere, with self, a little kinder to those less fortunate, a little more of brotherly love to those who are high-minded, who think and act as if they were the patterns of the world. 2969-2**

What is a pattern? An example – an ideal – a model to be copied. We have the pattern of the Christ Consciousness, the awareness within the soul of the soul's oneness with God.

In the book, *There is a River*, Thomas Sugrue describes the early religious experiences of Edgar Cayce. It is interesting to note that the influence of Cayce's mother was especially important during those years. Her quiet talks carried more weight than many a sermon. The little boy marveled at the Bible stories and spent much time alone, dreaming about them. Thus the first powers of the mind and soul were awakened.

**No urge is greater than the influences of mind over circumstance. For there is nothing which may separate an individual soul-entity from the true knowledge of the Father, or God, save self by the determination, but as has oft given, is given of the Lord, "Try me," and this is written in the Holy Writ not by men who have sought to discredit same. "Try me that I may pour out to thee a blessing, a cup running over."**

**Thus let there be the study, the closer study of the promises which are made in the Book....**

**This indicates, then, that the body is transient, the mind is amenable or the builder, the soul is eternal....**

**Search ye your own mind, not others; test them with the promises in the scripture and find the experiences in self; 5377-1**

**Know these not merely by heart but say them, feel them in thine own being; that these promises are all to thee - for thee to use....**

**Know that these words are speaking to self, and that they are from the living God. 3406-1**

## Miscellaneous

**... for know in self that the hope of the world rests upon the DEVELOPING minds, the YOUNGER generations, and know that to build a proper and whole body, mind and consciousness, is to begin a generation - and generations - before such is brought INTO being.** 4113-1

Let parents be aware themselves of the spiritual truths they wish to instill in their children, their oneness with the Creative Forces. They must understand their own ideals and purposes and learn to listen to the voice within in order to guide the souls they have attracted. Be a *living example* to your children.

**... the individual must be able to accomplish that in self that one would teach, or one would give in precept or example to another.** 2893-1

**Many souls are seeking to enter....** 281-53

The relationship of man to woman sets into motion the first command given by the Creator to man, "Be thou fruitful and multiply." Is this activity to be for gratification of the flesh, of the mental self, or the fulfilling of a complete relationship to the Creative Forces?

The readings emphasize that prospective parents should make preparations in body, mind and spirit for a soul's entrance into the material plane. Why?

**For in the fruit of thy bodies may many be blessed.** 480-20

**O that the children of men would gain that which is the purpose for procreation in the earth!** 1158-5

It was stressed that *both* parents were responsible for the proper development of the child.

**Then, know the attitude of mind of self, of the companion, in creating the opportunity; for it depends upon the state of attitude as to the nature, the character that may be brought into material experience.**

**Leave THEN the spiritual aspects to God. Prepare the mental and the physical body, according to the nature, the character of that soul being sought.** 457-10

**And as two souls come in a union of purpose - not a gratifying of earth, not a gratifying of the earthly impulses and desires but that they, too, may be used as channels through which souls may enter - there may be brought into the earth those that may quicken.** 1158-5

What physically takes place?

**The cord that is eventually known or classified as the pineal is the first movement that takes place of a physical nature through the act of conception; determining eventually - as we shall see - not only the physical stature of the individual entity but the MENTAL capacity also, and the spiritual attributes.** 281-46

What physically takes place at conception?

**As the nucleus forms, there begins that activity which becomes the motivating force of the mental, the physical and the spiritual influences as related to GROWTH....**

**That gland [the pineal?] a nucleus extending in the shape or form of a moving atom, gathers from its surroundings physical nourishment; and from the mind of the body it takes its PHYSICAL characteristics, or the moulding as it were of its features as related to the external expression of same.**

**Then as the mind of the bearer binds those forces that are its natures in itself, its purposes, its desires, its hopes, its fears, these begin gradually to extend themselves through the nucleus; so that as the shape or form begins to find expression, there are also the channels through which the growth of the spiritual being gives its expression.**

**It is centered first, then about that known as the cranial center; next the 9th dorsal, or that which is the motivative force to other portions through the umbilical cord, that begins then in the third week to give material manifestations in physical development.**

**Then the centers of the heart, liver and kidney areas begin their expression.**

**Thus we have first the pineal, the aerial, the adrenals, the thymus - or the pump gland of the heart itself.**

**Each organ as it materializes in its development forms its own nucleus for the production of that which enables it in itself, from its own glandular system, to reproduce itself.**

**With the production of itself, the blood system begins its flow - then - in the second month of conception.**

**Then there begins the growth of the glands that forms eyes, ears, nasal passages; and those areas begin their formations.** 281-47

As soon as development is complete:

**. . . there comes into being in the flesh a soul, - that has been attracted, that has been called for, by all the influences and activities that have gone to make up the process through the period of gestation, see?** 281-53

ADVICE TO PARENTS CIRCULATING FILE

The parents of a six-month-old boy were advised:

**Do not overcrowd the stomach, or be overanxious as to the amount taken, especially through the hot months.**

**Have plenty of fruit juices, - that is, orange juice, preferably, - then other juices as the body develops; but do not overcrowd these through the hot months. Make the changes more in the early fall, but do not crowd them too much in the present. Just give that which it desires to take.**

**Also have plenty of strained oatmeal; but not on the same days, when the orange juice is given. Use preferably the steel cut oats, strained, and with plenty of milk. 2289-1**

Advice was also given to massage the spine well with cocoa butter before retiring and after the morning bath to “keep the body in its correct developing stages.” (2289-1)

A 9-month-old breast-feeding baby was given the following advice:

**In the matter of the quantity of foods as fed the body, these may be changed from time to time - but not too much of same given. Those in the cereals that are of the cooked are much better, as well as the egg - preferably only the yolk, though occasionally there may be the whole egg, provided same is coddled or prepared so that all the properties in same act with the general forces of the system; but the yolk preferably should be prepared or used for feeding. In the cereals, those of oaten, those of the whole wheat, that carries a great deal of the gluten; especially that that carries the vitamins that make for the building of the proper amount of calcium and the like, or Vitamin D in the system, which will be found to be included in those that are well balanced in the sunshine - and keep the body in the sunshine; not so that there is injury to the body, but sufficient that all of the respiratory system and the capillary circulation is affected by the rays of the sun. At least some portion each day when same may be had. These will keep an even balance of the vitamins through the system. 299-2**

The following are offered as a general selection of readings on various subjects which may be helpful to parents:

**In the periods of unfoldment instill that of right and justice in the entity . . . [and] live them in thine own experience....**

**For, the entity will grasp much from observation. 2148-7**

**(Q) Should he [12-year-old son] have the .22 gun he is asking for?**

**(A) This should be rather within the desires and wishes of those associated with the body. It is not harmful if used properly, VERY harmful if not! 1519-4**

**. . . various types of dolls that may appeal to the developing in childhood towards motherhood. Few have considered as to the helpfulness dolls have been towards motherhood in any land. 1436-4**

**(Q) Often will have to tell her the same thing, two, three, four, six times before she pays any attention to what you are correcting her for. Is that inattention, stubbornness, or what?**

**(A) DO NOT make so many CORRECTIONS! Make it once and then let it pay the price for same! Not in punishments as in bodily punishments, but rather the denial of things that are liked!** 608-10

**(Q) What is best program for his [14-year-old son] mental and spiritual development?**

**(A) A well balanced exercise physically and mentally; plenty of relaxation and plenty of work, physically and mentally.** 759-23

**(Q) Should we tax him [12-year-old son] with his lessons at home?**

**(A) If you make a game of it, it's very well! If you make it a burden, it's not so good!** 1519-4

**(Q) Should we try to inform or teach children about spiritual enlightenment, or merely show the way by example?**

**(A) By precept AND example. More and more will there be that preparation. For in the present, as we have given, the more oft is the mind of the young trained to the material rather than to the spiritual! But in thine training do not say one thing and live another!** 254-87

Hannah and Elkanah, parents of Samuel, the first great prophet in Israel, were recommended as examples to be studied by couples preparing for parenthood by properly dedicating themselves to be channels through which highly developed souls might enter.

“Oh Lord of hosts, if thou wilt indeed look on the affliction of thine handmaid, and remember me, and not forget thine handmaid, but will give unto thine handmaid a man-child, then I will give him unto the Lord all the days of his life, and there shall no razor come upon his head.” – I Samuel 1: 11 KJV

**Remember as ye apply self, read, study how Hannah dedicated herself in body, in mind and gave, not by word, but by activity as well, her son to the glory of God.**

**As ye practice, as ye apply this in thy experience, ye may set thy face so that thy prayers, thy supplications may be heard, and He will not withhold any good thing from those who seek His coming. Thus, may ye apply in this life thy purposes to become the mother of those who may bless the nation.** 1968-10

**Too oft individuals are too prone to look upon conception or child birth as purely a physical condition. Rather should it be considered, as it has been from the beginning, that life - sources of life - is from the one source. Oft those who may yearn within their material minds for children are indeed blessed, if they were to consider all the environs to which a soul-entity would have to become accustomed.**

**Remember how Hannah prepared herself, and as to how others - as Mary - prepared themselves. There are many recorded, and there are many others of which nothing is heard, and yet there was the long preparation. For God is to each entity, individual. He must become Father-God. For as the Master indicates, “Our Father.” He has become this to those who seek to be a channel through which God may bring life for a purpose.**

**Then make thyself a channel, physically, mentally, spiritually. To be sure, law applies. For in the beginning of man, in his becoming a living soul in the earth, laws were established and these take hold. But lose not sight of the law of grace, the law of mercy, the law of patience as well. For each has its place, especially when individual entities consider and seek, desire, that they be channels through which life, God, may manifest. 2977-2**

**(Q) Hannah turned over her first son to a priest to bring up. Is that feasible today or should I try to bring him up in the way of God myself?**

**(A) This must be dependent upon the body itself. The conditions and circumstances surrounding such today are not the same as in those periods. But there may be those administrations, or the giving over of the body at those periods such as Samuel was given, for complete education; which is indicated in certain types of schools that are organized throughout the land in the present. 457-11**

We receive many questions asking about preparation for those desiring to become parents. The readings have much information on this subject.

Advice concerning diet and exercise before conception:

**Keep the spiritual attitude for greater creative influences; using those meditations as of using body and mind for the activity of Creative Influences as may manifest through the promises in the Christ-child. 457-7**

The entity should realize that while the preparation of the body is purely pathological, the preparation of the mind and of the spiritual forces is of creative force and is as necessary as, or more so than, the purely physical....

**(Q) Is it really weight or the pliability of the body which is more important for childbirth?**

**(A) Pliability of the body. Thus the greater preparation THIS body may make, or MOST bodies for that matter, is to be under the care of a competent osteopath through the period of gestation; not a chiropractor but an osteopath!...**

If there is the study of how conception takes place, it will be understood that this takes place only when there is the flow from the ovary of the mother and there is the spermatozoa of the male present. Whether it's days or hours or the minute! It may be a day, it may be an hour, it may be ten minutes, it may be two days. But this depends upon WHEN there is the flow - not of the menstrual period but from the ovary....

**(Q) Can sex of child be predetermined by any natural law?**

**(A) There may be a suggestion TOWARDS such, but not a predetermined. Remember, the soul comes from God.**

**(Q) Would the greater positivity or negativity of either man or woman have any effect on the sex of the child?**

**(A) To be sure.**

**(Q) Any other advice?**

**(A) Remember, the attitude is the main purpose - and the willingness to be the channel; not merely for the gratification of self - or that there may be offspring, but WHOLLY to the glory of the Father through the Christ. 457-8**

**(Q) Should the astrological influences lead us to choose one month or another?**

**(A) Not necessarily; for, remember - as has been the ideal - all spirit comes from the one source. And as has been indicated, there is that giving of same from the one spirit. Thus the preparation of body and mind, and then offering self as the channel, would insure, would bring about that association that IS giving the mother the opportunity for the expressing of the hopes and the desires - and the preparation of same for that channel. 457-9,**

This advice was given to parents who wished to help their children by creating a greater understanding within themselves:

**Doth ye find in thy heart that one son or daughter is not as kind or as gentle or as patient or as loving as another? Do ye not show the more gentleness to those who are weak, that thy very strength may touch them? From whence gained ye such Wisdom? From the earth or from God?**

**So does He in His mercy, His patience, His loving - kindness - but ye are Wise that love the law and the understanding of same. 262-108**

**(Q) General question: Why are we coming in contact with so many youthful mental collapses?**

**(A) These conditions, as we have pointed out in those things given through these channels, are from there again and again entering this sphere of activity those that have wandered far afield. As an individual or a group, by the natural law of attraction, sets self, chooses to be a channel that may aid others, it attracts, it draws those that NEED that which may be given through such a channel. Hence the SEEMING knowledge that there is more apparent the breaking down of those in those years when there should be the strengthening for the work, the service to be done. Thou art opening the gate! Be ready with the answer. For, His promise has been, "Take no thought (if ye abide in me) when that hour comes; for it will be GIVEN thee what thou shouldst answer them." For, ye have been CHOSEN from the foundations of the world for a service to thy fellow man, in and through Him that MADE the world. Be faithful, then. Be not unmindful of that thou may bring to pass - the GLORY of the Christ in the lives of those that are seeking - seeking! 281-22**

**(Q) Please give me some advice that will help me to be a success in the rearing of my children.**

**(A) In those gifts that come into the experience of fathers and mothers in the material plane, these are oft found to be such that - if they are made more and more cooperative - that which the child may bring into the experience becomes much as that said of old, "the little child shall lead them." Yet those counsels, those advices that may be given in directing - not compelling, but directing and impelling through direction. There's a difference between compelling and impelling, in guiding the study, guiding the experience of the young. Hence, as these are studied in the light of the experiences given by those lessons pointed in the letters of those that the entity not only heard sometimes but oft, there may come the greater understanding of how the child is blessed by being in the environ of the present sojourn as well as SELF being blessed by the responsibility of - and the love of - the child. 478-1**

*Letter to the editor of the Parents' Column:*

"I need some simple answers to some important questions a 4-year-old has been asking. I hope you can give me some short answers to the following questions. He seems to like little phrases he can repeat to himself best at this point."

K. Jacobs, Urbana Illinois

Q. Who is God?

A. God is spirit, and those who worship must worship in spirit and truth. Spirit is like a bright and blazing light, like energy. Spirit is like the air we breathe; it cannot be seen – but we know we must have it. Our bodies cannot live without breathing air. Just so, we cannot do without spirit. God is spirit, and is everywhere, is all-powerful and all-loving. God/Spirit is the source of all life. God is within each one of us.

**He is not far from thee! He is closer than thy right hand.**

**281-41**

Q. Who am I? What happens when I die?

A. You are actually a part or piece of God; a spark of light from that greater light. You are a soul inside a body. The *real* you is a soul. The soul never dies; only the body dies. Death is just the word we use to say that the soul has separated from the body. We are just as alive without the body as with it.

Q. Why am I alive?

**For, it is not by chance that each entity enters, but that the entity - as a part of the whole - may fill that place which no other soul may fill so well. For He hath not willed that any soul should perish. Thus with each material manifestation there is an undertaking by an entity to so manifest that it, as a part of the whole, may become more and more attuned to that consciousness, and thus glorify Him in the entity's relationships to others in any and in every experience.**

**Each soul was, is, and is to be a companion with that creative influence or force called God. Thus each entity is a child of God, or is a part of that whole.**

**2533-1**

**No soul enters by chance, but that it may fill that it has sought and does seek as its ideal.**

**3051-2**

Q. Can I talk to God?

A. Yes, all the time, any time and any time and anywhere. One of the best ways to feel God with you is simply learn to be still and listen. "Be still and know that I am God." (Psalm 46:10)

**. . . let not hereditary mean only that of the present generation, see? That is the ENTITY. We have begun to reason from inside out. Not from outside in....**

**Then, in the presentation of hereditary conditions, and of environmental conditions, we find by the comparison of these two, this presents quite a condition to be reckoned with, and - as has been for the ages past, and will be for ages onward - the study of man as to whether environmental or heredity [conditions] produce the greater part in the one development. The answer is the application ever of will in either condition. Reckoning then as to whether**



will has been applied in more of the earth experiences, or has that of environmental used, rather than been used by the entity itself. Get the point? HAS the entity in its experience through its will APPLIED that of will toward the development, or has it allowed itself to be used by the environment and become subject to environment, or has it developed itself through its will towards its own hereditary position - for ALL are the children of God. How has the development led? 900-340

**(Q) . . . Should it be said that this pattern (made by the parents at conception) attracts a certain soul because it approximates conditions which that soul wishes to work with?**

**(A) It approximates conditions. It does not set. For, the individual entity or soul, given the opportunity, has its own free will to work in or out of those problems as presented by that very union. Yet the very union, of course, attracts or brings a channel or an opportunity for the expression of an individual entity.**

**(Q) Does the incoming soul take on of necessity some of the parents' karma?**

**(A) Because of its relative relationship to same, yes. Otherwise, no.**

**(Q) Does the soul itself have an earthly pattern which fits back into the one created by the parents?**

**(A) Just as indicated, it is relative - as one related to another; and because of the union of activities they are brought in the pattern. For in such there is the explanation of universal or divine laws, which are ever one and the same; as indicated in the expression that God moved within Himself and then He didn't change, though did bring to Himself that of His own being made crucified even in the flesh.**

**(Q) Are there several patterns which a soul might take on, depending on what phase of development it wished to work upon - i.e., could a soul choose to be one of several personalities, any of which would fit its individuality?**

**(A) Correct.**

**(Q) Is the average fulfillment of the soul's expectation more or less than fifty percent?**

**(A) It's a continuous advancement, so it is more than fifty percent.**

**(Q) Are hereditary, environment and will equal factors in aiding or retarding the entity's development?**

**(A) Will is the greater factor, for it may overcome any or all of the others; provided that will is made one with the pattern, see? For, no influence of heredity, environment or what not, surpasses the will; else why would there have been that pattern shown in which the individual soul, no matter how far astray it may have gone, may enter with Him into the holy of holies? 5749-14**

It is agreed upon by most that we are in a period of accelerated change not only at the personal level but as a nation and as a global civilization. Young people seeing the effects on their parents' and grandparents' generations often wonder what their own place is going to be in the scheme of things . . . or even *if* there will be a place at all.

Readings given by Edgar Cayce between the tumultuous years of 1932-1944 give a hopeful and even inspiring outlook for that period of time as well as for the future.

**It is also understood, comprehended by some, that a new order of conditions is to arise; that there must be many a purging in high places as well as low; that there must be the greater consideration of each individual, each soul being his brother's keeper.**

**There will then come about those circumstances in the political, the economic and the whole relationships where there will be a leveling - or a greater comprehension of this need.**

**For as the time or the period draws near for these changes that come with the new order, it behooves all of those who have an ideal - as individuals, as well as groups or societies or organizations, to be practicing, applying same in their experience - and their relationships as one to another.** 3976-18

**Then, what may ye do, what may ye think? Upon what may ye call? Only He who is able to keep that ye have committed unto Him against any experience that may arise.**

**When thou hast gathered thy hoards of the earth together, and have entrusted them to the keeping of those who are wastrels, what has been and is the result in thy own experience? Want and need has come to thy hand!**

**Yet when thou hast trusted only in Him, who is the Creator, the Maker of heaven and earth, then there has been peace and harmony, and sufficient unto the day the needs thereof.**

**Ye only live moment by moment. Then, make that moment - each moment - as one in which ye will give GLORY to GOD! by just being KIND, and patient, and loving to thy fellow man. Thus ye will indeed find that ye will entertain Him, who has promised to be thy Brother, thy helper.**

**For as He gave, "Put thy burdens on me - LEARN of me."** 3976-25

Astrology is the most ancient of our sciences as well as the most modern; the reason being that while it was practiced more than 4,000 years ago in far-away Chaldea, it is still used in much the same way today as a possible guide to personal relationships, character development and vocational potentials.

**In giving that which may be understandable, and that which may be helpful from the material angle at this time, as we find, it would be well that all consider the varying aspects from that considered an astrological influence.**

**As we have given through these channels, astrological influences are effective in the experience of each and every entity.** 398-2

Many children now have parents who request that a natal chart be done for them for the time, date and location of their birth. The analysis of this horoscope might be very helpful in determining their future course in life.

**The study from the human standpoint, of subconscious, subliminal, psychic, soul forces, is and should be the great study for the human family, for through self man will understand its Maker when it understands its relation to its Maker, and it will only understand that through itself....** 3744-5

Olivia is a child born on November 13, 1974. Her mother had felt intuitively from the time of conception that her arrival would be on that date. Was this the soul's prompting that made it so? Was this the perfect time for "entering" for this soul? It would seem so.

**While there are those influences, those urges latent and manifested, know that no urge surpasses the will of the entity, - that birthright given each soul that it may know itself to be itself and by choice become one with the Creator....** 2571-1

**(Q) Should an astrological horoscope be based on the time of physical birth or the time of soul birth?**

**(A) On time of physical birth; for these (astrological influences) are merely INCLINATIONS, and because of inclinations are not the influence of will. WILL is that factor of the spiritual forces or the gift, as it were, TO man as he came into material form, with which choice is made, see?** 826-8

Please share this column with your teen-age children. In it are answers to serious questions which face all of us, particularly our young adults as they take their places in a changing world. (Questions are ours – the answers are from the readings.)

Should America feed other hungry countries?

**Does mankind consider he is indeed his brother's keeper? And this is the manner in which man may answer the question. There will be no want in bread for mankind when mankind eventually realizes he is indeed his brother's keeper. For the earth is the Lord's and the fullness thereof, and the bounty in one land is lent to man to give his brother. Who is his brother? Our Father - then each of every land, of every color, of every creed is brother of those who seek the Father, God.** 5398-1

Must we eat differently in order to do this?

**You expect a new root race. What are you doing to prepare for it? You must prepare food for their bodies as well as their minds and their spiritual development!** 470-35

Should we learn new techniques other than refining and processing food as we have done in the past?

**All that is for the sustenance of life IS produced from the soil. Then there must be a return to the soil. Every man must be in that position that he at least creates, by his activities, that which will sustain the body - from the soil; or where he is supplying same to those activities that bring such experiences into the lives of all.**

**For of dust the body is made, and of dust the sustenance of same comes.** 3976-19

What should be a rule of conduct or ethical behavior?

**Learn these tenets; not as routine, but as practical living experiences in the consciousness of self:**

**The law of the Lord is perfect. Love of the law, love of the Lord is perfect. For, love is perfect if it is selfless in its reactions to associations one with another.** (continued next page)

**The first and the last commandments are the whole law: THOU SHALT LOVE THE LORD THY GOD WITH ALL THY HEART, THY MIND, THY SOUL, THY BODY; AND THY NEIGHBOR AS THYSELF.**

**The rest only explains, only interprets, only manifests for the individual the tenets of the law. For the law is love, and love is law. And the Lord is one in same. 2905-3**

A method of exercise that has become popular among youth (of all ages) is yoga, and a common axiom is that you are as young as your spine is flexible. An important yoga premise is that a great amount of untapped energy lies asleep within the spine. Many yoga exercises are designed to awaken this dormant energy, but care must be taken.

For a 44-year-old man:  
**These exercises are excellent, yet it is necessary that special preparation be made - or that a perfect understanding be had by the body as to what takes place when such exercises are used.**

**For, BREATH is the basis of the living organism's activity. Thus, such exercises may be beneficial or detrimental in their effect upon a body....**

**Then in the physical body there ARE those influences, then, through which each of these phases of an entity may or does become an active influence.**

**There may be brought about an awareness of this by the exercising of the mind, through the manner of directing the breathing.**

**For, in the body there is that center in which the soul is expressive, creative in its nature, - the Leydig center.**

**By this breathing, this may be made to expand - as it moves along the path that is taken in its first inception, at conception, and opens the seven centers of the body that radiate or are active upon the organisms of the body....**

**As this life-force is expanded, it moves first from the Leydig center through the adrenals, in what may be termed an upward trend, to the pineal and to the centers in control of the emotions - or reflexes through the nerve forces of the body.**

**Thus an entity puts itself, through such an activity, into association or in conjunction with all it has EVER been or may be. For, it loosens the physical consciousness to the universal consciousness....**

**Then, WHO and WHAT would the entity have to direct self in such experiences?**

**To be loosed without a governor, or a director, may easily become harmful.**

**But as we would give, from here, let not such a director be that of an entity. Rather so surround self with the universal consciousness of the CHRIST, as to be directed by that influence as may be committed to thee....**

**But make haste SLOWLY! Prepare the body. Prepare the mind, before ye attempt to loosen it in such measures or manners that it may be taken hold upon by those influences which constantly seek expressions of self rather than of a living, constructive influence of a CRUCIFIED Savior. 2475-1**