



APRIL | MAY | JUNE | 2014

Venture Inward

The Magazine of Edgar Cayce's A.R.E. | Atlantic University | Cayce/Reilly School of Massage



**Donna Eden's Energy Medicine
Healing the World 6**

**Was Easter Island
Lemuria? 10**

**The "Aloha Spirit" —
Law of Oneness 12**

**A.R.E.'s Project 1957:
Experiment in Living 35**

**Don't miss this
historic milestone
in the Cayce legacy!**



**Grand opening of our
new Cayce-Miller Café
June 27**

A.R.E. Catalog Inside

JOIN THE A.R.E. STAFF IN MEDITATION

Every weekday the A.R.E. staff meditates from 12 noon to 12:30 p.m. (E.T.). We invite you to observe this special time with us, focusing on these affirmations from *A Search for God, Book I*, used in the Search for God Study Group program.

To find a Study Group near you or to download a **FREE Starter Kit** on how to start your own, visit EdgarCayce.org/studygroups, call 800-333-4499, or email studygroups@EdgarCayce.org.

APRIL AFFIRMATION

Faith

Create in me a pure heart, O God. Open Thou my heart to the faith Thou hast implanted in all that seek Thy face. Help Thou mine unbelief in my God, in my neighbor, in myself. (262-13)

MAY AFFIRMATION

Virtue and Understanding

Let virtue and understanding be in me, for my defense is in Thee, O Lord, my Redeemer; for Thou hearest the prayer of the upright in heart. (262-17)

JUNE AFFIRMATION

Fellowship

How excellent is Thy name in the earth, O Lord! Would I have fellowship with Thee, I must show brotherly love to my fellow man. Though I come in humbleness and have aught against my brother, my prayer, my meditation, does not rise to Thee. Help Thou my efforts in my approach to Thee. (262-21)

GET INVOLVED! Join our international prayer list, request prayer for yourself or a loved one, become a pray-er for those in need, host a prayer healing group in your area, or simply request our booklet: *Guidelines of Prayer and Meditation for Help and Healing*.

A.R.E. Prayer and Meditation Services, 215 67th Street, Virginia Beach, VA 23451, 800-333-4499
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FEATURES



35 Project 1957—A Life-Changing Experience
By Ann Clapp
 A consciousness-raising month



10 Chile and Easter Island—Remnants of Lemuria
By Peter Woodbury, MSW
 The ancients of Mu and Lemuria left statues to guard sacred knowledge



6 Donna Eden's Energy Medicine
By Jennifer Mills
 Donna and husband David Feinstein's mission—healing the world

23 My First Time at A.R.E. Camp: A Joyful Discovery
By Toni Romano
 A mountaintop experience for all ages


12 The Aloha Spirit
By Kathy Callahan, PhD
 The familiar greeting echoes Cayce's 'Law of One'

27 Ancient Paragons of the Feminine Spirit
By John Van Auken
 Two ancient spirits kept the Light of the soul burning

17 Cayce's Psychomanteum
By Sidney D. Kirkpatrick
 A 'fairy viewer' mirror can connect us with the 'Other Side'

40 Cayce's Wisdom for Today: Channeling Your Higher Self
Sixteenth in a series
By Henry Reed and Kevin J. Todeschi
 Safe ways to access inspiration from your higher self

20 All You Can Be—Why Positive Thinking Matters
By Mitch Horowitz
 Impact of the positive thinking movement



Venture Inward
 APRIL-JUNE 2014
 VOLUME 30, NUMBER 2
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COLUMNS AND DEPARTMENTS

- | | | |
|--------------------------------------|----------------------|-----------------------|
| 4 From the Desk of Kevin J. Todeschi | 26 PSI Digest | 49 Women's Wellness |
| 5 Letters | 27 Ancient Mysteries | 50 Holistic Pet Care |
| 9 Astrologer's Corner | C-1 A.R.E. Catalog | 52 Book Highlights |
| 15 In Your Dreams | 31 A.R.E. News | 54 Calendar of Events |
| 16 The Healing Path | 39 The Art of Living | 57 A.R.E. Tours |
| 25 A.R.E. Camp | 44 AU Bulletin | 58 The Readings Say |
| | 48 Online Connection | 59 HQ Conferences |



KEVIN J. TODESCHI
Executive Director and CEO

From the Desk of KEVIN J. TODESCHI

Make Plans for the 83rd Annual Membership Congress!

THE MEMBERSHIP CONGRESS EACH JUNE has become an annual tradition for hundreds of members—this June’s event will be one of the most memorable, as it will celebrate the renovation of the

original Cayce hospital, upgrades to our Health Center & Spa, and the Grand Opening of the Cayce/Miller Café and Copeland Dining Room. This is a celebration you won’t want to miss.

When Edgar Cayce was alive, Congress’s purpose was to enable members and friends of the Association to become better acquainted with this Work and with each other. It was also a time when members came to Virginia Beach to experience both education and the community of like-minded individuals (two traditions that continue to this day) and to share their personal readings with one another. The first annual Congress was held June 27 to July 1, 1932. The agenda featured psychic readings by Edgar Cayce on the following subjects: The Great Pyramid, Training Children in Psychic Development, The Life of Jesus before His Ministry, and The Sphinx.

Over the years, Congress has been a focal point for major milestones in this Work’s history. To cite just a few examples, in 1956 Congress celebrated the repurchase of the Cayce Hospital building (which had been lost in 1931) and discussed some of the plans in the works to renovate the building into the new Headquarters of the Association. During that same Congress, Gladys Davis Turner announced that membership had increased by 50% (to 1,450) over the previous year!

During the June 1961 Congress, plans were approved by the Board of Trustees for the construction of a new building to “house and facilitate activities now limited by cramped quarters.” That cinderblock building became known as the Wynne Press Building. It was expanded twice—in 1966 and in 1968 before becoming a part of the Don and Nancy de Laski Family Education Center in 2012.

At the 1966 Congress, plans were first discussed for the “Edgar Cayce Memorial Library.” The building under consideration was to be a one-story structure, made up of five interconnecting circles and a domed roof. That design was later set aside for the three-story Visitor Conference Center we have today.

Congress attendees come in all shapes and sizes; they have diverse backgrounds, geographic locales, and life stories, and they come from every level of experience with the Cayce readings. Some have many, many decades of experience with being a part of Congress; others are here for the very first time. The purposes for all those coming together include the following:

- 1) To become re-inspired and recharged about this great Work—gaining inspirational insights from one another
- 2) To meet and share with both old friends and new
- 3) To learn from each other as to how we can most effectively present this Work to others
- 4) To hear and share ideas about plans for the future

Whether Congress 2014 would be your first Congress experience or your 50th, this special celebration is one you will not want to miss! In addition to the usual offering of exciting activities and celebratory gatherings, you will have the opportunity to see some of the amazing changes that have occurred at A.R.E. Not only seeing renovations to the Cayce Hospital and the Health Center & Spa, but also touring the education center facilities (home to Atlantic University, the Cayce/Reilly® School of Massage, and the Edgar Cayce Foundation), and strolling the “Stairway to Heaven,” which is being created between the Education Center and the Hospital Building. We will also look at some of our exciting plans for the future—plans that are only possible through your ongoing support!

Our Membership Congress gathering is one of A.R.E.’s most treasured traditions. Ever since the first Congress was held, it has been an annual event—one attended by members from around the world. Please plan to come to Congress 2014 (June 22-27), or if you can only come for one day, the “official” GRAND OPENING celebration will happen on Friday, June 27, from 2-5 p.m.

Our renovation project is on schedule to be completed in time for the annual Congress, but we still need your help on the dream, so for more information on how you can be a part of it, visit: EdgarCayce.org/cafe.

See you in June!

Venture Inward (ISSN 0748-3406) is published quarterly by the Association for Research and Enlightenment (A.R.E.) for its worldwide members and affiliates, Edgar Cayce Foundation, A.R.E. Press, Atlantic University, and the Cayce/Reilly® School of Massotherapy. Opinions expressed are those of the authors, not necessarily of the Association. Send inquiries, change-of-address notices, or requests for back issues c/o A.R.E. Membership Services at 215 67th Street, Virginia Beach, VA 23451-2061; email are@EdgarCayce.org; call 757-428-3588 or 800-333-4499; or visit EdgarCayce.org. Copyright © 2014 by the Association for Research and Enlightenment, Inc. The Edgar Cayce readings © 1971, 1993-2010 by the Edgar Cayce Foundation. Reproduction by permission only.

Founded in 1931, the Mission of the A.R.E. is to help people transform their lives for the better, through research, education, and application of core concepts found in the Edgar Cayce readings and kindred materials that seek to manifest the love of God and all people and promote the purposefulness of life, the oneness of God, the spiritual nature of humankind, and the connection of body, mind, and spirit.

Medical disclaimer: The content of this magazine is information only and should not be considered as a guide to self-diagnosis or self-treatment. See a physician for any medical problems.

LOVING ANIMALS

I read your Jan-Mar *Venture Inward* article “For the Love of Animals” and shared it with my dogs. The verdict was unanimous that you are right. It is hard to imagine life without pets and other animals and we have no doubt that whatever worlds we later visit we will have our furry friends there with us.

Jennie Taylor Martin’s article and Doug Knueven’s column right next to it warmed my heart and made me say a prayer of thanks for the blessings of animals in my life.

—Art Strickland, email

I have just read your wonderful, comforting article in Jan-Mar VI. Thank you for such an enlightening subject. I too love animals. I am also a vegetarian.

I have always believed that animals have souls and go to Heaven. I have read countless books on the subject but none have come close to confirming my belief as your article was able to do. I have had many discussions with people who tell me that only humans have the divine right to an afterlife and that animals have no souls. My dog Max, my companion and friend for 14 years, died last June. I miss that dog so much, as he understood everything.

I truly believe that we, meaning all living creatures, are joined in a collective consciousness. So I believe that Max is with me still.

I know that you are writing a book on this topic, which I am eagerly waiting to read. I wish you good luck in your research. May it bring comfort to people like me, who have lost a dear animal friend.

—Wendy J., email

CAYCE’S ‘PRESCRIPTIONS’

I loved Jerry Lazarus’s article in the Jan-Mar VI about Cayce’s prescription of Scripture for what ails us. I am glad that he is writing some well thought out articles that recognize the importance of what Cayce had to say about Jesus and the Scriptures. I think it is the most important aspect to what Cayce had to say when in the trance state. The Cayce perspective about Jesus Christ is one that is needed and to my mind might be the most important thing that the A.R.E. can offer to the world. Sometimes, it seems to me like the rest of the A.R.E. is a little reticent to acknowledge Cayce’s involvement and inspiration with the Bible and the Christ.

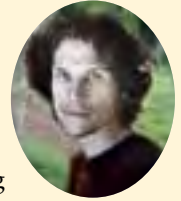
I was happy to see from Mr. Lazarus’s Web site that he offers a workshop on Jesus the Pattern (rather than Jesus, a Pattern). Only the difference of one small word, but it makes quite a difference. I believe that there isn’t some other pattern that is the truth other than one taught and demonstrated by the Master. Thanks to a librarian at the A.R.E., I picked up a book put together by one of Cayce’s earliest supporters called *Jesus the Pattern* during a trip to Virginia Beach in the late 1990s. It has become more dog-eared than my Bible. [Ed. Note: A.R.E. Press republished it as *Jesus as a Pattern for Every Soul on Earth*.]

Thanks again, Mr. Lazarus, for the breath of fresh thought you always seem to bring to the VI. I am glad that someone is presenting the key concepts that were being revealed not so long ago through Edgar Cayce about the love of God and the nearness of God to

WOLF’S MESSAGE

Regarding Suzanne Giesemann’s article, “Wolf’s Message,” in Jan-Mar VI, I found his poem to be very enlightening. I have had a couple of significant wolf dreams and two of them involved flowing water. Because I am aware that dreams use puns and they like to play with words, I figured out that “wolf” backwards is “flow.” I thought that Suzanne and the Pasakarnis family might find this little synchronicity meaningful. “Peace and Tranquility flow like water.”

—Bob Trowbridge, Hillsborough, NC



WOLF’S POEMS

I recently read “Wolf’s Message” written by Suzanne Giesemann, in your Jan-Mar VI issue.

I relate profoundly to Wolf. I understand from the article that Wolf authored many poems prior to his passing. I’d like to know if these poems have been gathered, or published anywhere. His message is very powerful and the poems have so beautifully captured his words. Thank you!

—Sara Olson, email

Reply from Suzanne Giesemann: I’m so pleased that Wolf’s words and story spoke to you. His poems are not yet collected, but may be some day. I’m sure his parents will appreciate hearing how Wolf touched you.

us (that he promised to meet us within the temple of our bodies!). That is amazing. And that our return to God is one step at a time, here a little and there little. Not necessarily in some great flash of transformation or technological innovation, but in learning to practically apply what we have been shown, especially in making ourselves a channel of the love of the creative forces for our fellow humans.

—Tony Walbridge, Ann Arbor, Mich.

EASTER NDE LETTER

In reading the sharing of Jack Kessler’s “Easter NDE” in Jan-Mar “Letters,” I was deeply moved and also strongly confirmed in my own growing knowing. I would like to send Mr. Kessler my heartfelt thanks.

—Antonia Fahmney, El Prado, NM

GREAT ARTICLES

Great job on the latest [Jan-Mar VI] magazine’s many great articles! I liked Jennie’s “For the Love of Animals,” and Kevin and Henry’s article on abundance—“Personal Prosperity and Economic Healing.”

—Brenda Butler, Va. Beach, Va.

CORRECTION

In the Spring VI Newsletter, p. 6, Ancient Mysteries, “Edgar Cayce readings for red souls” should be “Edgar Cayce readings for reincarnated souls.”

We regret the error, which has been corrected on the Web.



We want your letters!

Please send your letters to: Editor, *Venture Inward*, 215 67th Street, Virginia Beach, VA 23451-2061; or email: letters@EdgarCayce.org. Letters may be edited for length and clarity.



Healing the world— a mission and a passion

DONNA EDEN is among the world's most sought-after, most inspiring, and most authoritative spokespersons for Energy Medicine. Her abilities as a healer are legendary, and she has taught 80,000 people worldwide, both laypeople and professionals, how to engage their own energies for greater health and vitality. David Feinstein, PhD, is a clinical psychologist and a leading authority in the field of Energy Psychology.

Since 1998, Donna and her husband David have been traveling the world, teaching these principles and leading others toward better health, joy, radiance, and empowering a sense of energetic wisdom. They developed Innersource, an organization whose mission is to "Raise the Vibration of the Planet, One Person at a Time."

The Eden Energy Medicine Certification Program, the educational arm of Innersource, has graduated more than 900 practitioners from around the world who are now serving their communities by teaching and empowering others. When asked recently about what he and Donna are experiencing at this stage of their career, David said, "I think the new dream is that the old dream is really happening. We are getting the message out that people can feel better, function better, and be healthier by understanding and working with the energies in their bodies."

DONNA EDEN AND DAVID FEINSTEIN: Building Bridges with Energy Medicine

BY JENNIFER MILLS

ENERGY MEDICINE is based on the understanding that any physical, mental, or behavioral problem has a counterpart in the body's energies and can be treated at that level. Every conceivable health problem, psychological challenge, or dysfunctional habit can be improved if not overcome by intelligently shifting the energies in the body that are maintaining that condition. This extends from treating cancer or multiple sclerosis to losing weight to increasing vitality and improving performance. And in the process, we have the ability to become more consciously, intimately, and joyfully involved in the deepest workings of our physical body, a journey that extends down to our soul.

Many people around the world are finding Energy Medicine to be a powerful gateway to healing, using what we already possess: our subtle energies! Energy Medicine recognizes energy as a vital, living, moving force that determines much about health and happiness. In Energy Medicine, energy is the medicine, and energy is also the patient. Energy heals the body by activating the body's own natural healing resources. And the body's energies are healed by restoring energies that have become weak, disturbed, or out of balance.

Mehmet Oz, MD, chief of cardiology at Columbia University's College of Physicians and Surgeons, emphasizes that: "The last great frontier in medicine is Energy Medicine." This frontier is based on our body's abilities to heal and reach optimum health and vitality

by keeping its energies flowing and in balance. If allopathic measures become necessary, Energy Medicine has been shown to be highly effective at supporting the healing process as a complimentary practice.

This is not a new concept. While Donna has introduced many to the powers of activating their own healing energies, she also honors practices which have existed for millennia. Donna's techniques hail primarily from her own experiences during her decades as a healer, but they also extend into healing traditions such as acupuncture, yoga, kinesiology, and qigong.

The basic premises explaining how these very simple techniques are so powerful when overcoming illness and maintaining vibrant health are laid out in Donna's classic book, *Energy Medicine*. Energetic flow, balance, and harmony can be non-invasively restored and maintained within an energy system by tapping, massaging, pinching, twisting, or connecting specific energy points (acupoints) on the skin; by tracing or swirling the hand over the skin along specific energy pathways; through exercises or postures designed for specific energetic effects; by focused use of the mind to move specific energies; and/or by surrounding an area with healing energies. (See sample techniques, next page.)

Sharing the gift

Donna's clairvoyant gift of being able to visibly discern the body's energies has been a tool for her to navigate her world. She

drew upon that wisdom to help her own body heal through many health challenges in her 20s and 30s, including MS. Since then, she has dedicated her life to helping people around the world understand the language in which she has become so proficient over the years.

Donna has spent the last 35 years working with innumerable clients and teaching countless others around the world how to work with the body's subtle energies. She does this by lovingly guiding and reminding everyone that energy is the language of the body, and that by working with our body's subtle energies, we are building vibrant bridges from the energetic memory of primordial times to today's fast-paced world. Our energetic systems can be taught to evolve and, thus, our physical bodies.

In a 2010 interview with Jana Messing, Edén Energy Medicine Certified Practitioner and editor for *InnerResources* magazine, Donna spoke of her dedication to sharing this work:

"I passionately want more and more students to become teachers and spread the word far and wide so that people have the power in their own hands to heal themselves and so we can all heal one another. I hope that this will spread so far that people rely on Energy Medicine before ever reaching for pharmaceutical medicines or going to see a doctor. They will know when it is actually necessary for Western medicine interventions. And that is another part of what I want: that Western medicine partner more and more with Energy Medicine and other natural approaches to health care. Everyone will benefit."

Teaching is the focus of Donna and David's shared passion. The publication and success of their award-winning books *Energy Medicine*, *Energy Medicine for Women*, and *The Promise of Energy Psychology* have kept them on the road since 1998. At Edgar Cayce's A.R.E. this May, that dedication and enthusiasm will

Donna is thrilled to join the A.R.E. community once again. She is no stranger to Edgar Cayce and his work. In the Jan. 2007 *Venture Inward* interview with Susan Lendvay, editor, and Ellen Selover, formerly A.R.E.'s prayer services coordinator and now Edén Energy Medicine Certified Practitioner, Donna shared:

"I'm definitely familiar with Edgar Cayce. He's been a legend in my life since I was a tiny girl. My mother was very psychic. Since we never had medicines growing up, my mother would pull out an Edgar Cayce book sometimes and look for a remedy or other guidance. So it's very, very deep in me—beyond my brain, you know, beyond my psyche, in my soul somewhere—having been almost born into that understanding. It was just always there. I'm looking forward to coming to A.R.E. again."

THE POWER OF ENERGY MEDICINE deeply engages and invites us to discover how easy it can be to thrive joyfully during these modern times. By attuning ourselves to the language of the body, we tap into a storehouse of wisdom and knowledge—a map to know from where we come, and to lead us forward into a brilliant future. Energy Medicine brings harmony between the ancient ways of looking at the body and the future of medicine.



A Few Energy Medicine Techniques for Health and Vitality

Over the years, Donna has designed a brief (5 to 10-minute) Daily Energy Routine that combines potent techniques to help stimulate each of the vital energy systems of the body and bring them into harmony and balance. It is designed to align your energies and keep you well.

The following sequence, by Vicki Matthews, ND, Eden Energy Medicine Advanced Practitioner, is from “Energy Medicine for Cold & Flu Season” online article for the Omega Institute for Holistic Studies.

1. THE THREE THUMPS

The beginning sequence of the Daily Energy Routine, you may tap or massage three different meridian points for the Three Thumps. Activating these points restores your energy and keeps your immune system humming.

Point 1: K-27 (end points on your kidney meridian) To locate, place the pointer finger of each hand on your collarbone and move your hands toward each other until you reach the two inside corners of your collarbone. Drop straight down from these points to about an inch below your collarbone and feel for a soft spot or indentation there. Tap or massage these points for about 30 seconds while breathing in and out.

Point 2: Thymus Gland. This point is located in middle of the chest, centered just below the K-27 points. Massage or tap on the center of your sternum (center of chest on breast bone) for about 30 seconds while breathing deeply in and out.

Point 3: Spleen Points. You can find them by moving your fingers down from your thymus, out to your nipples, and straight down beneath the breasts. Make fists and tap both points for about 20 seconds while breathing deeply in and out.

3. TRIPLE WARMER SMOOTHIE

Triple Warmer meridian is one of the nine primary energy systems taught in Eden Energy Medicine. Befriending Triple Warmer allows for a calmer fight/flight/freeze response, a healthier immune system, and a deeper-seated sense of balance and harmony.

Start by placing your fingers over your eyes. Breathe in through your nose and out through your mouth. As you breathe in, drag your fingers across your face to the temples. Breathe in and exhale. Then breathe in and trace your fingers over the tops of your ears. As you breathe out, smooth your fingers down your neck and down to your shoulders. At your shoulders, breathe in and give them a squeeze. Breathe out, tracing your fingers across your shoulders and let your hands drop to your heart. Take a big breath in and out.

2. CONNECTING HEAVEN AND EARTH

This exercise helps rejuvenate the whole body by pulling in extra oxygen, releasing carbon dioxide, stretching the body so energy can more readily flow through it, and opening the joints to release trapped energy.

Step 1. Rub your hands together and shake them out.

Step 2. Place your hands on the front of your thighs with your fingers spread.

Step 3. With a deep inhalation, circle your arms out to your side.

Step 4. On the exhalation, bring your hands together in front of your chest in a prayer position.

Step 5. With a deep inhalation, separate your arms from each other, stretching one high above your head and flattening your hand back, as if pushing something above you. Stretch the other arm down, flattening your hand, as if pushing something toward the earth. Look up to the heavens. Stay in this position for as long as is comfortable.

Step 6. Release your breath through your mouth, returning your hands to a prayer position in front of your heart.

Step 7. Repeat, switching the arm that rises and the arm that lowers. After this first set, do two more sets.

Step 8. Coming out of this pose the final time, drop your arms and allow your body to fold over at the waist. Hang there with your knees slightly bent as you take two deep breaths. Slowly return to a standing position with a backward roll of the shoulders.

be palpable for participants who might be new to this type of work and for the experienced practitioner.

“Being on stage and seeing into the field of energy, I can look and see each person, and yet it’s a panorama of many energies—a group energy and the energy of many individuals,” Donna states in the interview with Jana Messing. “And I have a choice of where to focus. Sometimes, I will suddenly be drawn to someone that I feel I can help, and a moment later, that person is up with me on the stage and getting that help. And sometimes the unexpected happens.”

Donna’s and David’s presentations are rich with information and audience participation. Both possess a gift to fully engage the process of healing—for the individual and the collective. This stems from a deep desire to truly help and uplift the world.

Donna states, “I think love has shaped my philosophy of life ... just the joy of being able to feel love and of being able to put myself in someone else’s shoes. Love and compassion have been my biggest guidance. Seeing people’s souls has been a religious experience for me. People blow me away.”

Donna and David’s forthcoming book, *The Energies of Love*, will demonstrate how to use Energy Medicine and Energy Psychology (e.g., EFT) to recognize our own energetic style, our partner’s, and how to bridge the two styles, navigating our way to greater harmony, deeper love, and an energy that supports both. Many of the principles apply to any close or impactful relationship. 🎧

Join Donna in Virginia Beach May 9-11 for **Energy Medicine: A Hands-On Experience with Donna Eden**, also featuring David Feinstein, PhD, Denise Furgason, and Ellen Selover. For details and to register go to EdgarCayce.org/conferences or call 800-333-4499. 🎧

Donna’s opening keynote Friday, May 9, will also be available live and on-demand at EdgarCayce.org/online.

ABOUT THE AUTHOR



JENNIFER MILLS is an Eden Energy Medicine Certified Practitioner and serves as Communications Coordinator for Inner-source. You may contact her at jenn@innersource.net.

—The Web site innersource.net is the resource for Energy Medicine and Energy Psychology books, DVDs, kits, free videos, audios, articles, and case histories. It also provides a worldwide directory of certified practitioners.

Mental Urges, Mindfulness, and Astrology



You are controlled by your mental urges or karmic memories until you step out of that 'thought stream.'

RAYE MATHIS, MSW, LSW, has been an astrological counselor for over 40 years. A former A.R.E. board member, she currently serves on the faculty of Atlantic University where she mentors an online course, "Spiritual Crisis." Call 800-428-1512 for information.

Raye Mathis will mentor the online eGroups **Explore Your Relationships Using Astrology as Your Guide** **UPDATED!** Apr 9-May 6, and **Maintaining Good Health Using Astrology as Your Guide** Jul 23-Aug 19. Visit EdgarCayce.org/egroups for details.

SEVERAL CAYCE READINGS USED THE term "mental urges," and suggested that these are internal voices or pre-recorded messages reflected in your astrological aspects, and inherited from your previous interplanetary sojourns.

We find in the present from the astrological aspects that these are rather innate, and make for mental urges...Hence those sojourns in the solar forces have made and do make for deep urges in this entity; yet the entity has altered and does alter these through the application of the will as respecting that it, the entity, has gained; as to what to do about that it has builded within itself. (587-3)

How can you "alter these through the application of the will?"

One helpful tool to use that strengthens the Will is the mindfulness meditation practices that have been popularized by Jon Kabat-Zinn, Jack Kornfield and others. In mindfulness meditation your attention is directed toward the "thought stream"—that flow of thoughts moving constantly through your mind. The goal is to detach from that thought stream—mentally pull yourself out of the stream, and focus on your breath. This practice enables you to live more in the present moment rather than ruminating over office politics or conflict at home with children, etc.

The Buddha described his teaching as "going against the stream." The unflinching light of mindful awareness reveals the extent to which we are tossed along in the stream of past conditioning and habit. The moment we decide to stop and look at what is going on (like a swimmer suddenly changing course to swim upstream instead of downstream), we find ourselves battered by powerful currents we had never even suspected—precisely because until that moment we were largely living at their command. —STEPHEN BATCHELOR

In other words, you are controlled by these mental urges or karmic memories until you step out of that thought stream. The planets in your natal horoscope symbolize the particular mental urges or thought stream you brought into this life. A study of the cycles (transits) offers a timetable for when particular mental urges

may be most intense and need your attention.

What do the planets in your personal horoscope whisper in your ear? What mental urges do they attempt to force upon you? As the planets cycle (transit) around the zodiac and touch the planet locations in your natal chart, these whisperings or urges become louder and more insistent.

For example, you may have Mars in Aries in your horoscope. When Uranus cycles around the zodiac and activates your natal Mars, thoughts may begin to sweep through your mind about your need for more freedom. If your Mars falls in the 10th house, these mental urges may be directed toward your work and the whisperings in your ear may put the blame for your situation on your boss or another authority figure in your life. You may become angry at what you feel are restrictions and suddenly leave your job without thinking about the consequences.

If your Mars is in the 7th house, these mental urges may be projected into a partner relationship and you feel your partner is restricting you.

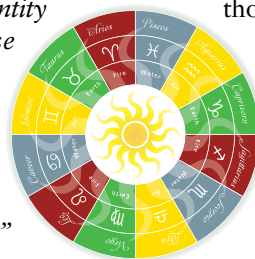
But what if a transit of Saturn activates your natal Mars? Now the thought stream may contain more depressing thoughts: *Why do I have these burdens? Why do I feel blocked in life? Why does my boss give me so much work to do?*

With Saturn, it is sometimes difficult to see a way out but with Uranus, it is easy to throw caution to the wind and do something reckless without thinking about the consequences.

There are many ways to respond to these mental urges, both constructive and destructive and knowing the timing and the particular archetypal pattern gives you more opportunities to use your Will and make constructive choices in whatever situation you find yourself.

The cycles of the planets (transits) in astrology are a moving influence affecting your horoscope and give you a symbolic picture and a timetable of your "thought stream" or "mental urges."

The practice of mindfulness meditation enables you to use your Will to respond more constructively to mental urges reflected in your horoscope. 🌐





CHILE AND EASTER ISLAND: REMINANTS OF ANCIENT LEMURIA?

BY PETER WOODBURY, MSW

“The Andean, or the Pacific coast of South America, occupied then the extreme western portion of *Lemuria*.” (364-13)

MOAI: HUNDREDS OF COLOSSAL STATUES

The colossal stone heads of Easter Island are certainly one of those “bucket list must-sees” of any student of ancient mysteries, right up there with the pyramids of Egypt and Machu Picchu in Peru. How could these 887 massive stone statues, known as Moai, with an average weight of 20 tons (the largest being 33 feet in height and weighing 80 tons, and originally surmounted with a 12-ton “top-knot” 6 feet high and 8 feet wide), come to find themselves on one of the most remote places in the world (2,300 miles off Chile), a triangular island 64 square miles in size with no source of permanent fresh water and no forest to speak of and a current population of 5,000 inhabitants? Adding to the enigma, nearly 200 stone

heads are still in the quarry, seemingly abandoned while in production. One of those abandoned statues is 69 feet tall and weighs 270 tons. Easter Island, known as Rapa Nui to the “native” people, also boasts a written language that evidences an advanced culture. The native people themselves cannot interpret the language nor do they know much about the origins of the Moai.

So where can we begin to look for answers? Conventional archaeologists propose the theory that the land area of Easter Island must have been greater at one time in order to provide the manpower necessary to build and move such massive structures. In the past few years, excavations have shown that the “heads” are actually full bodies that have been covered over through the ages. They be-



The ALOHA Spirit

Living the “Law of One”



BY KATHY L. CALLAHAN, PhD

MANY PEOPLE ARE FAMILIAR with the Hawaiian greeting of “Aloha” as a means of saying hello or goodbye. Since moving to Hawaii however, I’ve come to realize that aloha is much more than a greeting. It is a way of life, a spirit of living based on an ancient philosophy that remains alive to this day. The Aloha Spirit is incorporated into daily life and expressed in one’s relationships with friends, family, and the community. Further, there are many parallels between the Aloha Spirit and the philosophy taught in the Edgar Cayce readings.

The attributes of aloha: awareness, kindness, unity, harmony, honesty, acceptance, humility, and patience, are repeatedly discussed in the readings as the key to spiritual development. It is through the development of these “Fruits of the Spirit” that we become aware of our true purpose, recognize God within, and understand our relationship to life in the physical, mental, and spiritual realms.

Practice...charity to all, love to all; finding fault with none; Being patient with all, showing brotherly love and brotherly kindness. Against these there is no law. And...by the application of them...ye are then conscious of being one with the Creative Forces. (1620-1)

The readings also tell us that knowledge of these spiritual attributes is not enough; we must put them into action in daily life.

...knowledge of a law is not sufficient unto itself, but when knowledge is made active and practical, it then becomes a moving force in our lives. (A Search for God, Book II)

Serge Kahili King, a respected writer on ancient Hawaiian wisdom, speaks to the spiritual nature of the Aloha Spirit:

Its deeper meaning is “the joyful (oha)

sharing (alo) of life energy (ha) in the present (alo).” As you share this energy you become attuned to the Universal Power that the Hawaiians call mana. And the loving use of this incredible Power is the secret for attaining true health, happiness, prosperity and success. (The Aloha Spirit, 2003)

The attunement of which King speaks reflects Cayce’s concept of “spirit is the life, mind is the builder, the physical is the result.”

It is the universal consciousness, the desire for harmonious expressions for the good of all, that is the heritage in man, if there is the acceptance of the way and manner such may be applied, first in the spiritual purpose and then in the mental application, and the material success will be pleasing to any. (3350-1)

Further, the *mana* King refers to means the life energy that flows through all things. You gain *mana* by doing meaningful work, having harmonious relationships, and being of service to others. The readings also speak of loving service as perhaps the highest spiritual ideal to which one can aspire, for in loving service we allow God to express in and through us.

Count it joy, then, even as He, that ye are

called by Him in a service—in a LOVING service—to thy fellow man... (254-76)

Personal Experience. I’d like to share two personal encounters I’ve had in meeting the Aloha Spirit. A few months ago, my grandchildren joined a Hula Halau (school). Upon taking them to their lessons, I was greeted by the other students as “Auntie,” which is a common means of greeting older females. Similarly, fathers are called “Uncle.” More than mere greetings, these appellations break down barriers and make you part of the group, whatever it may be. They are inclusive and reflect *Lôkahi*, the unity principle of Aloha.

I again met the Aloha Spirit during a recent visit to a popular tourist attraction. Faced with a heavy load of visitors and long wait times, an employee used the loud speaker to tell visitors about *kokua*, which means help, cooperation, and assistance. She said that if we used *kokua* and helped one another, our wait would be much pleasanter and go by more quickly. This woman practiced Aloha by using this opportunity to teach about *Akabei* (kindness) and *Ahonui* (patience).



Aloha Codified in Law. The Hawaiian people have demonstrated the importance of the Aloha Spirit by incorporating it into state law. The Hawaii Revised Statutes, Section 5-7.5, provides guidance for public officials to conduct all business in accordance with the Aloha Spirit. It reads in part:

Aloha is more than a word of greeting or farewell or a salutation. Aloha means mutual regard and affection and extends warmth in caring with no obligation in return. Aloha is the essence of relationships in which each person is important to every other person for collective existence. Aloha means to hear what is not said, to see what cannot be seen and to know the unknowable.

This statute reminds government officials to act with care and respect in the performance of their duties. By applying the Aloha Spirit to all their decisions, government officials can contribute to the making of a better world. The desire to have Hawaii designated the Aloha State at the time of its statehood in 1959 was not an accident but rather a carefully thought out plan, as it reflected a desire of the people to do more than just give lip service to a philosophy of mutual respect and understanding.

The Proof is in the Polls. A skeptic may ask if living in a culture that actively incorporates spiritual principles can make a difference in one's life. Two recent polls seem to provide proof that the Aloha Spirit does work! In a Gallup poll released in 2013, Hawaii ranked as the happiest state in the Union. Hawaii's residents ranked first or second in five of the six categories that make up the Gallup-Healthways Well-Being Index. They are the most optimistic group regarding their current life and anticipated life in five years, the least stressed, and have the longest life expectancy. Hawaii has ranked number one since the poll's inception in 2011.

Common sense may dictate that anyone living in Hawaii should be happy. After all, there's crystal clear ocean beaches, mountains, waterfalls, beautiful sunsets, and warm weather. How could you *not* be happy in Paradise? Another report, however, shows that Hawaii is not only the

happiest state, but also the healthiest. The report, published in 2013 by the United Health Foundation, American Public Health Association and the Partnership for Prevention, based its findings on multiple sources of data, including the FBI, the American Medical Association, the Centers for Disease Control and Prevention, the U.S. Department of Education and the Census Bureau. For the second year in a row, Hawaii was ranked as the healthiest state in America. Might the active practice of the spiritual principles embodied in the Aloha Spirit contribute to good health and happiness? I think so, and believe Cayce would agree.

Know that as we use opportunities...for the greater expression of love and hope and faith and good fellowship, and long-suffering, and patience—these bring and build into the soul and mind (divine) that which makes for peace and harmony in the body, in the mind... (1302-2)

Legacy of Lemuria. According to the readings the legendary continent of Lemuria once existed in the Pacific Ocean. Some of the Polynesian Islands and the Andean Coast of South America were a part of this land. Lemuria, also called Mu, was the focal point of the incarnation of the Second Root Race. These souls came to Earth in an attempt to “rescue” the First Root Race who had become entangled in materiality and had lost knowledge of their true spiritual being.

...and there were then—from the other sources (worlds) the continuing entering of those that would make for the keeping of the balance, as of the first purpose of the Creative Forces... (364-7)

Lemurians possessed a “light body,” denser than spirit but not as dense as material flesh. They could enter and exit the light body at will, and “morph” into varied expressions. As light beings, they came into the earth with full knowledge of their spiritual nature and the Law of One.

The readings tell us that the Law of One stems from the first purpose or the



The word aloha has many meanings including love, peace, compassion, kindness, affection, and pity. The Aloha Spirit derives from the meanings of Hawaiian words as reflected in each letter of aloha:

- A** Ala, watchful alertness [awareness: author's interpretation] OR Akahai, tender kindness
- L** Lōkahi, unity, with harmony
- O** Oia i'o, truthful honesty OR 'Olu'olu, agreeability expressed with pleasantness [acceptance: author's interpretation]
- H** Ha'a'ha'a, humility expressed with modesty
- A** Ahonui, patient perseverance

First Cause, which is, “Know, O Israel, the Lord thy God is One” (Mark 12:20). From this declaration flows the knowledge that all life, whatever its form or expression, stems from the One God, the One Force, the One Spirit. In First Cause, all is Perfect (900-10), all is equal for all is One. From this flows unity, unconditional love, acceptance, and respect for others as we recognize the God-spirit within all that is.

After thousands of years, however, Lemurians too became entrapped in materiality, forgetting their spiritual heritage. Yet, there was a remnant who remembered their spiritual origin and retained memory of the Law of One. They passed this knowledge to the Third Root Race—the Atlanteans—and to other peoples as well.

The entity was in that land now known as the American during those periods when there were the changes that had brought about the sinking of Mu or Lemuria...The entity then was among the princesses of the land that established there the teachings of the Law of One. (851-2)

The Law of One is reflected in all the

CHILE AND EASTER ISLAND, CONTINUED FROM PAGE 11

world's great religious teachings, be it the Vedas of Hinduism, Buddha's Eightfold Path, the Tanakh of the Jews, or Jesus' Sermon on the Mount, (to name a few). It also persists as the Aloha Spirit, handed down through centuries of oral tradition among the descendants of Mu.

...coordinate the teachings of the East and the West...the new truths and the old...Correlate not the differences, but where all religions meet—there is One God! (999-1)



Aloha for All. Hawaiians acknowledge that anyone can live by the Aloha Spirit. It is their heritage, yes, but they know that Truth is something that must be lived and shared. They share the wisdom of their ancestors with all who now call the Hawaiian Islands home, and they offer it to the people of the world. Auntie Lele, a respected teacher of Hawaiian culture, says that Aloha is not limited to Hawaiians only, but can be practiced by anyone. She offers the Dalai Lama as a modern example of a non-Hawaiian who truly lives the Aloha Spirit.

The Law of One lives on in all who acknowledge the unity of all life, demonstrate unconditional love, accept and respect others, show kindness, and practice patience. In the Hawaiian Islands, this way of life is called the Aloha Spirit, an active and living demonstration of the first purpose of the Creative Forces. May we too always remember and “Live with Aloha.”

As my body, mind and soul are one, Thou, O Lord, in the manifestations in the earth, in power, in might, in glory, art One. May I see in that I do, day by day, more of that realization, and manifest the more. (262-38) 🌐

ABOUT THE AUTHOR



KATHYL. CALLAHAN, PhD, is a noted A.R.E. author and speaker. A career Naval officer, Kathy has been a student of the Edgar Cayce readings for 40 years, and has presented workshops at A.R.E. Headquarters and field conferences. She is the author of five books including *Living in the Spirit and Multisensory Human: The Evolution of the Soul*. She lives in Ewa Beach, Hawaii.



research describes a very advanced spiritual community, but also a technologically advanced one, demonstrated by their ability to build megalithic structures. They practiced oneness and applied spiritual law to government and education. And like Churchward, Childress agrees that the continent was destroyed by cataclysmic earth changes that led to the inhabitants spreading their teachings throughout the world. While Atlantis may have been more technologically advanced, the people of Atlantis may also have been more aggressive compared to the more peaceful Lemurians.

CAYCE'S FASCINATING COSMOLOGY

Our search now takes us to the work of Edgar Cayce, who gave a whole cosmology of soul creation from our original oneness with God to our journey throughout this “universe of worlds.” As souls came to Earth and the dimension of materiality and began to “project into matter,” Cayce said that one of the first soul/human civilizations was in the land of “Lemuria,” which, like Churchward, he also referred to as Mu, but also as Oz and Og, among other names. He described a large continent in what is now the Pacific Ocean, off of what is now South America. In this initial civilization, souls had not yet moved so deeply into the physical as we have now. The human form would be described as a more etheric “thought form” body—somewhere between the physical and spiritual/mental.

“...the entity was in the land now thought of or termed as La, or Mu—Lamu.

“Those experiences then made for the determining between the thought forms and those that materialized into what became man.” (1387-1)

Cayce also described “giants” that inhabited the earth, leading one to believe that perhaps the Moai were life-sized representations.

“For they partook rather of those things when those expressions or periods of the injection of thought form and forces took their activity in the earth...and in those days there were giants in the earth.” (1183-1)

Cayce describes the destructions as they began and the time frame:

“Then the South Pacific, or Lemuria,

began its disappearance—even before Atlantis, for the changes were brought about in the latter portion of that period, or what would be termed 10,700 light years, or earth years, or present setting of those...” (364-4)

Names for those “incarnate” in that period were more like mantras, than what we now consider a legitimate name. For example, “Mmuum,” “Ooum” and “Ne-Um-Um” were names at that time! We also did not have the “personality” or ego developed. We were more purely soul awareness. It was in the fall of Lemuria that souls learned they could lie, that they could mislead and speak falsely and be believed. That led to the separation of the “individuality” (the soul self) and the “personality” (the ego or created self). And this separation deepened the soul's encasement in the physical. The bodies became denser and our full immersion and journey through the earth realm began.

Cataclysmic earth changes led to the inhabitants spreading their teachings throughout the world.

From archaeological science to Churchward's research to our beloved Edgar Cayce, we are woven a story of our early times in the earth, perhaps our Garden of Eden, and our prodigal voyage through time. Are the Moai of Easter Island and the mystical magnetic center of the earth moving to Chile's Elqui Valley, a sign for us to return in consciousness to our original Lemurian teachings of Oneness? Perhaps so, but let me leave that part of the mystery open and best answered in your own personal meditations. 🌐

ABOUT THE AUTHOR



PETER WOODBURY, MSW, received his undergraduate degree in psychology in 1983 from Harvard University, and his master's in social work from Boston University in 1991. He is in private practice as a psychotherapist and hypnotherapist in Virginia Beach, with a focus on the use of spirituality and faith as tools for personal transformation. Peter is a popular presenter in A.R.E. conferences and leads A.R.E. tours to South American sacred sites and to Egypt.

Join Peter for the **A.R.E. Tour of Chile and Easter Island** Oct 18-31. See p. 57 or visit EdgarCayce.org/tours for details. 🌐

Forgiving Archie Bunker



Leila had buried the wound from the abuse that she suffered, but she buried it with hatred...

JERRY LAZARUS is a spiritual teacher, counselor, and author, with a master's degree in religion and meditation. He leads workshops and retreats on meditation and dreams, and is a speaker at A.R.E. conferences. His book, *Dreams: Listening to the Voice of God*, is available at: jerrylazarus.com.



Jerry Lazarus will present **Edgar Cayce on the Wisdom of Dreams and the Nature of Healing** at the 43rd Annual Mid-South Retreat in Burns, Tenn., Nov 7-9. Contact Joan Waddell at 901-830-7485 (joan.are16@yahoo.com or carememphis.org).



LEILA, A 66-YEAR-OLD WOMAN, reluctantly shared a dream with me: *In the last 10 years, I've had a recurring dream and the last dream was two weeks ago. All in all, I dreamt this about 15 times. I had killed and butchered my stepfather. I cut him into small pieces and buried him around the tool shed we had in the backyard. The police had come to investigate his disappearance and I was terrified they would find him, especially since the odor of decomposition was quite strong. Thank goodness, on that visit, they only came to the house and didn't go near the shed. So I enlisted my daughter and we bought jugs of bleach (I had my daughter there, although in the dream I was only 17 or 18). We poured bleach around the shed for many days until the smell was gone. We were never caught and police finally gave up.*

Leila's reluctance was understandable. When I told her that this type of dream imagery isn't uncommon, she felt comfortable sharing more details. Leila compared her late stepfather to Archie Bunker, a "gruff, ignorant, bigoted" character in the "All in the Family" sitcom from the 1970s—except that her stepfather was worse. "He was very mean, ignorant, and an alcoholic," Leila told me. "When he drank he was truly vicious. One time he chased me for more than a city block, wielding a very large butcher knife. I've no doubt that, had he caught me, he would've injured or killed me."

Leila had buried the wound from the abuse that she suffered during her teenage years and had cleverly concealed it. But she buried it with hatred. This recurring dream repeatedly brought the suppressed material to Leila's attention. She has some deep digging to do, and as painful as it is, she needs to take stock of her thoughts and feelings about her stepfather and find healing. Through this dreadful imagery, Leila is being shown a great opportunity for soul growth if she works with it.

Later Leila told me: "Being tormented by the memories of my stepfather, who is long dead, is unsettling. He was truly an evil person. Whenever I think about him, I get very angry and resentful, along with a host of other negative emotions. This is hurting me, and I want peace."

After some counseling, I suggested that Leila

pray about it and, with her permission, I too began to pray for her along with my healing group. I assured her that if she asked God for help, she could summon the strength to forgive.

Just as it's the province of the police to investigate the violations of material laws and enforce them, it's the province of the subconscious to investigate the violations of spiritual laws. The subconscious forces ever stand to guide and direct an individual in matters of spiritual law. (900-243) This is what's signified in Leila's recurring dream. The subconscious was "investigating" the dreamer for a suspected violation, so as to get the dreamer's attention. What law had she violated? "Forgive our trespasses as we forgive those who trespass against us," as stated in the Lord's Prayer. Put another way: "Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you." (Matthew 6:27-28)

Leila took the counsel to heart; she prayed and worked toward full forgiveness. Two months later, she attained the very peace she was seeking: she had completely forgiven her stepfather and felt compassion for him.

Soon, she had another dream:

I've been murdered and crossed over to the first place you go after death. I'm not angry—even laughing as I talk directly to a friend who is still alive. I'm telling that friend that I want to know who murdered me, not so that I can take vengeance, but so that I can thank whoever for sending me to such a beautiful, peaceful place.

I believe this dream came to show Leila that she had experienced a tremendous inner awakening. Thanking her murderer was merely symbolic. From a spiritual point of view, she attained soul growth through the cross that came from the stepfather. (This is by no means condoning her stepfather's behavior). By praying and choosing to forgive, the part of Leila that was unforgiving and hateful died and she "crossed over" to the heavenly state of consciousness within herself, and found peace. She's no longer angry, for she was born again in the Spirit. This brings laughter and joy to her inner being, for which her soul is thankful. 🙌

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



Osteoarthritis: the Edgar Cayce Information Revisited



The Edgar Cayce health readings offer a hopeful view for a disease which is generally considered irreversible.

PETER SCHOEB, DC, CMT, is a chiropractor and a massage therapist who trained with Dr. Harold Reilly in massage and holistic therapies as found in the Edgar Cayce readings. He has taught at the Cayce/Reilly® School of Massage for over six years, and is an international speaker and teacher in Cayce-based health and wellness. He is now a consultant at the A.R.E. Health Center and Spa (EdgarCayce.org/spa) in Virginia Beach.

Join Peter at these upcoming A.R.E. headquarters conferences:

Aug 2 **The Heart of Healing: Edgar Cayce's Practical Holistic Living for Today**

June 6-8 **Women's Healing From the Inside Out: Merging Body and Soul for Health, Wisdom, and Vitality A Body-Mind-Spirit.** Visit EdgarCayce.org/conference for details.



TODAY'S DEFINITION OF OSTEOARTHRITIS is, according to the Center for Disease Control and Prevention, "...a disease characterized by degeneration of cartilage and its underlying bone within a joint as well as bony overgrowth. The breakdown of these tissues eventually leads to pain and joint stiffness. The joints most commonly affected are the knees, hips, and those in the hands and spine." Further they state on their Web site that an estimated 26.9 million US adults in 2005 were affected by osteoarthritis. Primary osteoarthritis is a wear-and-tear disease with contributing factors such as diet and lifestyle.

The Edgar Cayce health readings offer a hopeful view for a disease which is generally considered irreversible and managed with medication or in late-stage progression, with a replacement of the affected joint. From a reading for a 40-year-old woman: *The causes or sources of these conditions are of a very subtle nature. The effects that have been produced in the extremities are hard to cope with...first meet the conditions, gradually cleanse the system, and then begin to renew the energies of the body.* (3244-1) A few important considerations emerge here: The origin of the changes is not clearly visible, there is pain and dysfunction, and no fast improvement or regeneration is offered.

Looking at the wealth of information in the readings, the following major interventions were offered, requiring persistent, consistent, long-term application, and the right choice as well as combination of therapies:

1) Improvement and normalization of assimilation and elimination: Food allergies, inflammation of the intestines, increased intestinal permeability, constipation, and liver toxicity need to be addressed by a holistic health care provider.

2) Dietary changes and supplementation: Following the general alkaline, anti-inflammatory dietary guidelines found in the health readings assists in positive change. Elimination of vegetables from the nightshade family may be beneficial as well. The daily intake of ½ teaspoon of dried, powdered, beef gelatin (or one envelope containing ¼ oz. of gelatin powder) serves as a source of building blocks for cartilage maintenance and rejuvenation.

3) Manipulation and Massage Therapy:

Restores the relationship between neurological function and inner organ activity through structural adjustment. The feet and other biomechanical sources of structural imbalances need to be examined and necessary corrections made. Massage therapy with a therapeutic oil improves muscle, joint, and tendon function, assists the body with detox, and improves overall wellbeing.

4) Promoting normal glandular function, especially thyroid function: An appropriate assessment by a health care provider is necessary before any supplementation is introduced.

5) Oils and remedies: Specific formulas were recommended in the readings and add to the healing process.

6) Appropriate movement and exercise: These include walking and Cayce-based morning and evening exercises.

And yes, there is the mind-body connection and complete healing has to include it all: *Remember, healing—all healing comes from within. Yet there is the healing of the physical, there is the healing of the mental, there is the correct direction from the spirit. Coordinate these and you'll be whole!* (2528-2)

A 59-year-old person presented with complaints of right hip pain for almost a year, mostly in the afternoon and lately occasionally at night. No recent injuries or accidents were reported. The orthopedic examination confirmed the likelihood of moderate osteoarthritis. Radiographs showed moderately advanced osteoarthritis of the right hip, confirming the exam findings. The patient decided to employ an Edgar Cayce health reading-based approach: the diet, promoting daily eliminations, taking gelatin, getting frequent therapies—massage and restorative manipulation, daily application of a remedial oil and, to start out with, a daily ½-hour walk. The patient shared difficult life experiences, which still seem to bother him. Prayer and forgiveness were considered essential as part of the healing process and daily applications were agreed upon. Two months later the pain was reduced by more than 50% and mobility had increased. The patient was "feeling better, inside and out."

From the readings: *For, as has been indicated so oft: In each body, no medicine, no mechanical appliance does the healing. It only attunes the body to a perfect coordination and the Divine gives the healing.* (1173-7) 📖

The Cayce Psychomanteum

A Device to Contact the ‘Other Side’

BY SIDNEY D. KIRKPATRICK

EDGAR CAYCE WAS KNOWN to have used a Ouija board only once. Together with his wife Gertrude in their third-floor Selma, Alabama, apartment, and with 10-year-old son Hugh Lynn looking on, they sat at their dining table and placed their hands on the planchette. “I never saw a piece of wood cavort like that thing did,” Hugh Lynn later said. “It was as though there were [a revolving door of]... dead people standing there in line waiting to be heard, and they would each have three minutes to give their speech, and then the next one would come in.”

Psychomanteum vs. Ouija

The apparent reason Edgar didn’t again touch a Ouija board or advocate its use was because of the risk the user took when indiscriminately inviting discarnate spirits into one’s life. One’s higher self and spirit guides weren’t standing guard at the door. Like the practice of automatic writing or using hallucinogenic drugs to channel the dead, Edgar believed that more harm than help would result. “A lot of good stuff has come through Ouija boards and automatic writing,” he wrote. “But a lot of people have gotten disturbed through it, too. The balance is on the negative side.”



The same, however, was not necessarily true of inducing a trance-like state using an instrument known as a psychomanteum—sitting in a dimly-lit room or chamber and staring fixedly into a darkened mirror, reflective object, or color pattern. His technique didn’t require any complicated apparatus, expensive mirror, or “spirit booth,” but used a simple homemade device that could be constructed in a matter of minutes from easily obtained materials. He called it a “fairy viewer,” and if used in a self-reflective and meditative mindset, could be helpful in raising one’s consciousness and obtaining psychic insights and visions.

Cayce himself didn’t use the word “psychomanteum” to describe his viewer, but he was surely aware of the concept as these devices have a long and storied history. Among Edgar’s friends and patrons who are thought to have used them were Arthur and Zelda Lammers, who conducted séances in their Dayton, Ohio, home and outfitted their own black-draped “apparition room.”



Nancy Kirkpatrick in front of the fairy viewer she and Sidney constructed.

Raymond Moody's results with "scrying"

No discussion of the subject, however, is complete without including Dr. Raymond Moody, who referenced extensive psychomanteum research he conducted in several of his popular books, most notably *Reunions*, published in 1993. Using instructions he found in ancient Egyptian texts, he created a modern apparition booth in which test subjects claimed they were reunited with deceased loved ones.

Prior to the psychomanteum experience, test subjects would spend several hours with Moody preparing to psychically meet the loved one they wanted to encounter. He would then escort his subject into an enclosed booth draped in heavy black fabric and lit with a shielded low-wattage bulb—the equivalent in brightness to a candle. The person would be seated in a comfortable armchair facing a large wall-mounted mirror angled downwards so that the subject wouldn't be seeing themselves, only the pool of darkness in the mirror.

Some of Moody's test subjects experienced visions in only a matter of minutes, for others it took hours. Approximately half, however, experienced something highly unusual, and several were convinced beyond a doubt that they had actually connected with a deceased loved one. In one instance, a 44-year-old nurse, seeking to make contact with her dead husband, emerged from the booth totally confused. She had made contact, but with her father, not her husband. In her mind's eye he had literally stepped out of the mirror to speak with her.

Medical researchers describe the experience as the result of the Ganzfeld effect, a type of a perceptual deprivation caused by exposure to an unstructured, uniform stimulation field. The experience is most common among miners who report hallucinations and visions when trapped in small dimly-lit spaces, and by Arctic explorers who describe comparable phenomenon when seeing nothing but a featureless landscape of white for extended periods of time. The brain cuts off the unchanging signal from the eyes, then amplifies the "neural noise" from the unconscious mind, similar to entering a dream state. The "neural noise" explanation is the same that skeptics use to

Ancient divining objects

According to Homer and Herodotus, the Greek oracles were known to have used reflective objects such as blood, water or oil as a conduit to the spirit world. Like accounts of ancient Troy, the legends are rooted in truth. Archaeologists at the "Oracle of the Dead" temple in Dodona, in northwest Greece, uncovered a stone labyrinth of tunnels leading to a central hallway whose key feature was the remnants of a massive bronze cauldron and viewing station. The presumption is that pilgrims, after fasting or ingesting hallucinogenic leaves or seeds, were led through the dark labyrinth and then stared into the murky and reflective liquid contained in the cauldron where they would have visions of their dead loved ones or preview future events.

Similarly, Aztec priests used highly polished obsidian mirrors for divination and conjuring visions. John Dee, the famous 16th-century mathematician and alchemist, was said to have used such a mirror—which was brought to Spain after the conquest of Mexico by Cortés—to obtain visions on behalf of his royal patron, Queen Elizabeth I. The technique of "scrying," as it was called in Elizabethan times, involved putting the mind into an unfocused state to receive psychic imagery by staring into a "speculum." No less a figure than Nostradamus was said to have availed himself of a bowl of water which he used as a "magic mirror" to "see" the future. From Native Americans to Tibetan monks, every culture, it would seem, has used some form of psychomanteum divination.



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account for near-death experiences, but fail to explain the many instances in which the subject undergoing the effect obtains information, knowledge, or insights beyond what they could reasonably be expected to know.

Cayce's personal experience

Edgar Cayce's work is the most compelling evidence that psychic information can indeed be retrieved from the unconscious mind. A reading that he gave on psychomanteum early in his career was either not recorded or lost in a fire that destroyed the photography studio where he worked. What we know today about his connection to the subject comes from his correspondence with Beatrice Coffing, a young woman who moved from California to Virginia to be near the Cayce family, and who, with her husband Richmond Seay, was deeply invested in the Cayce work after Cayce's readings resulted in Richmond regaining his failing eyesight. After receiving a life reading that placed Beatrice as "Little Anna"—a little girl in Beverly, Kentucky, in her previous incarnation, where she had been close friends with Edgar in his formative years, much discussion ensued about their shared childhood experiences communing with fairies and other spirit entities.

Edgar and Beatrice's correspondence, archived in 2072-6 reports, describe a "fairy viewer" consisting of a piece of cardboard draped with purple cloth with a small circular hole cut in the middle. Behind the draped cardboard is placed a single candle, no larger than what would be found on a birthday cake. The viewer stares through the hole at the candle, letting their subconscious mind do the rest.

How long the subject is to stare at the candle is not specified, nor what they are capable of seeing. For Beatrice, the effect would be visions of fairies. The correspondence gives no clue as to how successful the experiment was, only that Beatrice, who was always affectionate with Edgar, waxed fondly about how wonderful it would be to meditate together with Edgar in front of the fairy viewer. "If I could ever be alone with just you beside me I think I could attain a psychic state similar to your own," she wrote. "It might be, thru love hypnosis, anyway."



Experiments today

Ron Feldheim, an active A.R.E. member from Miami, has been one of several students of the Cayce work to experiment with such a device. At a Florida conference in which participants individually and in groups used the Cayce psychomanteum, the experience was considered a great success. The effect, he says, is similar to looking into a crystal ball, only enhanced by the candle and the deep purple cloth, which both esoteric tradition and the Cayce readings say calms the conscious mind and stimulates the subconscious mind. Perhaps this is why the color purple and candles have become standard features on church altars.

Feldheim made his psychomanteum out of three-sided presentation board, which can be easily obtained at an office supply store. He then glued purple velvet on the inner surface, and with a pen knife, cut into the middle panel a viewing hole which was about the size of a dime, and smoothed the edges. All that remained to do was to obtain a votive candle in a glass candle holder, which he placed on the table approximately a foot to a foot and a half behind the screen. With all other lights out, the viewer sits in front of the screen, adjusting their position and that of the candle until the eye, hole, and candle flame line up.

As with all forms of meditation, the experience is most effective in a peaceful and quiet environment. Unplug ticking clocks and ringing phones so as not to be disturbed. Dress comfortably. You may want to mentally or physically perform a cleansing or purification ritual by surrounding yourself with a protective circle of white light and saying a prayer. The Cayce prayer of protection you may wish to use is: "As I open myself to the unseen

MY PERSONAL EXPERIENCE with the Cayce "fairy viewer" is mixed. The phenomenon I consistently experienced was eye strain! This, as I am led to believe, is how the device is meant to work: strain the eye until the optic muscle is exhausted and your vision blurs. I saw, over the course of several weeks, twin moons (like something out of *Star Wars*), and a kaleidoscopic series of star-shaped images which I could mentally expand or contract at will.

On one occasion I experienced something more. I had the distinct impression of someone coming up behind me and resting their hands on my shoulders. I wasn't disturbed by the event because I thought my wife, Nancy, had come into the room to see how I was making out. Only she wasn't in the room. She was in her office.

forces that surround the throne of beauty, grace, and might, I throw about myself the protection that is found in the thoughts of Him." (262-3) The objective is to safely ease your transition into an altered state of awareness. When ready, clear your mind and concentrate on the circle of candle flame. Don't try to force or control the experience, but simply let it move you. After a period of time—minutes or hours—your vision becomes cloudy, as if a filmy purple mist with light rays is obstructing your view. This is often a sure signal that your journey is about to begin.

"Then, I don't know," Feldheim says. "I never saw anything myself, but everybody else participating in the experiment did!" 🌟

ABOUT THE AUTHOR

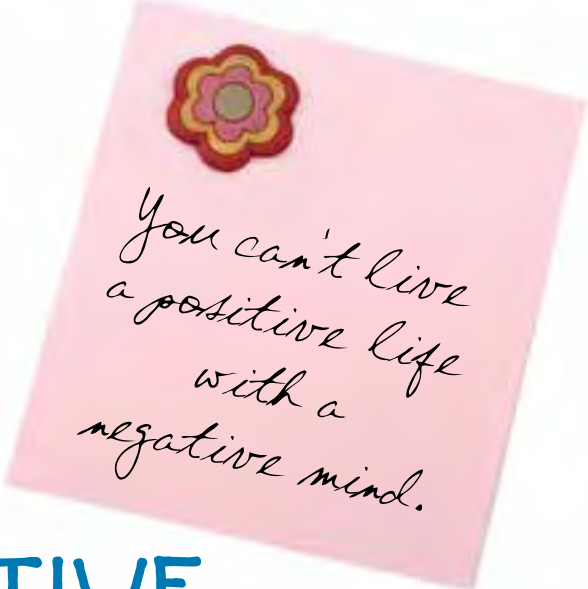


SIDNEY D. KIRKPATRICK is an award-winning documentary filmmaker and best-selling author. His book, *Edgar Cayce, an American Prophet*, is the definitive biography of Edgar Cayce. The research and writing of this book took well over five years, and no other author has had such complete access to Edgar Cayce's voluminous correspondence. He and his wife Nancy regularly host events at their Portage Inn Bed & Breakfast (PortageInn.ca) in Muskoka, Ontario.

Sidney Kirkpatrick will present **Living the Legacy of the Edgar Cayce Readings: Insight, Inspiration, and Secrets from the Vault** Apr 26, Pittsburgh, Pa. For info and to register, call 800-333-4499 or go to EdgarCayce.org/fieldconferences.

Join Sidney for a video mini-series **Unearthing the Treasures from the Vault** available free at EdgarCayce.org/vault.

All You
Can Be:



You can't live
a positive life
with a
negative mind.

WHY POSITIVE THINKING MATTERS

BY MITCH HOROWITZ

THE METHOD OF POSITIVE THINKING IS SIMPLICITY ITSELF:

Fix a goal in your mind, attempt to enter the feeling state that your aim has been achieved, and unseen agencies—whether psychological, metaphysical, or both—are said to come to your aid. Seen in this way *our thoughts are causative*. Or, as Edgar Cayce put it: “mind is the builder.”

Over the past century-and-a-half, this one simple idea has become the keynote of American life. Positive thinking underscores our political campaigns (“Yes, we can”), advertising slogans (“Just Do It”), and forms the foundation of self-help, business motivation, 12-step programs, support groups, and mind-body medicine.

For all its impact, positive thinking, more properly known as New Thought, is widely disparaged in our culture. Journalists and academics often dismiss it as a philosophy of page-a-day calendars and refrigerator-magnet bromides. But most critics fail to grasp the history, impact, and effectiveness of positive thinking—all of which I explore in my new book, *One Simple Idea: How Positive Thinking Reshaped Modern Life* (Crown).

While I write as a historian, my interest in positive thinking is also deeply personal. In some respects, positive thinking saved my life.

GROWING UP (NOT QUITE) POSITIVE

My journey into mind-power metaphysics began in my early adolescence in the late 1970s. My family made an ill-fated move from our bungalow-sized home in Queens, New York, to a bigger house on nearby Long Island. It was a place we could never quite afford. After moving in, my father lost his job and we took to warming the house with kerosene heaters and wearing secondhand clothing.

One night I overheard my mother saying that we might qualify for food stamps. When the financial strains drove my parents to divorce, we were in danger of losing our home. Seeking guidance, I devoured the essays of Ralph Waldo Emerson and the Talmudic guide to character, “Ethics of the Fathers.” These works asserted that our outlook could make a concrete difference in our lives. “Nerve [challenge] us with incessant affirmatives,” Emerson wrote. “Be of good countenance,” the great rabbis intoned.

I prayed, visualized better tomorrows, and became a determined self-improver. I threw myself into attempts to earn money delivering newspapers and hauling junk to a local recycling plant. I divided my time between high school in the morning and drama classes in the afternoon. I handwrote college applications and sent letters to financial aid officers. We managed to piece together our finances and keep our home.

Positive thinking did not miraculously solve all of our problems. But I emerged from the period believing that a set of interior guideposts and principles had contributed to the solution. If my thoughts didn’t change reality, they helped navigate it. And maybe something more.

Later on in life, I grew intrigued by the example of my mother-in-law, Theresa Orr. At times she seemed to gain an additional, almost magical-seeming fortitude from affirmative-thinking philosophies. The daughter of an Italian-immigrant barber, Terri received a scholarship in 1959 to Brandeis University, becoming the first woman in her family to earn a college degree. In the years ahead, she

POSITIVE THINKING IS THE UNIFYING ELEMENT OF ALL ASPECTS OF THE AMERICAN SEARCH FOR MEANING. IT IS, IN EFFECT, THE AMERICAN CREED.

became an associate dean at Harvard Medical School. While pursuing her academic career, she raised two daughters as a divorced and single parent, cared for an elderly mother, and sponsored members of a 12-step recovery program, all from under the roof of a two-family home in Waltham, Massachusetts.

Terri devoured works of positive thinking, from the Serenity Prayer (“God, grant me the serenity to accept the things I cannot change...”) to affirmations from the channeled text *A Course in Miracles* to pointers in positivity from *Guideposts* magazine. She papered the surfaces of her home—literally, from the refrigerator to the medicine chest—with business-sized cards on which she penned aphorisms such as “I can choose to be right or to be happy;” “My helping hand is needed. I will do something today to encourage another person;” and (my personal favorite), “When am I going to stop going to the hardware store for milk?” There was no question in her mind, or in my own, that injunctions to sinewy thoughts had made a difference in her life.

From my late-20s through mid-40s, my personal search led me down many spiritual paths, and into serious esoteric teachings and traditions. But positive thinking always reasserted its pull on me. As I began my adult explorations into the roots and methods of positive thinking I experienced some kind of difference in my life, as Terri had experienced in hers. Was I imagining things? The practice of determined thought could seem so naive and simplistic. Most serious people regard positive thinking as a cotton-candy theology or a philosophy for dummies. But I like “rejected stones”—they often hold neglected truths [Psalm 118:22 *The stone the builders rejected has become the cornerstone*]. Some of the leading voices in positive thinking, especially in its formative days in the late-19th and early-20th centuries, had, like me, pursued many avenues of thought and religion, but returned to the concept that the greatest truths can sometimes be found in practices and ideas that are very simple, often so much so that they are easy to dismiss.

MIND PIONEERS

Like all widely extolled principles, from healthy eating to thrifty spending, aspiration toward positivity seems like it has always been with us. But the concept is newer than we think. The story of positive thinking began in America with the experience of a Maine clockmaker named Phineas P. Quimby. Quimby discovered in the 1830s that a brightened mood helped lift his symptoms of tuberculosis. “Man’s happiness is in his belief,” Quimby concluded. The clockmaker’s insights and experiments coalesced into the movement of mental healing, which used prayer, autosuggestion, and early forms of hypnotism (then called Mesmerism) to relieve illness. One of Quimby’s most dynamic students, a brilliant young Mary Baker Eddy, went on to found the healing faith of Christian Science.

After Quimby’s death in early 1866, mental healing spread in popularity from New England to Chicago to California, and thousands of followers believed that some force—whether divine, psychological, or both—exerted an invisible pull on a person’s daily life. By the late 1880s, the boldest mental healers theorized that the energies of the mind could impact not only health, but also money, marriage, career, and all facets of life. Their beliefs came to form the influential metaphysical movement called New Thought.

The notion of the mind as an invisible or divine force came very naturally to spiritual experimenters in the late 19th century. The late Victorian era abounded with discoveries of unseen forces, from radio waves and electrical currents, to x-rays and microbes. For a time mainstream science and avant-garde spirituality appeared united in a search to unveil the inner workings of life.

At the start of the 20th century, philosopher William James believed that New Thought, Christian Science, and all of the new mental therapeutics—which he called the “religion of healthy-mindedness”—held such promise, and hovered so mightily over modern religious life, that it amounted to the equivalent of a Reformation on the American spiritual

scene. “It is quite obvious,” James wrote in 1907, “that a wave of religious activity, analogous in some respects to the spread of early Christianity, Buddhism, and Mohammedanism, is passing over our American world.”

While no high church of positive thinking today extends across American culture, the influence of mind-power metaphysics is greater than that of any one established religion. Methods of positive thinking are espoused across the religious spectrum, from New Age spiritual centers to evangelical mega-ministries. Positive thinking is the unifying element of all aspects of the American search for meaning. It is, in effect, the American creed.

POSITIVE REFORMS

For all of its reach and promise, the philosophy of positive thinking is also riddled with inconsistencies and pitfalls. Over the past two decades, I have watched some of the best people in the positive-thinking movement—that is, members of New Thought churches or positivity-based support groups—depart or distance themselves after experiencing how an ill-conceived program of affirmative thought can effectively blame a sick or suffering person for their ills.

A support-group leader for female survivors of sexual abuse—and someone who had spent many years within a positive-thinking metaphysical church—wrote to me in 2012. She said that she had experienced both sides of the positive-thinking equation, witnessing how survivors could ably use a program of mental therapeutics to rebuild their sense of self, but also observing the kind of burden that affirmative-thinking nostrums could visit upon those recovering from trauma. She continued:

“My husband, who experienced a massive stroke at the age of 22 while in ‘perfect’ health and working as a farm hand has also felt an ambivalence toward the positive-thinking teachings. Such an emphasis gets placed on physical healing as a manifestation of right thought that it can alienate those people living with dis-

abilities whose healings have manifested in other, possibly non-physical, ways.”

In conclusion, she wondered: “Is there room for a positive-thinking model that doesn’t include blame and single-model definitions of success?”

In my new book I take the attitude that such a model can exist. But for positive thinking to reach maturity, its followers must take fuller stock of the movement’s flaws and need for growth. To begin with, the positive-thinking movement must do more to confront—and acknowledge—the tragedies of daily life. Suffering and illness cannot be explained away solely as the result of our thought patterns. As I argue in *One Simple Idea*, there is no compelling reason—and very little verifiable evidence—to view life as the result of one ever-operand mental super law, sometimes called the Law of Attraction. People live under many different factors, including accidents, physical limitations, and mortality. Positive thinkers must jettison the idea that thoughts alone are the engine of our experience.

Acknowledging that life is composed of myriad laws and agencies, however, does not detract from the key insight of positive thinking: that our thoughts contribute a “something extra” to our life circumstances—and in ways that transcend ordinary psychology. The instinct that our thoughts possess an agency of influence is borne out in a long history of clinical science and compelling personal testimony.

Indeed, positive thinking has stood up with surprising muscularity in the present era of placebo studies, mind-body therapies, brain biology research, and, most controversial, the findings of quantum physics experiments. When considered without sensationalism, more than 80

years of data emerging from quantum physics shows that the presence of a conscious observer alters the nature and manifestation of subatomic particles. These findings suggest some vital, not-yet-understood verity about how the mind interplays with the surrounding world.

A related phenomena plays out in the emergent science of neuroplasticity. Scientists at UCLA have recently used brain scans to show that our thought patterns actually affect—and can alter—the physical makeup of our brains. Researchers have found that when sufferers of obsessive-compulsive disorder (OCD) actively and sustainably redirect their thoughts away from ritualistic behaviors, they also change the neural pathways associated with OCD. A thinking cure becomes a physical cure, as well.


In a recent—and revolutionary—placebo study, researchers at Harvard Medical School in late 2010 conducted a “transparent placebo” study, in which sufferers from irritable bowel syndrome were told up front that they were being administered a sugar pill. Placebo studies are typically based in deception, in which a patient believes that he is receiving, or may be receiving, an actual medicine. The Harvard study participants *knew* they were not taking a medication but an inert substance—yet a majority reported relief.

This is the first documentation that an “honest placebo” has significant effects, deepening questions about how the mind influences the body.

Developments in quantum physics, neuroplasticity, and placebo studies may challenge our conceptions of what it means to be human in the 21st century, at least as much as Darwinism challenged man’s self-perception in the Victorian age.

I believe that the contemporary positive-thinking movement is poised for a greater phase of maturity and persuasiveness. But to reach that point requires those of us who care about positive thinking to:

- cultivate a sober understanding of quantum physics, neuroplasticity, and placebo studies, and what they say about the mind;
- ease away from an insistence on an overarching Law of Attraction;
- and, finally, acknowledge that thought represents one factor—albeit an extraordinary one, with deep metaphysical implications—among many others that produce our lives.


These reforms would encourage a more elastic expression of positive thinking, and would return us to the best traditions of the movement’s early days, when it saw itself in league with breakthroughs in science and medicine. It falls to our generation to continue the spiritual and psychological revolution begun by the forebears of positive thinking. 

ABOUT THE AUTHOR



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Mitch Horowitz will be a special guest speaker at the **83rd Annual A.R.E. Congress—Living a Spiritual Life the Edgar Cayce Way**, June 22-27. Everyone is invited as we celebrate the opening of the new Cayce-Miller Café. Visit EdgarCayce.org/conferences or call 800-333-4499. 

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My First Time at A.R.E. Camp

A Joyful Discovery

BY TONI ROMANO

Why did I wait so long to experience A.R.E. Camp, one of the most treasured aspects of the A.R.E.? I have always seen the Camp brochures, the *Venture Inward* articles, the Camp Reunions at the New Year's Conferences, and the recently released video on A.R.E. Camp (go to EdgarCayce.org/camp). I know lots of friends who have been to Camp over the years, but I never signed up to go—until this year when everything changed.

Last January I received an invitation to be the resource person for the Adult Retreat that is held annually at A.R.E. Camp in Rural Retreat, Virginia. The theme for the week was *Know Thyself: A Gathering of A Search for God Seekers and Study Group Members*. I have been in ASFG study group work for 30 years and I thought that this would be an amazing opportunity to share my love of this very important part of the Work, so I said "Yes!"

Then the little voices started chiming in: "You don't know anything about A.R.E. Camp," "what if no one wants to come to A Search for God session," "you don't know what experience those that do come will have had in study group," "how can you make it interesting for someone who has never been to ASFG study group?" On and on the doubts piped up.

Excited Preparations

Over the next few months I began to prepare for my journey to Camp: At the A.R.E. Library, I gathered materials; I listened to tapes that were recorded by Elsie Sechrist and Hugh Lynn Cayce; I read a classic article by Herbert B. Puryear, *A Search for God: Spiritual Growth in Small Groups*, [available at EdgarCayce.org/studygroups] and a great booklet by Jim Dixon and Meredith Puryear, *Timeless Ideas*. Little by little the creative juices began flowing.

I also prepared for my road trip across the state of Virginia to the beautiful valley that is home to A.R.E. Camp. My home in Virginia Beach is about seven hours from A.R.E. Camp in Rural Retreat,





Virginia. I felt optimistic and prepared. Driving directions were great, every detail was accurate. The seven-hour trip was uneventful, traffic was moderate, the music I brought along kept me entertained. The country dirt road that leads into Camp was slow and a bit bumpy, but the Camp staff greeted me as soon as I got out of my car, eager to give me a welcoming hug and show me around—and all of a sudden the week was off to a great start!

A Heart-warming Welcome

The Camp staff was so warm, friendly, and fun—and very capable. Most of them are young adults and my heart was warmed as I experienced their leadership in the dining hall, the all-camp gathering times, the meditations, the activity periods, and evening campfires. The schedule is paced beautifully with plenty of times for rest, relaxation, and getting to know one another.



The setting is magical. Camp is nestled in a valley between two lush, green mountains, where the atmosphere is clear and clean. The valley has thousands of acres of forest with miles upon miles of trails to explore, a bubbling stream, a sunny small pond, and all of the tranquility, peace, and beauty of the majestic Blue Ridge Mountains.

Organic Veggies!



The Camp valley is also home to a beautiful organic garden—and it was a great year for veggies at Camp! We had loads of tomatoes, cucumbers, squash, beans, and corn. The gardeners participated in the local Farmers' Market and several of us came along. The market was such a wonderful way to make a connection with the local community while sharing our excess abundance of organic food! I shared a couple of great meals with friends when I got back to Virginia Beach, made with the delicious Camp veggies I brought home with me.

The kitchen staff was phenomenal. Each meal was prepared according to Cayce's principles of diet and health, and a love and expertise from all of the talented cooks. The food was nutritious, attractively served, and plentiful. Accommodations were made for vegetarian, vegan, gluten-free and other dietary requirements—and no one went hungry, that was for sure.

Adult Retreat a Special Joy


Many of the campers come every year to Adult Retreat—some of them have been coming to Camp all their lives, while some were experiencing the valley for the first time right along with me. We had two and even three generations represented this year and the opportunities brought about by this rare and unique dynamic were appreciated by young and old alike.



Everyone participated in A.R.E. Camp's many traditions: morning exercises followed by many types of meditation, holding hands for announcements and grace before each meal, dream group discussion after breakfast, all-Camp gatherings with music and inspiration, opportunities to tie-dye a piece of clothing or make a candle, field trips to a nearby state park, volleyball and sports every night, a talent show, a square dance, evening campfires, and lots and lots of time to relax into a good conversation with a new friend and a cup of tea. These campers know how to have fun!

It didn't take long for me to feel right at home and by the time I left I felt like an old-timer. I have never felt as much love and acceptance as I did at Camp. It was the most loving, peaceful, and positive environment I've ever experienced. Even though we had lots of rain, I never heard one grumble or complaint. One day it rained all day and everyone just sloshed through the mud, built a fire in the open-air classroom and carried on as if it were a beautiful sunny day.

Come Home to Camp

If you, too, have thought about attending one of the many Camp sessions and have not done so, now is the time to take that leap of faith! It is a wonderful way to spend a vacation—a time away from busy lives—a time to just “be.” Soak up the silence, the beautiful environment, nature in all its glory. Visit with old friends, and make new friends. Eat a great balanced diet based on the principles in the Cayce readings, prepared with love. Enjoy the campfires, meditation, singing, dancing, playing, and whatever else you are interested in—but most of all, just come! Maybe I'll even see you there... 



ABOUT THE AUTHOR



TONI ROMANO is an A.R.E. Life Member, and has been a study group member for 30 years. She worked as Outreach Coordinator at A.R.E., and is now a facilitator for the Personal Transformation and Courage Institute, Inc. She volunteers at the A.R.E. Call Center and is a member of Glad Helpers Healing Prayer Group. She can be reached at ConnectWithToni@gmail.com.



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Ages 10-16

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- **Camp #2** July 27-August 9

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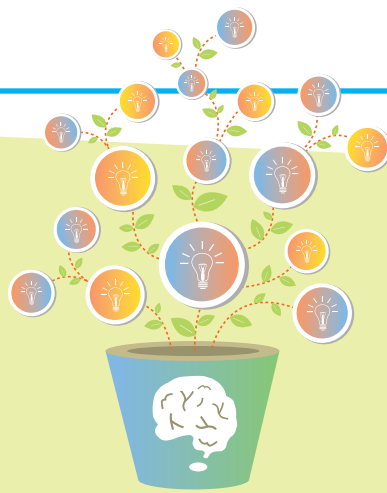


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New research on plant intelligence

According to author Michael Pollan in an article published on PRI.org, new research seems to indicate that plants have intelligence and are able to learn and remember. They are capable of collecting sensory data and integrate it before responding. They have the same senses as humans and are capable of hearing and tasting; they can sense gravity and water, and avoid obstacles.

Researchers have found that when an audio recording of caterpillars eating leaves is played, plants react by secreting defensive chemicals. Plants react to human anesthesia and even produce their own anesthetic compounds.

Pollan describes what

seems to be a demonstration of memory, in an experiment done by animal biologist Monica Gagliano. She presented research that suggests the *mimosa pudica* plant can learn from experience. The plant, which looks something like a fern, collapses its leaves when disturbed. Gagliano used a contraption to drop the plant without hurting it, every five to six seconds. Initially, the plant would collapse its leaves. "After five or six drops, the plants would stop responding, as if they'd learned to tune out the stimulus as irrelevant," Pollan says. "This is a very important part of learning—to learn what you can safely ignore in

your environment."

Gagliano next took the plants that had stopped responding to being dropped, and shook them instead. "They would continue to collapse," Pollan says. "They had made the distinction that [dropping] was a signal they could safely ignore. And what was more incredible is that [Gagliano] would retest them every

week for four weeks and, for a month, they continued to remember their lesson."

"Plants can do incredible things. They do seem to remember stresses and events, like that experiment. They do have the ability to respond to 15-20 environmental variables," Pollan says. "The issue is, is it right to call it learning? Is that the right word? Is it right to call it intelligence? Is it right, even, to call what they are conscious? Some of these plant neurobiologists believe that plants are conscious—not self-conscious, but conscious in the sense they know where they are in space...and react appropriately to their position in space."

Mindfulness programs improve academic performance

Scientists are again discovering the benefits of meditation and 'mindfulness' promoted by Edgar Cayce more than 75 years ago. Mindfulness—being aware of existing in the present moment—is often practiced with meditation. According to an article published on KQED.org earlier this year, schools across the country are incorporating mindfulness to address the social and emotional needs of children and enjoying the benefits of improved student achievement.

Studies of mindfulness programs in schools have found that regular practice for just a few minutes each day improves student academic performance and self-esteem. Students demonstrate greater self-control, participate more in their classroom activities, and demonstrate more optimism and greater respect for each other. It has also been correlated with a reduction in absences and suspensions.

Jean-Gabrielle Larochette, a teacher in a low-income-neighborhood public school, founded the Mindful Life Project, to help with behavior issues in his own classroom. It is now being incorporated into several elementary schools in California to improve academic performance and create a more positive culture. According to Larochette, "When we look at low-performing schools, it's not that these children are unable to learn, it's that very often they are unavailable to learn." Students report the practice helps them feel calmer and is helpful with sudden feelings of anger and difficulty sleeping.

Scientists studying how this happens in the body and brain have found that practicing mindfulness helps reduce activity in the amygdala, the brain's emotional center for fear and stress reactions; and increases the activity in the prefrontal cortex, according to Vicki Zakrzewski, education director at the UC Berkeley Greater Good Science Center, which studies the science behind mindfulness.



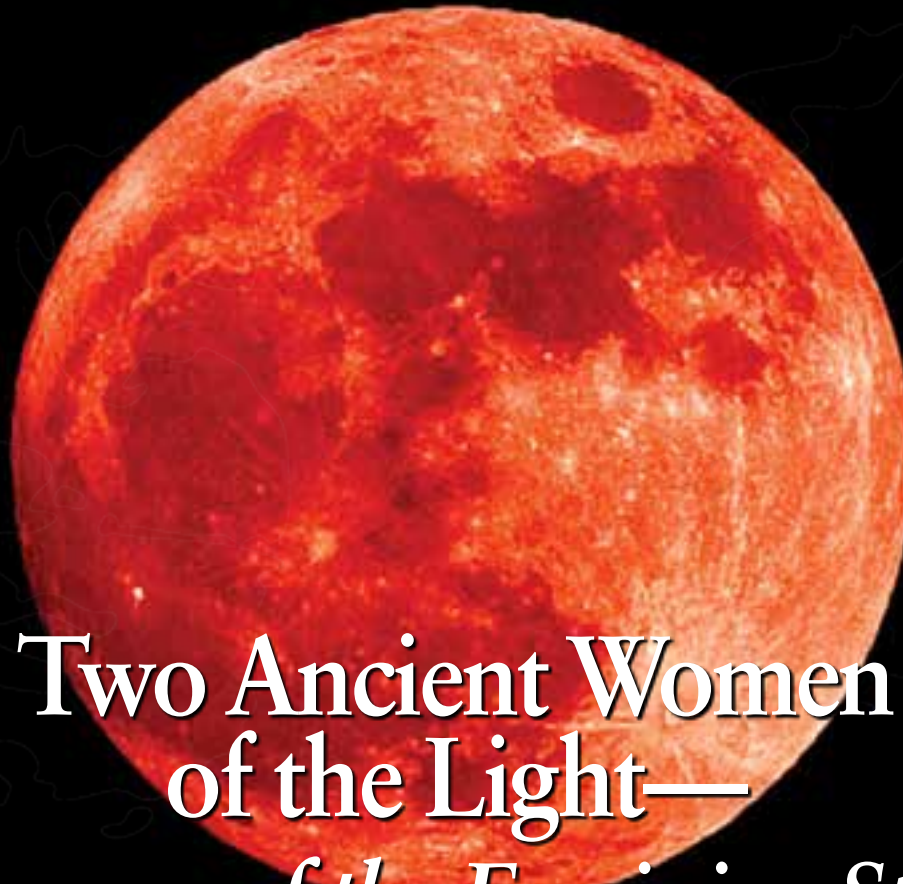
The sacred geometry of the sound of OM

Sound has visible geometrical vibrations which can be seen. Cymatics, the study of visible sound, is often done by placing sand onto a metal plate and playing sound. The vibrations of the sound cause the particles to be arranged in beautiful, often sacred geometric patterns reminiscent of mandalas. Different patterns emerge depending on the geometry of the plate and the frequency.

An article from SpiritScienceandMetaphysics.com features images of the sound of OM chanted inside the Great Pyramid then played back on a tonoscope, a device with a metal plate. The resonance of the sacred sound created elliptical shapes reminiscent of the planets revolving around the sun. According to ancient Hindu traditions, OM was the divine sound present at the beginning of the universe, responsible for creating all of existence. This fits with today's knowledge that everything in the universe is vibrational waves.

The article goes on to suggest that the geometric patterns, symmetry, and fibonacci sequences in flowers, snowflakes, and seashells may be nature dancing to the vibrational waves in God's symphony.





Two Ancient Women of the Light— *Paragons of the Feminine Spirit*

YOU MAY BE EXPECTING Isis and Lilith, but I'm introducing two women who are not as famous. And it may surprise you that we're going to begin with a maiden daughter of one of the Dark Lords of the Underworld, and her story in the Mayan *Popol Vuh*.

Xquic, the 'Blood Maiden' of the Underworld

This virgin (aren't they all?) was named *Xquic*, pronounced *sh-queek*. Her name literally means "Blood Moon" (the red moon at night), but could also be interpreted as "Blood Maiden." Even though she lived among the Dark Lords and in the "Realm of Fear and Phantoms" (*Xibalba*, pronounced *she-bal-ba*), *Xquic* was fearless and full of life. When she heard about the Calabash tree that bore the most beautiful fruit once the decapitated head of the

Maize God Twin was placed on it—the penalty for his failing the tests given by the Dark Lords—she wanted to see it. Her father forbade it, telling her that the Lords "One Death" and "Seven Death" (*Hun Came* and *Vucub Came*), the leaders of the Underworld, had cursed the tree and forbidden anyone to approach it. Perhaps from a deep inner knowing, she questioned, "Why can I not go to see this tree which the legend tells about? Surely the fruit of which I hear tell must be very good." Isn't this so reminiscent of Eve and the fruit from the Tree of the Knowledge of Good and Evil? *Xquic*, despite all the warnings, fearlessly went alone and arrived at the foot of the tree that was planted in the "Place of Sacrifices" (*Pucbal-Chah*). "Ah!" she exclaimed. "What fruit is this which this tree bears? Is it not wonderful to see how it is covered with fruit? Must I die, shall

I be lost, if I pick one of this fruit?" Then the head of the "dead" Maize God Twin, which was among the branches of the tree, spoke and said: "What is it you wish? Those round objects that cover the branches of the tree are nothing but skulls. Do you, perchance, want them?"

"Yes, I want them," the maiden answered.

"Very well," said the head. "Stretch your right hand up here."

"Very well," said the maiden, and she reached her right hand toward the head of the Maize God. In that instant the Maize God let a few drops of spittle fall directly into the maiden's palm. She looked quickly and intently at her palm, but the spittle of the skull was not there. (In Egyptian lore, it was the spittle of Ra that gave Isis her power to conceive the redeemer-god Horus, who eventually vanquished the evil lord Set.)

Then the Maize God spoke to her thusly: “In my saliva and spittle I have given you my descendants. Now my head has nothing on it any more, it is nothing but a skull without flesh. The essence of the lord, of the wise man, or of the orator does not disappear, nor is it lost, but he leaves it to the daughters and to the sons that he begets. I have done the same with you. Go up, then, to the surface of the earth so that you may not die. Believe in my words that it will be so.”



Xquic by Wayne Ferrebee at ferrebeekeeper.wordpress.com

The Light Overcomes the Dark

Interestingly, the Mayan legend indicates that all that these two did together was by order of the “Heart of Heaven.” Using a virgin daughter of the Dark Forces, the Heart of Heaven conceived the resurrection of the Light that had been lost by the deaths of the Maize God Twins.

The maiden returned directly to her home in the Underworld, not realizing that she had immediately conceived the Hero Twins in her womb by virtue of the spittle only. After six months had passed, her father, observing that she was pregnant, discovered the maiden’s secret. He brought her to the Lords One Death and Seven Death, and they decreed that the punishment was to have her heart cut out and burned in the fire. Four owls were to escort her to a distant place, cut out her heart, and then bring it to the Dark Lords to burn.

When the maiden and the owls arrived at the place for the sacrifice, she said to the owls: “It cannot be that you will kill me, oh messengers, because what I bear in my

belly is no disgrace, but was begotten when I went to marvel at the head of the Maize God Twin. So, then, you must not sacrifice me, oh messengers!”

The owls replied, “And what shall we put in place of your heart? Your father told us: ‘Bring the heart, return before the lords, do your duty, all working together, bring it in the gourd quickly, and put the heart in the bottom of the gourd.’ Perchance, did he not speak to us so? What shall we put in the gourd? We too wish that you should not die.”

The maiden replied, “Very well, but my heart does not belong to them. Neither is your home here, nor must you let them force you to kill me. Later, in truth, the real criminals will be at your mercy and I will overcome One Death and Seven Death. So, then, the blood and only the blood shall be theirs and shall be given to them. Neither shall my heart be burned before them. My heart does not belong to them. Gather the produce of this tree.” She was pointing to

the “red tree of cochineal,” [a cactus that yields a red dye]. Today it is known as the “Blood Tree” and its sap is called *Blood*. The red sap gushing forth from the tree flowed into the gourd and with it the owls made a ball that took the shape of a heart. Then the sap of the red tree clotted, like blood. And at that very moment the tree glowed from its participation in the wisdom of the maiden and the wise owls, and preserving the Hero Twins in her womb.

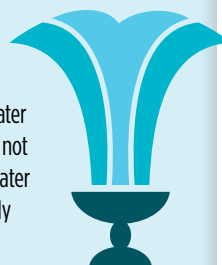
The maiden turned to the owls and said, “There on Earth you shall be beloved and you shall have all that belongs to you.”

“Very well, young maiden,” the owls replied. “We shall go there, we go up to serve you; now you continue on your way, while we go to present the sap, instead of your heart, to the Dark Lords.”

The maiden ascended out of the Underworld to the surface of Earth and gave birth to the Hero Twins. She was surprised that their surface family was not accepting of them. These new twins were to become the conquerors of the Lords of the Underworld, avengers of the Maize God Twins’ deaths, but the Hero Twins were partly the seed of the Underworld and their mother was a daughter of that dark world. And even though her heart did not belong to the Underworld, she was never fully accepted into the family. Strangely, despite how the Hero Twins were being treated by their family, they held no anger or bitterness toward them. In fact, the Hero Twins held no negative thoughts toward anyone. Their minds were clear and they possessed the fearlessness of their maiden mother. This would prove to be their most powerful asset when they eventually faced the Dark Lords in the Place of Fear and Phantoms (Xibalba). Unlike the Maize God Twins, their father and uncle, the Hero Twins overcame all the tests of darkness and death by the Dark Lords. And using magic and cleverness the Hero Twins were victorious, causing One Death and Seven Death to be no more.

Saliva—Symbol of the Living Water

WHY IS SPITTLE SO MAGICAL in these ancient Mayan and Egyptian legends of Xquic and Isis? Perhaps it is because it symbolizes a type of water that comes from within. Perhaps it is a symbol of a strange water, as Jesus indicated in his discussion with the Woman at the Well: “‘If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.’ The woman said to him, ‘Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?’ Jesus said to her, ‘Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life.’ The woman said to him, ‘Sir, give me this water, that I may not thirst, nor come here to draw.’” (John 4:10-15) In the book of Revelation this is the “water of life,” and it is given freely to anyone who seeks it. (Rev. 21:6) Also, owls traditionally symbolize wisdom, adding to the hidden meaning of this legend.



The Story of Sophia—Chaos into Light

This second Woman of the Light is legendary *Sophia*; her Greek name means *Wisdom*. Some of the richest legends of



Sophia, C.G. Jung at crystalinks.com/jung

battles between the Light and the Dark are battles by women, and Sophia's is a classic. She carries the epithet of "Wisdom from Above" (*he ano Sophia*). But she is also a female spirit (*he kato Sophia*). In her ideal essence she is—as were Xquic and Isis—the "Lightsome Mother" (*he Meter he Photeine*).

There are many tales about Sophia; one story tells how her love for "Unknown God" (*hagnostos theos*) drove her to seek to know him directly and to comprehend his greatness. However, such a realization would have ultimately meant the evaporation of her very being into the immensity of his infinite, un-individuated nature—"the Bliss of Oblivion." It would be like entering an infinite abyss. Fortunately, a "Boundary Spirit" saved her from the abyss. Boundary Spirits are stationed throughout the cosmos to guide, guard, and help those seeking contact with the Infinite, Un-differentiated Essence from which all life emanated—what Kabbalah calls "the Deep."

After the creation began, Sophia perceived that chaos would result as multiplicity overwhelmed oneness and endless layers of subsequent creations spun on and on and on from the original. To bring order to the chaos, she created the material universe and specifically our Solar System (*Hebdomad*), which is known as "the Seven Heavens." She is the "Mother of the Seven Heavens."

It is said that her concern over the chaos of multiplicity caused her to hurry back into the depths of Unknown God yet not losing herself in his immensity. This union with him produced an offspring! But, as all good legends go, she still maintained her

virginal goddess condition. This is so like the Egyptian goddess Isis, who sought to conceive a messiah to help her save the lost souls on Earth, and did so without conjugal intercourse with a mere man or even a god. However, unlike Isis, who immaculately conceived the messiah-god Horus, Sophia *projected* a "formless substance," which some believe was the Fifth Element—not one of the four elements: earth, water, fire, and air. As you may know, Cayce's readings consider *ether* to be the fifth element, and associate it with the Akashic Records, as does Hinduism—"As given through this channel, we understand the akashic records are recorded on the ether...the records are being made on the ether—in the force that is above [encircles] the earth." (443-5)

A Savior Brings the Light

In a story found in the *Pistis Sophia* (Chapter XXIX), Sophia originally dwelt in the "Highest Heaven," but she was seduced by a demon (a *male* demon of course) that used a ray of light to deceive her. She mistook the light as an emanation from God. She pursued this light and it led into the "Realm of Chaos" below the "Twelve Lights." It was darkness and she was captured and imprisoned by the Dark Forces.

After Sophia had fallen from the Highest Heaven and become captive in matter, Unknown God, who loved her, emanated two *new* Lights in order to save her. Now this may sound strange, but the story identifies these two new Lights as *Christ* (the Logos or "Word") and the *Holy Spirit*. Christ and the Holy Spirit take hold of Sophia's "formless substance" and give it essence and form, whereupon Sophia tries to rise again to Unknown God, but she cannot fully make it from where she is. To help her, Unknown God emanates "the Savior," who must come down into the realms of matter and unite himself with the man Jesus, the son of an enlightened, virginal woman in Nazareth named Mary. The Savior's light illuminates predisposed souls moving down the stream of time and space, igniting the truth that lies dormant within the inner recesses of their being. Cayce's readings agree, stating: "The Christ-Consciousness is an awareness within each soul, imprinted on the mind and waiting to be awakened by the will, of the soul's oneness with God." (5749-14)

This Savior is not a man, but a Light that entered the man, Jesus, and manifested through him for all to see. The Savior is the Holy Spirit that was *in* Jesus, rather than the man Jesus. A distinction that Cayce's readings also make: "Jesus is the man; Christ is the spirit." (262-15)

In the legend of Sophia, she becomes the "Bride of Christ," and is saved from the deception of the Dark Forces, which can be so subtle as to appear to be the Light. As Jesus warned, "The Kingdom of God doesn't come with observation; neither will they say, 'Look, here!' or 'Look, there!' for behold, the Kingdom of God is within you." (Luke 17:20-21) Ultimately Christ in this legend is the "Bridegroom" and Sophia (*Wisdom*) is the Bride. John the Baptist uses this same imagery as he explains his role and that of the one who is coming after him: "No one can receive anything except what is given him from heaven. You yourselves bear me witness that I said, I am not the Christ, but I have been sent before him. He who has the bride is the bridegroom; but the friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice; therefore this joy of mine is now full." (John 3:27-29)

Although I've called them women, Sophia and Xquic were not likely in physical, incarnate form. Perhaps they are both more feminine spirits than actual women. By overcoming the Dark Forces these two ancient paragons of the feminine spirit kept the Light on. 🌀

—Watch for John's book on Edgar Cayce and the spiritual forces coming in 2014.

Join John VanAuken for these special activities:

May 6-17: Tour to **Italy** led by John Van Auken. Visit EdgarCayce.org/tours or call 888-273-3339.

Jun 21: Virginia Beach, Va. **Edgar Cayce on the Spiritual Forces Within You: Unlock Your Soul with Dreams, Intuition, Kundalini, and Meditation.**

Sept 26-28: Virginia Beach, Va. **Many Lives, One Soul: Reincarnation, Life Before Life, and Your Soul's Plan**, with group past-life regression.

Oct 25: Virginia Beach, Va. **Angels, Fairies, Dark Forces, and Elementals.**

Visit EdgarCayce.org/conferences.

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The members listed below will receive an invitation to a number of Thank You events, including our Donor Appreciation Dinner on Friday, June 27. There we will show our gratitude to members of the Golden Circle and Edgar Cayce Legacy Society. If you join the Golden Circle before June 1, 2014, you will receive an invitation to these distinctive occasions as well.

Donations from these 502 members provided 90% of all funds donated toward the programs of the A.R.E., Edgar Cayce Foundation, and Atlantic University in 2013. Without our donors, this life-changing work would not be possible. We treasure your support at every level. **Thank you.**

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A.R.E. NEWS



Cayce Hospital Building Renovations in Progress!



As these photos show, the beautiful front stairway is being built right now! The new siding is going on. And the new elevator shaft at the rear of the building is finished. Sheetrock and interior renovations for the Cayce/Miller Café and Copeland Dining Room are nearing completion. This is an exciting time.

Thanks to your donations, we are only \$300,000 away from our \$2 million goal! If you'd like to help us take another step closer by making a donation to the project, you can do it here: EdgarCayce.org/donate. Please plan to join us on Friday, June 27 for the Café's Grand Opening. It'll be a party to remember. If you can't make it, join us online as the event will be live-streamed. Thanks again to all of you whose financial energy is represented in this rejuvenated historic building.

83rd Annual Members Congress to Include Grand Opening

Our 83rd annual A.R.E. members Congress, to be held June 22-27, promises to be one of the biggest, most exciting member gatherings in years, kicking off with a fresh, healthy, Cayce-based picnic to be held in the new Cayce-Miller Café in the newly remodeled hospital building. This year's theme, *Living a Spiritual Life the Edgar Cayce Way: Community, Fellowship, Service, and Application*, will focus on practical application of core concepts from the Cayce readings. Congress traditions such as the auction and social will continue, and this year the talent night will be held on a separate night from the social to allow more time for both activities. There will be special guest speakers, including Mitch Horowitz, who will also be live-streamed for viewers at home; workshops, music, and fellowship, and even a chance to try sand packs (weather permitting), one of Cayce's most unique and restorative remedies.

Open to all, Congress tuition is just \$75. A special "pre-Congress" Saturday event, to be held on June 21, will feature John Van Auken presenting his new program *Edgar Cayce on the Spiritual Forces Within You: Unlock Your Soul with Dreams, Intuition, Kundalini, and Meditation*. A special discount will be available for those who attend both Congress and John's program.

After the conclusion of Congress, a special "grand opening" and dedication of the new upper 67th Street buildings will be held, beginning at 2 p.m. This event is free and open to the public and will also be live-streamed online simultaneously for those who are unable to make it in person.



New at the Visitor Center

The Visitor Center lobby has received the first part of a makeover that includes a new, modern reception desk, a theater-style seating area where visitors can view videos and slide shows on demand, and a cozy corner where visitors can relax before moving on to other parts of our campus. In addition, fine art photographer Kelly Dunn created a "Cayce Quotes Mural" for the Main Auditorium.





MEMBER APPRECIATION

Linda and Rick Rohrer

Poquoson, Virginia

Linda has been a Member since 1983; together they have been Life Members since 1996

Why do we give back to A.R.E.?

We want to promote A.R.E., its philosophy and knowledge base. Our donations allow A.R.E. to provide opportunities for people to create and experience self-knowledge, learning, and inner wisdom. This is a place where one can receive spiritual, physical, and mental nourishment.



Background/work life: Linda graduated from Old Dominion University with a BS in dental hygiene. She is the founder/owner/president of DPS, Inc., which provides services for the US Government, employing dental personnel to work onsite at Navy locations throughout the country.

Rick, an alumnus of Tennessee Tech, spent 26 years in the US Air Force. Since retiring, Rick has worked as a residential realtor, small business owner, contractor, and civilian employee for the U.S. government; Rick has worked with Linda at DPS since 2005.

Married for 23 years, Linda and Rick have four children between them, and three grandchildren. Linda was first introduced to A.R.E. when Hugh Lynn Cayce gave a presentation at her high school in the 1960s. Rick married into the Edgar Cayce philosophies, being very open and accepting of the Work.

Gifts to A.R.E.: Over the years we have typically directed our gifts to the general fund to be used where needed most. Lately our contributions have supported the various building projects: Don and Nancy de Laski Education Center, the Cayce/Miller Café, and other Headquarters renovations.

Special A.R.E. memories: All our A.R.E. tours, to England, Scotland, Greece, and Israel were excellent, but the Israel tour was especially memorable. A.R.E.'s Wellness Week was a superb experience for Linda. Over the years we have benefited from numerous conferences, participated in *A Search for God* Study Group, and continue to use the ASFG material in meditations.

Personal activities: Our life includes work, family, and travel. We both work a reduced schedule to allow time for our interests. Linda serves as a trustee on the A.R.E. Board of Trustees, is An Achievable Dream, Inc. board member, and is vice-chairman of the board for the Boys and Girls Clubs of the Virginia Peninsula. Our children visit frequently, and we participate in school and sports events for the grandchildren. Our lives are quite full and fulfilling!

Want to contribute to A.R.E.'s work?
Contact Development Director Patrick Belisle at
757-457-7126 or patrick.belisle@EdgarCayce.org.

MESSAGE FROM SUSAN LUSCOMB, JD
Estate Planning Officer (Planned Giving Officer)



Estate Planning 101: Making Giving Even Easier!

A number of members have asked me how to leave something to A.R.E. in their wills but have told me that they don't want to hire an attorney to help them do it. We've been listening! And we've made it easy for you. You will now find a sample codicil at EdgarCayce.org/plannedgiving.

• **What's a codicil?** It's a simple supplement that changes an existing will (often done to add a provision not included in the original will, like a bequest to a charity). This A.R.E. Sample Codicil will enable you to see what you need to do in order to easily include A.R.E. in your estate plan. It offers several options, like leaving a specific sum of money, your home, or another asset to A.R.E. If you don't see what you have in mind to do, just call us. We can help!

• **How do you get the sample codicil?** Go to EdgarCayce.org/plannedgiving or email me today.

• **Don't use a computer?** Call and request a copy by mail. If you do have an attorney, you can use this sample codicil as a guide to provide your attorney.

Remember, anyone who names A.R.E. as a beneficiary of his or her will, trust, retirement plan, or life insurance policy automatically becomes a member of the Edgar Cayce Legacy Society (ECLS), helping ensure the future of the A.R.E. and the Cayce Work.

ECLS members are our guests at certain invitation-only events, including the biggest event of 2014—the **Special Grand Opening Donor Party at Congress on June 27!** You can also name A.R.E. as a beneficiary of all, or a portion, of your IRA, 401K, or a life insurance policy by simply completing a change of beneficiary form.

As always, we encourage you to consult with your attorney, especially for significant changes to your will or trust, and because relevant laws vary from state to state. But as a former estate planning attorney, I am happy to answer your questions at susan.luscomb@edgarcayce.org or 757-457-7125. Let me help you find the best way to ensure the Cayce Work continues into the future!



Welcoming Dawn Draayer – Traveling A.R.E. Fundraiser

A.R.E. Development Director Patrick Belisle announced that Dawn Draayer has been hired as A.R.E.'s new Leadership Gifts Officer. "Dawn will be traveling the country, meeting our members, and helping them channel financial support back to the life-changing programs they are passionate about," Belisle said, adding, "Dawn brings many years of Development experience at places like the Brookings Institution, Marine Corps Heritage Foundation, and Center for Global Development.

"In addition to being a warm person and dedicated spiritual seeker, Dawn's professional background will be key to helping us succeed in reaching our overall CREATE Campaign goals."



Sierra Leone A.R.E. Center Open

Mohamed Kamara, President of A.R.E. in Sierra Leone, announces the grand opening of the A.R.E. Center located in Freetown, West Africa. The ceremonies, held January 26, began with prayers led by Pastor Abdul. Members were given an opportunity to speak about their personal connection to, and hopes and dreams for, the Work. A children's singing group performed and everyone toured the new Center, which will host on-going study group meetings and monthly programs. A future goal is to provide a home for orphans there. A hotel is nearby for out-of-town visitors.



Mohamed Kamara's first volunteer involvement for A.R.E. in Sierra Leone was as programs and activities coordinator in 2000. When former President, Samuel Cole, resigned, Mohamed was elected to the office of President for the organization. During the time that Mohamed studied abroad, Dabor Kamara represented A.R.E. in Sierra Leone. Dabor is still actively involved.



It has taken many years of planning and effort to open this Center. Donations of books to build a library will be greatly appreciated. Please contact Mohamed directly (kamaramans@yahoo.com) on how to support the Center moving forward.

Wyndham Partnering with A.R.E. Conferences

The Wyndham Hotel, on the Virginia Beach oceanfront, has been busy this winter renovating their property, and making changes to be A.R.E.-conferee-friendly with freshly-remodeled rooms and new healthy menus.

They have retiled the guest baths, adding new wallpaper, artwork, and painting throughout. All rooms will receive new furniture as well as new carpeting.

Repaving the parking lot this spring as well as completing repairs to the parking garage are also scheduled. The staff is anxiously awaiting the delivery of new outdoor furniture, fire pits, and event lighting to enhance all entertainment spaces.

The Surf Club Grill restaurant has had a menu makeover and will also receive new carpeting and event furniture. The new menu is wellness-based and offers many gluten-free, vegetarian, and sensible seafood choices. The restaurant will be partnering with Conferences and the Bookstore to provide healthy and delicious box lunch options beginning spring of this year.

MEMBER APPRECIATION

Joan Grasser
Virginia Beach, Virginia

**A.R.E. Staff Member for 44 years;
Member since 1968; Life Member since 2012**

Why do I give back to A.R.E.?

The Cayce readings and some great teachers helped me through some tough spots in my life. As I learned about gratitude, attitude, and forgiveness, I knew that it was important for me to support this Work however I could. I later came across a reading that said our donations should go where you have been helped in life. I hope to give back just a small part of what the readings have given me.



Background/work life: I was hired at the A.R.E. by Everett Irion and Hugh Lynn Cayce in 1968, as a book-keeper. During the interview, I asked if the organization was an oceanography institute. They both chuckled and Hugh Lynn said, "You might call it that!" Mostly I served in a management capacity and then as a director.

Gifts to A.R.E.: Having first-hand knowledge of the cost of upkeep for the A.R.E. campus, my donations are earmarked for Buildings and Grounds. If this area is neglected, it can cost more in the long run. The renovation of the Cayce Hospital building and new Cafe is an exciting project!

Special A.R.E. memories: Hugh Lynn regularly told staff how important it was to do two things: join a study group and meditate daily. He did both and held great discussions with us on how to meditate. When I was diagnosed with breast cancer, I informed everyone that I would continue working. The next day Charles Thomas and Leslie Cayce brought me a recliner from their home and said I had to spend a mandatory two hours in that recliner daily, and Charles Thomas said he had spies! I think the meditation, quiet, and rest every day helped me to heal. I've been cancer-free for 12 years now.

Personal activities: I volunteer at Virginia Beach General Hospital as well as the A.R.E. Call Center—answering phone and email questions from members. I also lead meditation when needed.

I recently went to Ireland with my daughter, and to Florida to visit my nieces. I am really enjoying my retirement!

Want to contribute to A.R.E.'s work?

**Contact Development Director Patrick Belisle at
757-457-7126 or patrick.belisle@EdgarCayce.org.**



Invitation to Join Board Prosperity Group

Last Thanksgiving, the Board of Trustees and members of the A.R.E. staff began working with some of the ideas on “prosperity” that can be found in the Edgar Cayce readings. The group chose to watch their experiences for the month of December to see if Cayce’s suggestions related to Economic Healing would have a measurable impact (both personally and for A.R.E. as a whole). The group used a daily affirmation as a reminder (see below).

This project was based on previous Economic Healing and Prosperity programs that have come from the readings. Some of the exercises and disciplines practiced by groups and individuals included:

- **Daily prayer and meditation**, to facilitate personal attunement and getting in touch with one’s spiritual core and assist in overcoming fear of lack.
- **Ongoing work with personal relationships**—wherever they may be. Rather than seeing people as challenges to be put up with, the Cayce readings encourage us to use the ideal of “what can I learn from this person?” or “what can this person teach me about myself?”
- **Being a good steward of your resources.** This includes paying bills promptly, not overspending or overindulging, giving yourself the freedom to buy what you *need* (not necessarily everything you *want*), and tithing of both money and time without thought of receiving something in return.
- **Keeping an ongoing chart of your progress**—include daily prayer and meditation time, the success of paying off your debts, noting any surprise economic assistance that comes your way, personal tithing, and positive changes in your relationships.

(See the Edgar Cayce series book *Spiritual Healing for Personal Prosperity* for more information.)

CAYCE’S PREMISE is that any economic challenge faced by an individual is inextricably connected to a personal lesson, or an opportunity to apply spiritual or universal laws in everyday life. Rather than seeing financial hardships as punishment or mistakenly assuming that poverty can make you more “spiritual,” the readings suggest that achieving economic healing can embody a worthwhile experience in personal growth.

Results on the most current project included the following:

- On the very day the project began, A.R.E. got a contract on a piece of property it owns in another state and has been trying to sell for five years.
- General contributions to A.R.E. for December 2013 were 39% higher than for December the year before.
- One group member discovered that a debt that she had been paying on for years would be paid off eight months earlier.
- Another group member got an unexpected check for \$750—the very amount needed to pay a couple of repairs.

Spirit is the Source of All We Have

Because of the overwhelming positive experiences with the project—most notably the ability to maintain an awareness of our ongoing connection to *spirit* as the supply source of all that exists,

the Board has decided to continue their experiment and invites anyone interested to participate, as well. If you choose to participate, you may wish to focus on an affirmation like the following for a few minutes each day:

In the name of the Christ Spirit (or the Divine Spirit), I am thankful for all that I have been provided and choose to be a good steward of all the abundance that flows to and through me. I also affirm and appreciate all the abundance that flows to the A.R.E., enabling the organization to help people change their lives for the better in many different ways. Amen.

If you participate in the project for several weeks or more and have any experiences you feel are connected to your participation, please send them to Mari Fedele at A.R.E.: mari.fedele@edgarcayce.org. If we decide to use some of these experiences in an upcoming article, all names will be kept in the strictest confidence.

New Leaders Position A.R.E.’s Health Outreach for the Future



Jo Adamson, MD, MPH, CMT, has been hired for the role of Medical Director for the organization, responsible for the oversight, administration, and objectives for all of our health activities. Jo will become part of the Senior Management team of A.R.E. Jo’s background includes an MD from Duke University’s School of Medicine and a Master’s in Public Health from the University of North Carolina. A director and co-owner of a medical device company, she has a wealth of experience creating and maintaining health-related non-profit and for profit businesses. She is also a graduate of the Cayce/Reilly® School of Massage.



Dawn Hogue, MA, CMT, has been appointed to the role of Senior School Administrator for the Cayce/Reilly School of Massage, managing all day-to-day activities for the Cayce/Reilly School of Massage. Since 2006, Dawn has served in the role of Education Services Manager for the School. A graduate of the Cayce/Reilly School of Massage, she also possesses an Master’s in Somatic Psychology—Body Psychotherapy—from Naropa University, and is a current Commissioner for COMTA.



J.P. Amonte, DC, CMT, CHT, has been appointed to the role of Lead Clinician for the A.R.E. Health Center & Spa. A graduate of Palmer College of Chiropractic West, J.P. is also a certified hypnotherapist and a graduate of the Cayce/Reilly School of Massage, where he has taught many classes and workshops.



Jennet Amonte, DC, has been appointed to the role of Faculty Chair for the Cayce/Reilly School of Massage. Jennet is also a graduate of Palmer College of Chiropractic West, and has experience teaching continuing education workshops, in clinical research, and chemistry.

Kevin J. Todeschi, CEO and Executive Director, said, “I am excited about these changes, and it is my hope that these individuals working together with Janice Long, our Spa Manager, and our extremely valuable staff and faculty in the health areas will bring even more energy and prominence to the Cayce information on health, healing and personal wellness,” adding, “Because of the contemporary relevance and importance of this material, it is my intent to position it for the future with renewed energy, focus and structure.”



PROJECT 1957:



A Life-Changing Experience

BY ANN CLAPP

IN 1956 I ATTENDED a book review sponsored by Rudolph Johnson's A.R.E. study group in Dallas, Tx. After the review, Rudolph spoke to the audience about Edgar Cayce (I'd never heard of him). He told of Cayce's remarkable abilities which were astounding to me. Being intrigued by the stories, I joined his study group.

I was a shy, retiring, very serious person. The group took me under their wing and after a year, sent me to Virginia Beach on a scholarship for a month-long program. Three from our group drove up together. When we arrived it was dark. The porch was dimly lit and looked gloomy. I wondered why I had come.

The beginning of my new life

The next morning at breakfast, I sat down with Esther Wynne who was in charge of the summer school program. (She and Hugh Lynn had spoken to our group in Dallas.) Miss Wynn told me to get up and go out to the garage (tool shed). I thought this very strange. She said there was a group of young people out there and that's where I belonged. I picked

up my tray and with fear and trepidation found my way to the garage. A group of 12 (10 men and 2 women) sat around a ping-pong table eating breakfast. Hugh Lynn invited me to join them. That was the beginning of the experience that changed my life.

Little did I know, at the time, that I had become part of a Project Group designed by Hugh Lynn Cayce to expand consciousness and to increase awareness on all levels—spiritual, mental, physical. For the next four weeks, we lived, prayed,

meditated and worked in community practicing what today might be called mindfulness.

The regular summer school program offered classes for two hours in the morning and evening on a variety of subjects from the Cayce readings, such as The Revelation, The Coming of Man, Health, and other topics, each presented by a different instructor. In the afternoon attendees were free to choose various activities—arts and crafts, a visit to the state park, other options, or free time.

1957 Project Group (front row L-R) Ed Cox, Al Gustave, Louis Love, Ann Morman (Clapp), Jim Maynard, Wym Price (back row L-R) Don Harris, Gretchen Hahn (Hawley), Bob Clapp, Helen Wentzel (Love), Gil Steinberger, Joe Fuitko, Mylan Whitford



Hugh Lynn
Cayce

Those who chose to join the “Project Group” had a more demanding schedule.

Morning:

On awakening we recorded our dreams, exercised, and attended meditation with the other summer-school attendees. For breakfast we were allowed eggs, whole wheat toast, black coffee and our required “mummy food” (a combination of figs, dates, and cornmeal cooked together, a cleansing diet suggested in the Cayce readings—called “mummy food” because of a dream in which a mummy asked Cayce to prepare this for her).

After going through the cafeteria line, we took our trays to our meeting place in the garage where we ate breakfast and lunch. Sitting around the ping-pong table, we examined our dreams with Hugh Lynn Cayce leading the discussion. There was no extraneous talking—we stayed on the subject. After breakfast, for two hours we attended summer-school classes along with everyone. After class, we returned to our meeting place to write insights and observations. Every day we were required to write each person in our group some observation such as— “you seem very pensive, is everything all right?” or “thank you for helping me today.” This trained us to be aware and sensitive to others. It really stretched our powers of observation since now there were 13 of us—an incredibly large group for such an intensive program.

Afternoon:

After our journal time, we exercised and meditated. Lunch consisted of salad, soup, little starch, no sweets except for honey and fruit. We were supposed to drink eight glasses of water a day. During our meal with Hugh Lynn, we took turns reading and discussing material from the Cayce readings, the Bible, or other

subjects. Early in the program, each of us gave a short autobiography to get a better understanding of each other. We had daily disciplines such as practicing patience, kindness, control of thoughts, etc. If we were having difficulty with anyone, we were to pray for that person and to magnify their virtues. After lunch, we worked for two hours in pairs or groups, always observing and being aware of others. Since the hospital building was in poor repair when repurchased in 1956 (see below), there was much work to be done inside and outside—scraping off old paint, repairing screens and doors, office work, etc. The three women in our group were usually assigned office work. The men did the hard labor. After work, we had one hour of recreation. Usually we went to the beach. No one could leave before all were present. This created pressure to be prompt as a courtesy to others and not to waste our precious recreation time.

Evening:

For dinner we might have fish, fowl,

or lamb with vegetables—no sweets. During dinner we were free to mingle with the other people attending summer school and were encouraged to be aware of anyone who might need attention in some way. After dinner, we attended summer-school classes for two hours, followed by free time for socializing or folk-dancing on the terrace (led by Bob Clapp, a member of the Project group). At about 10:30 p.m. the Project met for our private meditation before retiring. We continued this schedule for each of the two sessions of summer school.

A Day of Silence

We wrote dreams as usual, pinned a note on ourselves saying “Day of Silence,” and joined the rest of the people at summer school for exercises and meditation. We had juice and attended the two-hour morning classes.

Next we went to our meeting place to drink juice, work one hour, drink juice, pray. We continued that routine for the rest of the day. At each of our

A.R.E. buys back the Hospital building

The Cayce Hospital opened in 1929 and closed in 1931. (Edgar Cayce continued giving readings from his home until his illness and death in 1945.) From 1931 to 1956, the building had a varied history. For a short period, it became the Princess Pat Hotel. In 1938, after extensive renovations, it opened as the Terrace Beach Club with a large concrete dance floor in front of the building, offering dancing with an orchestra. During World War II, the Beach Club quartered military personnel as a convalescent home. After the war, in 1946, with improvements, the building reopened as the Hillcrest Club, the Shrine Beach Club, and the summer stock Theater-Go-Round.

In 1956, the attorney for the A.R.E., Rudolph Johnson, assisted Hugh Lynn Cayce with the negotiations to purchase the original Cayce Hospital building in the amount of \$110,000. It then became the headquarters of the Association for Research and Enlightenment, opening with programs that summer.



The Cayce Hospital building in 1956.

five prayer sessions we used a different kind of prayer: petition (for ourselves), intercession (for others), confession, thanksgiving, praise, and adoration. We prayed aloud—that was the only time we spoke. During the last period we meditated and then wrote in our journals.

In the Hot Seat

Near the end of the second week we held sessions, led by Hugh Lynn, in which we told one person at a time their weaknesses and then their strengths, as we saw them; being aware that what we see in others is a reflection of that which is within ourselves. The individual could ask questions but not argue or contradict. We ended with prayer for the person.

Meditation Experiences and Visions

In the Project, we sometimes had various experiences during our three daily meditations—such as seeing colors and symbols, a sense of slow movement, deep silence, a loss of contact with the body. Once there was an odor of incense when there was none. Hugh Lynn would talk to us about seeking the light in meditation. We were not encouraged to seek phenomena—only the Light.

I remember going to bed one night asking, “What is this light we seek?” I asked this over and over as I fell asleep. During the night I saw a point of light with circles of light emanating from it in a rhythmical manner. Occasionally, a streak of lightning would shoot out from this point of light, then, in a few seconds, lightning would shoot out in another direction. This vision was so incredibly powerful that my body and my consciousness could not contain it. I sat straight up in bed with a start. Only many years later did I read about electricity and God, “—life itself is electrical—” (281-27) and “—materiality *is*—that manifestation of the units of positive and negative energy, or electricity, or God.” (412-9).

The meditations, diet, disciplines, dream study, the Cayce material and the intensity of the Project program all aided in the expansion of consciousness. This was an emotionally, mentally, and physically demanding program, but what a transforming experience!

UPDATE: Keeping up with the project members

In 1997 I felt a strong urge to contact as many of the 1957 Project group as I could locate, to know what impact that experience may have had on their lives. At the time of the Project, our ages ranged from the 20s to 40. These are their responses 40 years later.

“I came in the summer of 1957 and joined what was called a Project group. We worked from 2-4 in the afternoon. The Cayce Hospital building had been repurchased in 1956. It needed much repair inside and outside. I remember scraping the rust off the heat radiators, roller painting the ceilings, cleaning up all around the outside of the building. I was 40 years old and had done no manual labor for 20 years. What’s more, we were living on a diet of little meat, coffee, no white bread, sugar, or fried foods, for two weeks. I ate more raw vegetables, fresh fruit, nuts, and juices than at any previous time in my life. And, I felt healthier and happier than ever before during my two weeks in the project. I slept about half as much as I was accustomed to sleeping. I met some of the most wonderful people I’ll remember the rest of my life. I went to visit when I was 40 and it turned my life around. I’m now 80—the past 40 years have been unbelievable.” —*Male*

“I was not a very happy person when I went to Virginia Beach and thought spirituality was a very serious matter. As the project progressed with the meditations, diet, disciplines, observations, my consciousness began to gradually change. It was as though a cloud had been lifted, a curtain had been raised. I realized that spirituality is a *joyous* thing—the more we meditated, prayed, and practiced the things we were there to do, the more energy I felt (the whole group was energized even though our schedule was very demanding), the lighter my spirit became, the more I smiled, the more joy I felt. The Project literally changed my life.” —*Female*

“The Project benefited a lot of people in having greater awareness. It changed people for the better. I arrived at a choice—it opened doors to move ahead. My dreams became more vivid. I meditated more, gained discipline over self, became aware of the feelings of others, and observed changes in myself and others.” —*Male*

“Meditation is the key—high group energy. This was an experiential program, not just talk. It changed the direction of people’s lives—opened up awareness. I got in touch with my true self and purpose.” —*Male*

“The comments and observations from the group helped me face myself. There were times when I wanted to get away—have my own space but the structure of the Project didn’t permit that. This helped us face ourselves and opened my eyes to interaction with other people—it forced me to become a community member which had always been a problem for me.

“During one of our meditations (three a day), I had an experience with the movement of light. At first I didn’t think too much about it, but began to see changes in myself and when I got home, I realized I no longer hated my mother. I learned the importance of relating to people. This was the beginning of a new course of life for me.

“I suggest that the structure of the project stays tight—this really made a difference in me.” —*Male*

“Generally I was really ready for A.R.E. I came to it from serving in a church and not behaving myself very well sexually. I was in torment to try to put together the desire for close affectionate ties with women with a spiritual philosophy. The Project gave me a philosophy that was solid, immediate, amazing, expanded, way-out, exciting, fascinating, and, for me, compelling. I needed something that would help me deal with myself right then, and it did.

“The disciplines of meditation, dream work, thoughtfulness were what I was lacking. The others in the group lent a strength of purpose which confirmed and supported my own need. The Project gave me an authority of belief. I could spout off stuff Cayce said that I was trying to live by. And in hindsight, I spouted off more stuff than I lived by. But a lot of it held, is down there, and is a deep part of my spiritual grounding.

“Here were people serious about life trying to live it in serious ways, and the Project gave us an opportunity to share and grow. I sensed from that, that the devotion I saw there was better than any church I have been in.

“I needed a community that was following the readings and practicing the disciplines. I never got much of the wow stuff of insights or out of body experiences or visions, but I became grounded in some of the practices of prayer and meditation that I still use today. The Project helped put my life back together—got on the right track.” —*Male*

After the Project: A Life Transformed

What seems most important to me was not so much what happened during the Project but the changes that took place as a result of it. After returning home, my life was different in many ways. I continued with meditation and the Cayce diet. Gradually, my attitude changed from indulging in negative thoughts and emotions to a more positive outlook on life. I became more conscious of those around me, their feelings, and how to relate in positive ways. The difference in my life was like darkness turned to light—sadness to joy.

During the following year, I had an incarnation dream once a month (12 of them) before moving to Virginia Beach to live. These dreams were no pat-on-the-back “you’ve done a great job” messages. For the most part, they revealed various weaknesses and faults which needed to be corrected. They also revealed karmic relations with some individuals.

In my last year of teaching in Dallas, I had a carpool in which I drove three teachers to and from school. One of the teachers taught drama and I taught music. At times, we had to work together to put on programs. We very rarely saw things eye to eye. I would suggest certain songs and she would reject them and back and forth we would go. This particular morning, as we were driving to school, she was going on and on about her social life and

I think I was somewhat jealous since I didn’t have much of a social life. Anyway, I was annoyed. Then, I remembered about magnifying the virtues of others with whom we may be having problems. As she was talking, I began to think of all her positive attributes—she is an excellent teacher, she is intelligent, she is attractive, etc. As I continued to extol her positive characteristics in my mind, the talking stopped. Then, a most remarkable thing happened. She began speaking about all the traits she admired in me. Well, I could hardly believe my ears. I almost drove the car off the road, I was so shocked. All I could attribute the change to was that

The difference in my life was like darkness turned to light—sadness to joy.

she must have been a very sensitive person to have responded so quickly to the power of positive thought.

After that, our relationship changed for the better. We were

able to work together more easily and on the drive home from school, our carpool would often stop for some refreshment and enjoying each other’s company. She and I were never buddies but we had a congenial relationship for the rest of the school year. Amazing what the power of positive thought can do.

Coming Full Circle

In the summer of 1958, I moved to Virginia Beach. Five minutes after arriving, a fellow Project member, Bob Clapp, drove in from Massachusetts. Neither of us knew the other was coming. We each rented apartments at A.R.E. headquarters and settled into a new life. It must have been

fate; after four years, we were married.


Bob started working for the A.R.E. After a number of years, I began to research the Cayce readings on ancient Egypt. I felt compelled to correlate that extensive material which had never been completely researched. A.R.E. published that work in 1989 (see *Edgar Cayce’s Egypt*, and the booklet: *Egypt, 10,000 B.C. from the Edgar Cayce Readings*). The Egypt study group, which I started in 1997, continues today. Bob is a successful massage therapist and I volunteer in the A.R.E.’s Prison Outreach program. We have two lovely daughters and a wonderful grandson—we are blest.

Carrying on the Spirit

Though the guiding light of Hugh Lynn Cayce is no longer present, the principles and concepts taught in the Project programs may still be applied to stimulate spiritual practices and greater awareness in the lives of people today. In this new age, we may do well to perpetuate such intense life-changing programs.

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- **A.R.E. Conferences**, with the ongoing fellowship and learning available at headquarters and near you

For details, visit EdgarCayce.org or call toll free 800-333-4499. 

ABOUT THE AUTHOR



ANN LEE CLAPP has been involved with the Edgar Cayce material for decades. She has researched many areas of the readings with special emphasis on ancient Egypt, the Essenes, the life and times of Jesus, and the connection between these periods. She has been a resource person for tours to Egypt and Israel, and has had the rare opportunity to stay overnight in the Great Pyramid. Ann is a student, teacher, and resource person on the subject of Egypt in the Cayce readings and conducts an ongoing Egypt study group in Virginia Beach.

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The Music of the Spheres



Edgar was at his most eloquent when he was describing the music of nature.



Visiting Virginia Beach? You can "Chat with June Bro," a free, informal chat every Tuesday from 10:30-11:30 a.m. at A.R.E. Headquarters. June is also a regular lecturer for the free survey lecture offered daily in Virginia Beach. For schedule see EdgarCayce.org/VaBeach.

THE REVEREND JUNE BRO is a long-time A.R.E. member and friend of Edgar Cayce. She is an ordained Disciples of Christ minister.

YEARS AGO, MY DAUGHTER GRETA was close to death with irritable bowel syndrome. The doctors had told her a few hours earlier that they could no longer give her blood transfusions. They said she could die. She was still losing blood and was very weak as we went to the chapel to pray. We sang some hymns and read some Bible passages. Greta told me that she was hearing the most beautiful music she had ever heard. I couldn't do anything but pray, thanking God for the many people praying for her. The next day the doctors came in and said, "We don't know what happened, Greta, but your body is beginning to make its own blood again."

The readings provide wonderful insight into the use of music for healing and attunement. Chanting was recommended for release of our association with the body and to vibrate with light (281-25). Specific music was suggested, such as the Blue Danube Waltz, with stringed instruments or the organ, for restoration of the body to normal. (2712-1) A question from the Glad Helpers on healing prompted Edgar to relate the Master Musician with Christ: "No one mind may conceive all that may be done through the power of the Master Musician; for it may bud as the rose, it may be the song of the frog—or of any—even those that would be to self...grating vibrations; for the cricket on the hearth to self is obnoxious! but to some would bring harmony and peace, as home!" (281-8)

I can't imagine the A.R.E. without music. Music and musicians have been a part of A.R.E. conferences at Virginia Beach headquarters for all of the 71 years that I have been a part of it. While there are so many gifted individuals within A.R.E., such as my friends, Jo and Dan, who have sung opera and directed choirs around the world, here are a few of my favorites:

Shirley Rabb Winston taught the value of music in our lives based on the Edgar Cayce readings in her booklet, *Music as the Bridge*. She had retired from singing publicly, but you could hear her rich full voice as she taught us ancient chants.

Judith Stevens brought her own special brand of magic with her autoharp and her

lovely intimate singing and speaking style which immediately raised the level of the spiritual energy in the room.

Harmon Bro never began one of his lectures without getting everyone on their feet singing and laughing until their lungs ached. It raised both their physical and spiritual energies so that they were better able to think and participate in the content of the lecture.

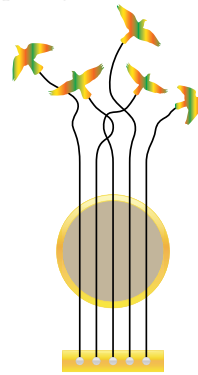
If you visit the A.R.E. Camp, you will see immediately how important music is to that program. There are eight to twelve guitars lined up in the dining hall and the owners take turns accompanying the group of young people and staff as they sit outside on the steps singing their hearts out several times a day. Every member of the Newlin and LaPrelle families is a talented musician and

their contributions at Camp are a complete delight. You can always hear the young people singing as they work, as they tend the garden, as they take part in sports, as they leave for a hike or a workshop.

With Edgar Cayce's last breaths on this Earth, he, too, was hearing music. He often referred to this special music as "the music of the spheres," or "the happy choir." Edgar was at his most eloquent when he was describing the music of nature: "Think for a moment of the music of the waves upon the shore, of the morning as it breaks with the music of nature, of the night as it falls with the hum of the insect, of all the kingdoms as they unite in their song of appreciation to an all-creative influence that gives nature consciousness or awareness of its being itself. And harmonize that in thine own appreciation, as to bring music akin to the song of the spheres." (2581-2)

According to Gladys Davis, Edgar increased the volume of his quiet voice mightily, as he emphasized the point he was making: "Do attempt to bring greater harmonies into the experience through the application of self in making music. Even though it may be only on a comb or on glasses or bells, on a harp, violin or a piano, *Make Music!*" (5201-1)

Let's keep filling this building and the soon-to-open Cayce-Miller Café with healing, quieting, energizing, Spirit-raising sounds. 🎵



Channeling Your Higher Self



One of the ultimate goals prescribed by the Cayce readings for all individuals is that the soul needs to be able to find creative expression by working cooperatively with the Divine. Although a unique process for each individual, it invariably involves inspiration, creativity, and the expression of information and insight from one's Higher Self. On occasion, the readings used the word "channeling" to describe this process but it is not the definition of channeling that relates to mediumship or surrendering the self to something outside; instead, it is a creative, cooperative partnership that calls upon the very best within the self to work in cooperation with the divine and through that process somehow bring *spirit* into the earth.

Simple approaches

Perhaps one of the most straightforward ways you can channel your Higher Self right now is through the use of the imagination. For example, for a few moments simply imagine a beautiful, wonderful world where everyone prospers in abundance and gets along fine with everyone else. What does that world look like to you? How does it feel to be a part of that world? Next imagine what you might do today—some good deed—that can contribute to that image and be in keeping with the wonderful world you've imagined. Then go do the deed! That's a great example of channeling your Higher Self.

The Cayce readings also provide another simple suggestion that can be practiced upon awakening. Cayce told one woman to become quiet each morning and to ask the question, "Lord, what would you have me do today?" And then she was to listen. By setting herself aside and being receptive to the answer, obviously this process could enable her Higher Self to work creatively and cooperatively with the Divine. That is what channeling your Higher Self is all about.

Hearing about these simple approaches, you might wonder what about a trance? What about the amazing displays of transcendental consciousness coming through the person not from the person? What about spirit guides, angels or galactic intelligence? Isn't that what channeling is all about? Isn't that what Cayce did?

Don't look for the spectacular

Channeling can certainly involve these spectacles but such phenomena are but the tip of the iceberg. Those aspects of channeling that attract the most attention actually camouflage the most significant and profound meaning of channeling. Cayce's unique demonstrations of the far reaches of the mind have had a tremendous effect upon our vision of what's possible. His frequent use of the phrase "to become a channel of blessings" created a powerful image for connecting with transcendental or spiritual dimensions to pass along help and assistance to others. Today there are healers who channel intelligent energy in performing seemingly miraculous operations. Books, magazines and especially the Internet provide "channeled" messages aplenty, including daily blogs of communi-

cation from "other realms" with counsel for us during times of challenge and change. Yet these manifestations do not necessarily reflect what Cayce had in mind when he encouraged us to become channels of blessings.

If the secret power of channeling does not lie in the depth of the trance or in the power of the spirit guide that we can get to come through, then where does the power lie? Edgar Cayce provides an overarching vision of our relationship to Creation, the Creative Forces, the Creator. To harness the true, creative, healing, inspirational power of channeling the Higher Self, one must become attuned and focused on the entire circle of relationships involved in the channeling process. Once again, a major Cayce theme comes into play—honoring our relationships.

Channeling as relationship

Perhaps, surprisingly, we can perceive examples of "channeling as relationship" in nature. Think of the cycle of exchanges that make up life. The sunlight comes upon the plants that dance to make food that grows other life. We breathe in oxygen and exhale carbon dioxide, the complementary opposite to the plants' process. We channel the air we breathe and the food we eat into cultural items, clothing, housing, behaviors and expressions. Channeling, in the sense of a circular linkage of relationships that transform patterns of energy into manifestation, and keeps the energy flowing, is everywhere and occurs always. Channeling the "higher self" then means that the ideal and purpose that are set involve the best interests of the greatest number of positive relationships and have a practical purpose of serving those interests.

There are two basic operative principles to understand. The first has to do with the access of information and inspiration—set your intent, then "watch yourself go by," as Cayce would describe that practice of specially prepared improvisation. The second has to do with the handling of that bounty—"use what you have in hand and more will be given," as Cayce often reminded.

Set an intention

To access inspiration from the Higher Self, begin by setting your intention. This attunement process is the most important

part, with the greatest leverage, and involves both understanding your ideal and your purpose. It is in the realm of ideals that the higher consciousness exists—"higher" meaning values that connect with, honor and nurture the entire web of creation. Having a constructive purpose in mind, and a genuine readiness to serve that purpose, completes that process of preparatory attunement.

After the attunement, whether it is during a sitting meditation or one done while dancing, comes the harvesting of the inspiration. Watching self go by—the creative improvisation part is perhaps the most challenging. It is something that often tempts us to "leave the building" during the session in an attempt to "get out of our own way." It is not necessary for the ego to absent itself during channeling (as in going unconscious during hypnosis-induced channeling and having amnesia for the session, as Cayce did). If frustrated in the attempt to set self aside, to get out of one's way, that's natural. That's why the history of humankind contains many examples of the attempt to "knock oneself out," by hypnotic trance, drugs, strangulation or starvation, to rid oneself of the interfering, control-freak of the conscious ego, so that the "good stuff" could come through.

Let your ego stay and learn

Cayce's attitude toward unconscious channeling is something like, "Well, if that's all you want, to get the answer, to prove your ability, that's fine. But if you'd like to learn how to grow into your Higher Self, why send your ego out of the classroom every time the higher self is about to appear?" It helps to keep the ego in the classroom while the lesson is presented, so it can also learn how to relax and become transparent to the silent witness.

Your breathing can train your ego to become transparent. The word "inspiration" refers also to breathing. That natural process is the source of some of our intuitions about inner guidance. It also provides a simple way to practice "watching self go by." Observe your breath with this affirmation: "I can be aware of the breathing and let it be." "I'm learning how to let go and let Spirit (Life, God) breathe me." "I'm learning to let go as the air flows out and to trust the inspirations."

In the next stage of the channeling cycle, we evaluate, test, or apply what came through during the session. We use the feedback to help us refine our understanding and to recalibrate our efforts. To express this part of the process in Cayce's own words, it would be "... use what you have, and more will be given, for it is in the application that the awareness comes."

Grounding is most important

Perhaps the most common missing link in the channeling cycle is something we might call "grounding." Just as Benjamin Franklin found that lightning was electricity because his kite from earth provided a "ground" for the lightning, when we channel, if we wish to bring down lightning, we must have grounding. What is the importance of this grounding? To provide a relationship that will continue the flow of energy, the development of the awareness through testing and application, and that will meet a need or serve a purpose in the world. Doing something only for sport, for show, to prove something, excites the channel but does not create the complete circuit that a creatively functioning channel requires. A smile has a long effect, because its positive energy gets passed along. Native Americans call it "growing corn." Along with Edgar Cayce, that indigenous tradition recognized our human role as a nurturer, caretaker, and participant in the creative process of life.

To give grounding to these principles, let's examine what Cayce called "inspirational writing." He recommended it as a good place to begin. He also noted that it had no limit for what good it could bring into the world. Two influential examples of this form of channeling are the books *The Course in Miracles* and *Conversations with*

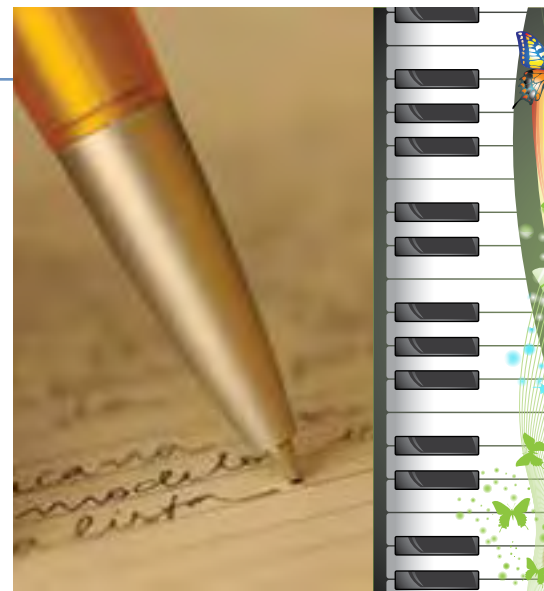
God. We can use these to understand the challenges involved, suggested strategies, and possible outcomes that arise in the various other modes of channeling.

Inspirational writing is spontaneous, free-flow writing. It is writing from the heart, from the spirit of the ideal set. Cayce distinguishes this form of channeled writing from what he calls the "automatic" type, where the writer is "unconscious." The inspired writer is aware of what is being written, while the automatic writer is otherwise preoccupied and unaware of what is being written. It's the difference between purposeful and prepared improvisational writing and unconscious writing. In the former, we are conscious of our writing, but it seems as if it flows on its own rather than our making it up and recording it. To be able to "watch self go by" and not step in and direct the process requires practice.

How to do inspirational writing

It's a simple process. Try it first when confronting a simple dilemma, like what's most important to do or remember today? Prepare yourself by bringing pen and paper, or keyboard, close by to where you sit and meditate, or where you will do your preparation, whatever form it takes. Set the intent that at the end of the preparation, you will begin to write. You can begin by simply writing what you are feeling or experiencing at that moment, and let the writing flow out of itself. Afterwards, study the contents for a plan, for a way to apply an idea in what was written, such as how to spend your day. Follow through on the plan and repeat the process the next day.

Trust is an important part of the process. We must learn to trust that the information



that comes through is worth exploring. If we expect that channeled material should arrive in finished form, with specific formulas and certified extra-sensory information, we can be disappointed. But if we examine the material faithfully, finding in it something we can try out, often the discouraging words turn into surprisingly useful guidance when applied.

Working in a group is also an important ingredient for learning to channel the higher self. It helps build trust in the process. Often we do not recognize the value of our inspired writing, because we are expecting something else or expression in a different form than our own—don't judge it by the handwriting! Research conducted by the Edgar Cayce Institute for Intuitive Studies demonstrated the value of working in a group in this way: The group decides upon both a method and a purpose for an experiment in channeling. It could be, for example, to use inspirational writing to provide guidance for one of the group members concerning an issue that is currently undisclosed. After a period of meditation to attune to the ideal of loving service, with the sense of a heart connection to that group member, the writing begins. Group members won't necessarily recognize the help that is in their writing because they do not know the person's concern. But as the group members read their writing aloud, and hear what came through the other members, and then listen to the feedback provided by the recipient of all this guidance, it begins to dawn on folks that each person connected meaningfully with the hidden focus. It is the common themes that help them identify the message channeled in their writings.

Once the essential principles of chan-

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neling are digested, there are an infinite number of ways to engage the process. The book *Edgar Cayce on Channeling Your Higher Self* is an excellent resource in this regard. One of the least known of Cayce's suggestions about channeling has to do with art. In his descriptions of a historic Temple Beautiful in Egypt, where initiates had all their senses stimulated in pleasing ways, Cayce noted that aesthetic experience can attune us to spiritual awareness.

Aesthetic attunement

Experiments in conscious extemporaneous expression (creative improvisation) conducted by the Edgar Cayce Institute for Intuitive Studies explored the use of aesthetics. For an induction to an idealized state of consciousness, participants danced, or moved (or, in some cases, imagined dancing) to Strauss's Blue Danube waltz, as Cayce recommended this music for its harmonizing effects. As to purpose, in one series of experiments, participants dedicated their writing to speak to a common concern, such as learning to trust within, how to set self aside, etc. After the moving attunement, participants did inspirational writing and shared the results aloud with the group.

Another series of experiments used this same method to explore intuitive dream interpretation. Each participant made an audio recording of a dream. Afterwards, they moved to the music of the Blue Danube for its harmonizing vibration. When the music had finished, each person took someone else's audio recorded dream, listened to that dream and then began inspirational writing with the purpose of providing useful information to the dreamer. Afterwards, the dreamers received back their dreams,

and the writing that their recorded dream inspired in the channeler. Folks felt that surprising insights into themselves that came through the dreams were opened up by these "improvised comments" in the writing, which were judged to be authentic "blessings."


Given a most general view of the "channeling paradigm" as Cayce envisioned it: spiritually prepared (with varying degrees of alteration of consciousness) and with practical purpose, engaging in a process of creative improvisation to manifest something desired that is new, workable, and consistent with one's spiritual ideals. Then there are limitless arrangements and styles of, and uses for channeling the higher self. There are as many purposes as there are human conditions and needs.

A good thing to keep in mind is the idea of balance: "one percent inspiration, ninety-nine percent perspiration." James Turrell, an American artist and student of the Edgar Cayce information, had in his dreams experiences of light, and of *becoming* light. He worked for years to develop a way to create this light experience in viewers, exploring different ways of making an effective light projector. As a MacArthur Foundation "Genius" Award-winning artist, his light sculptures around the world have been introducing people to the experience of the "light within." His project reshaping an extinct volcano in Arizona to become a light reflector is the largest art project in history. Ultimately channeling Your Higher Self is about learning to engage with and live cooperatively with the divine spirit.

Our ultimate purpose—channeling blessings to others

As a final example, here's a suggestion for an experiment in channeling that expresses Cayce's vision of the ideal spiritual cycle of soul growth through service to others. Upon awakening in the morning, adopt a meditative frame of mind, and then ask, "What experience will I encounter today that will provide me with an opportunity to discover and apply an unrealized soul ability by helping someone I meet?" Take whatever information that comes through, keep it in mind during the day, and watch for that opportunity. Explore this process for a few weeks, keeping a journal, and you'll begin to realize that we are always being guided, whether we are aware of it or

not, to step up to being our higher self and sharing the blessing with others.

There is no limit on the amount or kind of blessings that we can share with others through this practice. The process enables us to move beyond the confines of what we may think we know about ourselves, and our perception of limitations, and instead engage in a cooperative creation, becoming a "channel of blessings" to someone in need. Edgar Cayce, in his own experiences with personal growth, and the aspirations he had for us, felt that channeling one's higher self was a wonderful method of helping others and becoming aware of our divine self. Learning to channel blessings for others as a means of coming to realize our own co-creative abilities with God is the ultimate purpose for learning the skill of channeling your Higher Self. 

ABOUT THE AUTHORS



KEVIN J. TODESCHI, MA, is Executive Director and CEO of Edgar Cayce's A.R.E., an authority and spokesperson on the Cayce Work, and the author of more than 25 books, including *Edgar Cayce on the Akashic Records* available through our catalog at ARECatalog.com (page C-4), or call 800-333-4499.



HENRY REED, PhD, is a research psychologist and the author of several books and scholarly articles describing his research developing ways to apply the concepts in the Cayce material. Learn more at EdgarCayce.org/IntuitiveHeart.

Henry will mentor two eGroups:

Apr 23-May 20: **Awaken the Inner Shaman**

June 25-July 22: **The Spiritual Applications of Self-Hypnosis**

Visit EdgarCayce.org/egroup.

Join Kevin for these conferences:

Apr 5: Atlanta, Ga. **Edgar Cayce on the Akashic Records, Relationships, and the Illusion of Time**

May 2-4: Lewistown, Mont. **Spring Montana Retreat**

Visit EdgarCayce.org/fieldconferences.

Join Kevin at A.R.E. Camp in Rural Retreat, Va., July 20-26, as he leads **Family Camp II, Exploring Your Soul Self: An Overview of the Edgar Cayce Material**. For info and to register, go to EdgarCayce.org/camp or 800-333-4499.



Atlantic University

Begin Your Next Journey Today

Did Edgar Cayce Have a Near-Death Experience?

By Neil Helm, MA, Scholar in Residence, Atlantic University

Edgar Cayce told Harmon Bro that he had drowned as a young child. When I read about this experience, I began to consider the possibility that Cayce had had a near-death experience (NDE) combined with an out-of-body experience (OBE), during which he went to the other side and met God, probably in the form of Jesus. Such experiences are common in NDEs. We do know that Edgar, after his drowning experience, began reading the Bible, opened himself to God, and received psychic gifts such as precognition: the ability to look into the future and discern past events. These gifts are also often reported after NDEs.

After conducting research for decades in my former career, I began a formal study of NDEs after moving to Virginia Beach from the Washington, DC area in 2009. My wife and I wanted to be more active in the A.R.E. and Atlantic University, and I completed an MA degree in Transpersonal Studies. My master's thesis was a study of the spiritual aspects of NDEs. I chose this subject to research, and better understand, my own NDE that I experienced at age five.

My Childhood NDE

In 1944, my mother took my two older brothers and me to Central Montana to visit relatives. A cousin took us to a hot springs swimming area in a rural setting. I was frustrated to see that my mother and brothers could swim, as I had never been swimming, but I thought I could accomplish this physical feat. After a few strokes, however, I began to sink and inhale the hot water. As I took a last gulp of the water, I thought that drowning would be painful. At that instant, a powerful calm and serenity overcame me and I had a profound near-death experience that I remember in lucid detail to this day.

My spiritual body left my physical body and floated by a beautiful meadow across a lake into a tunnel. All of this was serene and I had no fear of

the tunnel, especially as I could see a light at its end. As I came out of the tunnel, the entire right wall was covered with a light that could only be called unique. The light manifested itself as God. There was no equivocation—this was the Light of God. I have a clear vision of standing in front of the Light and it flowing over me like a mist of total love and forgiveness. Then, God said: “It Is Not Your Time.” My spiritual body then returned to my physical body in the hot springs. My middle brother dove into the water, and pulled me to the surface. My cousin, a physician, resuscitated me.

God's Gifts and Messages

At age five, I couldn't comprehend “piercing the veil” and going to the “other side,” but I knew I had met God and within an hour after my resuscitation, God communicated with me, guiding me not to tell my experience to my parents, who would probably call it a hallucination or to my young friends, who would not understand it.

I never had imaginary playmates like Edgar, but one of my first gifts from God was the ability to communicate with some species of animals—especially horses and dogs. In addition to my inner knowing and on-going conversations with God, He asked me if I wanted additional psychic gifts like telepathy, clairvoyance, and precognition—the ability to look into the future and to better understand past events. While I didn't understand it all, I just opened myself to God and as I began to acquire these gifts, God made it clear that I was to use them only to His honor and to help humankind. No horse races!

Researching NDEs

I didn't tell anyone about my experience until I was 31 years old. It was then I discovered, in 1975, that Dr. Raymond Moody had just finished a book about NDEs—*Life After Life*. After reading the book and finding people who were interested in investigating NDEs, I began to do more investigating of NDEs and

extraordinary spiritual experiences. Edgar Cayce's name quickly appeared and I read Thomas Sugrue's *There Is a River* and other books on this incredible man from Kentucky. In reading about Edgar's gifts, I found many similarities to people who have had an NDE. They tell of traveling to the other side, and talking with family members, spirit guides and divine beings. They also report experiencing after-effects of the NDE—becoming more spiritual and developing paranormal abilities, such as being able to open the Book of all Knowledge, also known as the Akashic Records.

Many, and perhaps most, children do not remember or fully understand their NDE. But I started in early 2013 to try to find some real evidence of Edgar's NDE.

Reading Harmon Bro's *A Seer out of Season*—I found something! Harmon Bro, a graduate student, along with his wife June, were working for Edgar in 1944. Edgar, knowing that Bro was planning to write his PhD dissertation on Edgar's life, was providing Bro with some highlights from his earlier years. Bro writes of Edgar: "He told of how he had drowned and been pronounced dead in his youth and how the invisible playmates of his childhood had returned to him once as an adult" (1989, p.426). Edgar was making certain that this important event in his young life was documented for his memoirs. Bro wrote down these discussions, and it is important to follow the flow of Edgar's memory—he drowned and his invisible playmates came to him. I hypothesize that Edgar drowned, had an NDE, and probably had his first out-of-body experience, an experience that he would continue to have more than 14,000 additional times. The invisible playmates, a visit from an angel, and the multitude of gifts that Edgar received from God, such as the ability to put himself in a trance and receive information from the Book of Knowledge were, I hypothesize, the results of his spiritual development, first made possible by his NDE.

Why did Cayce not speak more of this profound event in his life? First, the phrase "near-death experience" was not coined until Raymond Moody wrote his seminal book on NDEs in 1975, some 30 years after Edgar's death. Second, while Edgar believed in past lives, traveling to the other side, and meeting Jesus, these subjects were not popular with many people in Christian circles during the first half of the 20th century.

Results from the Vault

My continuing NDE research on Edgar's drowning led me to the big vault where all of Edgar's readings are carefully stored. I found some original notes by Edgar's father, Leslie—often called the Squire. Leslie Cayce writes that his son Edgar was an outdoor boy who liked to hunt and fish. "On one occasion after some very heavy rain had filled the ponds, lakes and lowlands to overflowing. Edgar decided to go fishing. He got his little fishing pole, hook, and line and started out perfectly alone." While Leslie did not date this story, he implied that little Edgar was quite young, I suspect around age five—similar in



age to my NDE. The heavy rain had caused Edgar's favorite pond to overflow onto a generally shallow area where some fish were now stranded. Edgar put down his pole and was happy wading out into the shallow water and just picking up fish with his hands and throwing them on the bank. However, in his enthusiasm Edgar ventured toward what was a deep hole some 10-12

feet deep. He slipped down the steep sides of the hole. Edgar had to stick his hands and feet in the muddy side of the hole to try to pull himself out.

Luckily, a hired man on the farm came along with horses and a wagon of logs or rails. He saw the fishing pole, fish along of the road bank, and Edgar's hat floating in the water, and he knew "that he [Edgar] was about to be drowned—or had been." Leslie, writing about these memories for newspaper writers, was trying to tell the story of how little Edgar was strong and resourceful, so he wrote that Edgar was coughing water and was out of the hole when the hired man grabbed his hand and pulled him out. I suspect that Edgar had in fact drowned and the hired man pulled him out and applied simple resuscitation skills that were generally known and brought the boy back to life. Remember, Edgar told Harmon Bro "he had drowned and been pronounced dead in his youth" (p.426). The hired man loaded Edgar on the wagon and took him back to his mother. Leslie then wrote that Edgar's mother was frightened by hearing what had happened and "what he had seen." I suggest that Edgar was telling his mother about his drowning and what he had seen as part of his NDE.

After reading hundreds of NDE accounts, I am

Continued on page 46



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The study of creativity is a complex affair requiring an integrated multidimensional approach. This course presents such an approach through a didactic and experiential process of investigation.

Becoming a Teacher of Finding Your Mission in Life (TS6005)

Develop skills and methods that will allow you to clarify your own mission in life so you can help others find theirs. The strategies for creating a personal mission statement are drawn largely from the material found in Edgar Cayce's nearly 2,000 life readings—clairvoyant, spiritual counseling discourses given to individuals between 1923 and 1944—material that provides a framework that is easily adaptable to contemporary seekers. Requires a practicum.

Spiritual Applications of Self-Hypnosis (TS6110)

The underlying purpose of the Self-Hypnosis course is to develop an overall experiential and intellectual framework for understanding the meaning and implications of the popular term "hypnosis."

Integrated Imagery - Regression Hypnosis Level One* (TS 6115)

*Includes a mandatory four-day residency in Virginia Beach

The purpose of this course is to introduce the student to a technique for psychological and spiritual growth called Integrated Imagery through a didactic and supervised experiential process which includes a four-day residency, on-line cohort, and mentor interaction prior to and subsequent to the residency. Integrated Imagery accesses transpersonal states of consciousness in order to gain additional insights, guidance, and creative impetus to support the process of conscious evolution and creativity.

Leading from the Inside Out (TS6300)

The purpose of this course is to stimulate within students a critical examination of the inner dimensions of their own evolution towards wholeness as they reflect upon the contemporary discussions of the process of leading from the inside.

Mandalas and Art (TS6405)

Provides the necessary background and tools to engage in a personal exploration of mandalas through the creative process. Using a variety of methods and materials, you will create a series of mandalas, observe this process as it unfolds in a series of images over time, and experience firsthand the transformation that can come from the conscious creation of mandalas. The course provides a historical, philosophical, and psychological context for understanding mandala creation, while placing emphasis on the development of personal artistic vision.

Courses offered for both Master's degree students and for non-credit Continuing Education students.

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Near-Death Experience, continued from page 45

comfortable with the idea that Edgar's remarkable life is the result of his meeting God, perhaps in the form of Jesus, during his NDE. After his experience, Edgar asked for his own Bible, and opened himself to God. All of Edgar's gifts and abilities followed. Soon after his experience, Edgar was visited by his invisible friends. Later, an angel came to him in the garden. He could sleep on a book and acquire the knowledge within. Similar experiences are often related by children who have had an NDE. Edgar's more dynamic gifts such as putting himself in a hypnotic trance, where he could acquire universal knowledge to look into past lives and future events, are spectacular in their scope but nonetheless similar to psychic gifts others have received. Edgar understood this and told Bro: "I don't do anything you can't do" (p.178). God directs us in ways only He understands. When you open yourself to God, many wonderful things happen. Having an NDE seems to be a rapid way of traveling to

the other side and meeting God. However, it is not the only way to have this sacred experience. Edgar said you can do it in dreams. I know people who are able to have an intimate relationship with their God through dreams, meditations, and prayers. We are all special children of God doing His and our mission in many unique and different ways. ▲

References: Bro, H. *A Seer out of Season: The Life of Edgar Cayce*.

Moody, R. *Life After Life*.

Sugrue, T. *There Is a River: The Story of Edgar Cayce*.



Neil Helm is currently the Scholar in Residence at Atlantic University. He had a 40+-year career in space science, his last 18 years at The George Washington University as deputy director of the Institute of Applied Space Research. He completed his MA in Transpersonal Studies at Atlantic University in 2013, and is now enrolled in a PhD program in Transpersonal Psychology at Sofia University.



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Presented by Kevin J. Todeschi

Join Kevin J. Todeschi, Executive Director and CEO of Edgar Cayce's A.R.E. and Atlantic University, for an overview of key concepts from the Edgar Cayce materials including his unique insight into the purpose, vision, and mission for Edgar Cayce's A.R.E.

● **Edgar Cayce on Reincarnation: Your Soul's Journey Through Time**

Presented by John Van Auken

Our souls have been on an amazing journey with many past lifetimes that still influence us today. Join the nation's foremost expert on Edgar Cayce's readings on past lives and present relationships for this introduction to the concept of reincarnation from the Edgar Cayce perspective.

● **My Life with Edgar Cayce**

Presented by Dr. June Avis Bro and her daughter, Dr. Pamela Bro

June Avis Bro found her life deeply affected by working daily with Edgar Cayce when she and her husband, Harmon, came to Virginia Beach in 1943. She set about sharing her interests with others as a pastoral counselor and minister, as well as by using her skills in the performing arts. Now past the age of 90, she continues to write a column for A.R.E.'s *Venture Inward* Magazine—"The Art of Living"—based on her life reading given by Mr. Cayce in 1944.

● **An Overview of Sacred Geometry and Spiritual Symbolism**

Presented by Don Carroll

There is evidence that the "knowing" of spirituality can be unified with the observations of science through two geometric symbols consisting of the triangle and the arc. Don Carroll shows how, through the millennia, religions have intuited the importance of these shapes and incorporated their symbolism throughout their beliefs. These same shapes have been found by modern science to be the essence of life and the cosmos. This shared geometry is not mere coincidence.

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A.R.E.

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May 7-Jun 17	Past Lives: Discover Your Past—Unlock Your Future <i>Nancy L. Eubel</i>
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Jun 11-July 8	Co-Creating Your Life Using Whole Brain Thinking <i>Mitzi Crall, PhD</i>
Jun 25-July 22	The Spiritual Applications of Self-Hypnosis <i>Henry Reed, PhD</i>
July 9-Aug 5	Soul Mates: Understanding Relationships Through Time <i>Joanne DiMaggio</i>
July 16-Aug 26	A Search for God: Book Two, Lessons 1-6 <i>David McMillin</i>
Aug 6-Sep 2	Apprenticed to the Master: Following Jesus in the Third Millennium <i>Lynn Sparrow Christy</i>
Aug 8-Sep 9	Becoming: Who You Truly Came Here to Be <i>Nancy L. Eubel</i>

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Our Body Is a Temple of the Living God



I have heard it said that when we worry, what we are really doing is praying for what we don't want.

HAVE PATIENCE FIRST with self; then look within. For thy body is indeed the temple of the living God, that is within thee. When thou fearest from those things from without, then look within...and there ye shall find comfort and joy and harmony. (815-2)

I have a friend who was looking for a dress a couple of weeks ago. She is a slim, trim size 10 and usually has no difficulty finding clothes in the department stores. This day, however, she found very few dresses in her size. The majority of the dresses were a size zero. She was appalled and said to herself, "Zero means that we think of ourselves as nothing. We've sized ourselves down to nothingness and have become size zero." Apparently this is what the fashion world is looking for and therefore, women are trying to mold themselves into the kind of body that would fit into a size zero dress. This means, literally, starving themselves physically, mentally, and spiritually. They are not feeding their body enough to really support good health. In order to do that, they have to put their energy entirely onto their perceived concept of what they should look like according to what the most popular model is displaying and in the process of doing that, they lose contact with their innermost being. They really don't understand that their body is a temple of a living god and in their effort to make themselves what they are not, they lose themselves and become as nothing.

Of course it is a reality that obesity is a problem in our culture. However, that is the other extreme. We really do need to feed our physical body the amount of food that we need, to do the work that needs to be done. Now in the process of creating this illusion of what a person thinks they should look like we are creating all number of physical problems and actually illnesses. How can we learn to love ourselves if we think of ourselves as nothing? One of the statements from the Edgar Cayce readings that I have treasured is that to be loved one has to be able to love. In other words, we have to be loveable—loveable. So if we can't even love who we are and the way we look, we are constantly trying to

change our very nature instead of getting to know who and what we are as an individual.

I have heard it said that when we worry, what we are really doing is praying for what we don't want. So when we worry about what we look like whether it is too fat or too thin, we lose our selves and become nothing. We serve ourselves better doing what Edgar Cayce suggested, which is finding our mental, physical and spiritual Ideal and working towards that so that we can love ourselves and see our bodies as the Temple of the Living God, which is the most awesome, beautiful, amazing creation. When we abuse it by starving it or stuffing it we are truly desiccating, not only our most precious possession, but also God's great gift to us and there isn't anyone else who can take care of it for us. We need help from others, but in the long run we are the ones who are responsible for what we feed our body, mind, and soul, and we need to pay attention to what Cayce said:

Then know that love is law, and that law is that which may bring about the most necessary things in the mental, physical, and spiritual life of a body...The life must be a well-balanced life, not lopsided in any manner, to bring contentment—not necessarily be satisfied, for that is to become stagnant; but to find self in whatever position self occupies, force self to be content but not satisfied, knowing that the applications of the spiritual, mental, and physical laws are but the pattern one of another, and in so setting self in this direction all must be working in coordination and cooperation...that the mental, the physical and the spiritual must be kept and must be fed in the way and manner as to bring contentment, not necessarily satisfaction, or satisfied—for satisfaction is as a grudge, and is breeding contempt of self and of others for self. (349-6) 1

—In 1989, Dr. McGarey created The Gladys Taylor McGarey Medical Foundation, dedicated to the advancement of holistic medicine. In 2013, it was renamed The Foundation for Living Medicine, (a nonprofit organization), in order to promote a paradigm shift in medicine from focusing on disease to a new model of embracing life and living.

GLADYS TAYLOR MCGAREY, MD, MD(H), a pioneer in holistic medicine and study group member since 1957, uses Cayce concepts in her consulting practice in Scottsdale, Arizona.

The Body Knows How to Heal Itself



The placebo effect can work wonders on humans. Of course, my patients are immune to the placebo effect.



Send your vet questions to Dr. Doug at letters@EdgarCayce.org

DOUG KNUEVEN, DVM, is the author of *Stand By Me, A Holistic Handbook for Animals, People, and the Lives They Share*, available at ARECatalog.com or 800-333-4499, and *Holistic Health*

Guide: Natural Care for the Whole Dog. For more information go to BeaverAnimalClinic.com

Q *The Cayce readings often talk about the importance of attitude in healing. Do you see a role for this placebo response in animal healing?*

A. The body has an incredible ability to heal itself. If you cut your finger and do nothing but keep the wound clean, within a week or so that laceration will be perfectly mended. Somehow the innate wisdom of the body is able to: first flush debris out of the wound with blood, then clot the blood and call in white blood cells to fight infection, then set up a scaffold for the migration of skin cells over the defect, and finally complete the process and stop when everything is just right.

Holistic medicine takes into account the fact that the body is equipped with its own pharmacy. Evidence of this is seen in the placebo effect. According to medical statistics, on average 30% of patients will get better if they take a sugar pill (thinking it is real medicine) no matter what their problem is. Pain, depression, high blood pressure, and low blood pressure can all be remedied with a placebo. In fact, placebo treatments have caused warts to disappear, healed stomach ulcers, increased the activity of white blood cells, and even caused bald men to grow hair.

Face it, Fido does not believe that acupuncture is going to alleviate his arthritis pain and Missy does not think a supplement is going to settle her upset stomach. We consider the placebo effect to be a case of “mind over matter” but what does that really mean? To me it means that the body can heal itself if the right conditions are created. As a holistic vet, I try to create the right conditions for the body to heal itself.

The placebo effect can be quite strong as seen in the case of Mr. Wright which is documented in medical literature. He had been diagnosed with advanced Lymphoma. He had lymph nodes the size of oranges and the nurses drained a gallon of milky, white fluid off his chest every day. He begged his doctor to give him a new miracle cancer cure called krebiozen. The drug was going through clinical trials and unfortunately Mr. Wright did not qualify because only patients who were expected to live for several more months were included in the study. Mr Wright’s doctors thought he’d be dead in a matter of days.

Because of his persistence, Mr. Wright’s doctor acquiesced and gave him the drug on Friday, expecting to find that he had died by his Monday morning shift. Instead, Mr. Wright immediately gained weight and his tumors shrank. He left the hospital 10 days after receiving the drug.

Two months later, Mr. Wright read a newspaper report that said krebiozen was not as good as first thought and he started to lose weight and the tumors began to grow. Now this was back in the day when doctors could do things that today are considered unethical. Mr. Wright’s doctors thought that the placebo effect was involved in their patient’s cancer recovery. They gave him injections of sterile water and told him it was a new improved batch of krebiozen. Mr. Wright once again gained weight and his tumors shrank.

Unfortunately, he didn’t learn his lesson the first time and two months later he read a news report that said, “the AMA declares that krebiozen is worthless against cancer.” On cue, Mr. Wright’s tumors grew and he died two days later. It is amazing what an organism can do. How was Mr. Wright’s body able to cause end-stage cancer to disappear for months at a time?

Other evidence of the body’s ability for healing is found in the many documented cases of spontaneous remission. Spontaneous remission is defined as the disappearance, complete or incomplete, of a disease or cancer without medical treatment or with treatment that is considered inadequate to produce the resulting disappearance of disease symptoms or tumors.

The “Spontaneous Remission Project” is a collection of such data. It contains 3,500 references from 800 journals written in 20 languages and can be found at noetic.org/library/publication-books/spontaneous-remission-annotated-bibliography/.

The fact that the body can heal itself is well documented. My goal as a holistic veterinarian is to stimulate the animal’s innate healing potential. I always recommend natural nutrition and supplements to give the body the raw materials needed to create health. Sometimes I realign the spine with chiropractic adjustments to allow proper nerve function. Other times I tweak the animal’s energy system with acupuncture. And then there are times that I adjust the body chemistry with herbs. All of these methods gently coax the body’s systems back into a healthy balance.



The **CREATE** Campaign aims to sustain the future of the Cayce Work and manifest dynamic new capabilities – facilities, programs, and initiatives – to extend the Cayce-inspired messages of hope, healing, and possibility to more people than ever before. Here are some examples.

Annual Giving
Goal: \$13 million

Raised: \$10.7 million

Help A.R.E. Thrive

Initiatives
Goal: \$7 million

Raised: \$5.4 million

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Prison Outreach to Help Inmates Meditate

Each year, our Prison Outreach program sends 10,000 Cayce-oriented books to prisoners who request them, hoping to transform. One writes, "Your program was the beginning of my ascent back into the light." Based on a study showing that prisoners benefit from daily meditation, we want to start sending a Cayce Meditation booklet to every one of our inmates. It will cost \$10,000. Will you help fund this initiative? Do YOU have a favorite A.R.E. activity? And a desire to see it thrive and grow? Come make a difference.

Capital Projects
Goal: \$7.5 million

Raised: \$5.7 million

Build for
Tomorrow



Cayce/Miller Café Will Create Community

For years, you have told us you want a place at Headquarters to eat Cayce-friendly food and to gather together in community. Now is your chance to help make that dream come true. Your gift will also help us renovate Mr. Cayce's 1928 hospital building where the Café will be built. Go to EdgarCayce.org/cafe to learn about the project. Whether you give \$50 or \$50,000 your support is appreciated.

Endowments
Goal: \$2.5 million

Raised:
\$630,000

Ensure A Bright Future



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Since attending one almost 50 years ago, Hazel Zachar has always loved A.R.E. Conferences. One day she asked, "How can I help people who need scholarships to attend conferences?" The result is "Hazel's Fund" – a permanent endowment at the A.R.E. which gave out its first scholarships in 2013 and will do so annually for generations to come. Thank you, Hazel!

Campaign Total
Goal: \$30 million

Raised: \$22.4 million

CREATE Ends
Dec. 31, 2015

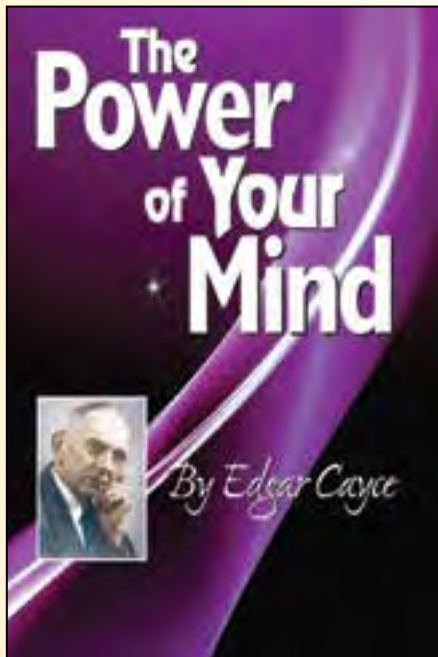


For more information about the **CREATE** Campaign, go to EdgarCayce.org/create or contact Patrick Belisle, Development Director at 757-457-7126 or Pat@EdgarCayce.org





Book Highlights



The Power of Your Mind

By Edgar Cayce

Edited by John Van Auken

A.R.E. Press • 144 pages, paperback • Item #650 \$15.95



Excerpt from Chapter 4 Mind Is the Builder

Reading 262-63

As has been given as one of the immutable laws, that which the mind of a *soul*—a *soul*—dwells upon it becomes; for mind is the builder. And if the mind is in attune with the law of the force that brought the soul into being, it becomes spiritualized in its activity.

Reading 303-2

(Q) *How may I overcome vibrations that are not in attune with my own?*

(A) Filling self's mind (Mind the Builder) with those things that create more and more a unison of *creative* thinking, whether this be as applied to material, spiritual, or purely mental and social relations. Be sure they are *creative* in their essence.

Reading 357-13

In giving an interpretation of the physical, mental and spiritual wellbeing of a body, in terms of a mental and spiritual reading—as we have so oft indicated, Mind is the Builder. The mind uses its spiritual ideals to build upon. And the mind also uses the material desires as the destructive channels, or it is the interference by the material desires that prevents a body and a mind from keeping in perfect accord with its ideal.

Thus, these continue ever in the material plane to be as warriors one with another. Physical emergencies or physical conditions may oft be used as

excuses, or as justifications for the body choosing to do this or that.

Ought these things so to be, according to thy ideal?

Then, the more important, the most important experience of this or any individual entity is to first know what *is* the ideal—spiritually. Who and what is thy pattern? Throughout the experience of man in the material world, at various seasons and periods, teachers or "would be" teachers have come; setting up certain forms or certain theories as to manners in which an individual shall control the appetites of the body or of the mind, so as to attain to some particular phase of development.

There has also come a teacher who was bold enough to declare himself as the son of the living God. He set no rules of appetite. He set no rules of ethics, other than "As ye would that men should do to you, do ye even so to them," and to know "Inasmuch as ye do it unto the least of these, thy brethren, ye do it unto thy Maker." He declared that the kingdom of heaven is within each individual entity's consciousness, to be attained, to be aware of—through meditating upon the fact that God is the Father of every soul.

Reading 900-374

Remembering ever, mental law in mental application; spiritual law in spiritual application; and that *material* conditions are the *outgrowth* of the application of each; for *mind* the builder; the spirit the creator; the material (of which visibility is given) that created. Great truth! Keep it before you.

Reading 202-4

(Q) *What should I do to improve my mental condition in regards to ailments?*

(A) Think in wholly constructive manner; that is, as this: There is creative in the system that which may meet the needs of the physical body in its everyday activity, and sufficient to store energy for the resuscitation of *used* forces. Make that known in self. As the mind accepts a condition as being *positive*, it *acts* upon that condition, yet when negative forces are continually set before self, and expected—and the expectancy is as of such to make the reaction of such a nature as to *destroy*,

then *negative* forces become the more active. *Necessary*, then, that the body—*anybody*—keep the near normal of a constructive building in the mind; for *mind* is the Builder.

Reading 257-252

Oft analyze, in self's own inner self, the why's of those desires and hopes, consider as to whether these are in keeping with the spiritual purposes. For, while mind is the builder, it is the purpose, the intent with which an individual applies self mentally, that brings those physical results into materiality. And these should be kept coordinant one with another.

For, as has been given, there must be those meetings of self in material manifestation of the ideals and purposes of the spiritual and mental aspirations of an individual. And be not deceived, God is not mocked; whatsoever a man soweth, that must he also reap. And with what measure ye mete, it will be measured to thee again.

Reading 370-3

Mind is the builder, and that entertained, that builded, that pattern set in same is that to which the body, the mind and the soul attains by this constancy held before same.

Reading 412-9

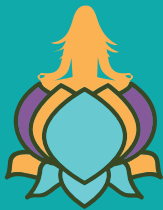
If ye would be happy (it is the law), ye must make others happy. Ye cannot know happiness unless ye experience that ye have brought happiness, hope, joy, into the experience of another.

This does not mean, then, becoming long-faced, melancholy; but rather *joyous, glad, hopeful!* But neither does it mean folding thy hands in indolence; rather as has been given, the harvest is white, the laborers are few. If ye would know Him, be up and doing. For as it was said, "He went about *doing* good." Not *being* good but *doing* good—which is the being good; being good for something, mentally, spiritually. 🌀

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APRIL, MAY, JUNE 2014 • EdgarCayce.org/nearyou

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Scottsdale • Apr 8-9, Jun 24-25

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Lynnie or Rex 480-661-8000

(lynniecarlucci@gmail.com)

Tempe

John Depuydt, 480-883-3822 (johnjmd@cox.net)

Apr 19

The Spiritual History of Tarot (with readings)

Sherry Reuss

May 17

I Choose Life

Kay Wallach

Tucson • Apr 5-6, Jun 21-22

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Gina Sperry 520-490-0680

(equusartgina@gmail.com)

CALIFORNIA

Davis • Jun 17-19

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Yuene Shure 530-219-6831

Sacramento • Apr 1-3, Jun 17-19

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

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San Rafael • May 17

Private Integrative Chiropractic Sessions

Peter Schoeb, DC and Brigitte Faas, DC

Brigitte Faas 415-258-0303

Santa Monica • Apr 11-13, Jun 27-29

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Wilma Jackson 310-829-1425

Sonoma • Apr 12

Christ Consciousness: A Spiritual Hero's Journey

Bob Trowbridge, M.Div.

Heidi Miller-Shields 707-278-0340

CALIFORNIA

Tahoe • Jul 10-13 ☎

Asilomar Retreat at Granlibakken

Edgar Cayce on the Life Force Within

You: How to Rejuvenate and Illuminate

Your Body, Mind, and Spirit

John Van Auken

CONNECTICUT

Hamden • May 31 ☎

Reincarnation Unnecessary? Are You

Ready to Finish Life on This Earth?

Charles Thomas Cayce, PhD

GEORGIA

Atlanta • Apr 5 ☎

Edgar Cayce on the Akashic Records,

Relationships, and the Illusion of Time

Kevin J. Todeschi

ILLINOIS

Edgar Cayce Holistic Center 888-663-0082

or 847-299-6535; areheartland.org/chicago

arechicagocenter@gmail.com

Chicago • Apr 5 ☎

Reincarnation Unnecessary: Are You

Ready to Finish Life in This Earth?

Charles Thomas Cayce

Des Plaines (Chicago area) • Apr 15-17, Jul 1-3

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

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KENTUCKY

Florence • May 10

Six-hour Workshop

Our Cosmic Journey: Revealing Our Collective and Personal Paths for Reaching our Full Potential and Finding the Divine Within

Pamela Bronner, RN

Pamela Bronner 859-391-0522

(pamann49@gmail.com)

MARYLAND

Potomac Area (Northern Virginia and Suburban Maryland) Web site: edgarcaycepotomac.org

Bethesda • Apr 12

Connecting with Your Spiritual Self

Toni Romano

Ann Jaffin 240-669-6032 (sjaffin@juno.com)

MASSACHUSETTS

Boston • Apr 19-21, Jul 5-7

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Aantre Kennedy 781-848-8860

Lexington • Apr 12 ☎

Many Lives, One Source: Understanding Karma, Grace, Reincarnation, and Your Place in the Divine Plan

Peter Woodbury, MSW

Plymouth • 2nd and 4th Friday mornings

Coffee with Cayce

Presentation and group discussion

Betty 508-673-0477 (bettyp508@aol.com) or

Lois 508-880-7588

Quincy • 3rd Saturdays

Monthly Meeting and Program

Elena Allen 781-862-2019 (Lellaall@verizon.net)

MICHIGAN

Detroit area

Margaret Dwyer 248-541-0128

(eagle1062@sbcglobal.net)

4th Wednesday of each month

Healthy Sleep & Dreamwork Support Group

3rd Thursday of each month, 7-9 p.m.

Metro Detroit A.R.E. Lecture Series

May 3 ☎

Edgar Cayce on the Unseen Worlds, Past Lives, Future Lives, and the Afterlife

Gregg Unterberger

MONTANA

Lewistown • May 2-4

Spring Montana Retreat

Kevin Todeschi

Kim and Rory Copeland 406-449-7196

(copelanr2@gmail.com)

NEW JERSEY

Woodbridge • Apr 26 ☎

Past Lives and Present Life: Awakening Your Inner Initiate

John Van Auken

☎ For info call HQ toll-free: 800-333-4499

NEW YORK

New York City

A.R.E. of New York Edgar Cayce Center
212-691-7690 or visit edgarcaycenyc.org

Apr 4 & 19

Prophecy Celebration Peter Goldbeck

Apr 7, 14, 21, 28

Edgar Cayce Remedies Jack Rosen

Apr 8

The Law of Attraction Shirley Jusino

Apr 11

Healing Celebration Peter Goldbeck

Apr 13

Edgar Cayce and the Essene Jesus
Judith Pennington

Apr 14, 21, 28 & May 5

Aromatherapy for Every Day Use
Maria Rodriguez

Apr 16

Space Clearing with Feng Shui Anji Cho

Apr 19

The Edgar Cayce Remedies and Philosophies 101 Jack Rosen

Apr 22

Meditating with Source Laurelle Rethke

Apr 25

Pangu Shengong Quigong Movement Form Workshop Master Ou

Apr 25

Healing Workshop Peter Goldbeck

Apr 29

Addicted to Crystals
Laurelle Rethke & Travis Ogden

May 5, 12, 19, 26

Edgar Cayce Remedies Jack Rosen

May 7

Introduction to Feng Shui Anji Cho

May 10

Edgar Cayce Remedies and Philosophies 101 Jack Rosen

May 12 & 19

An Evening of Creation Maria Rodriguez

May 24

Cayce Psychic & Healing Fair

Jun 2, 9, 16, 23, 30

Edgar Cayce Remedies Jack Rosen

NEW YORK, *continued*

New York City, *continued*

Jun 7-11

Spiritual Healing Sessions Malcolm Smith

Jun 3, 10, 17, & 24

Jewelry Making as a Meditative Art
Maria Rodriguez

Jun 14

Living Life as a Joyful Being
Joy Jangdhari

Jun 21

Edgar Cayce Remedies and Philosophies 101 Jack Rosen

Jun 28

Cayce Psychic & Healing Fair

NORTH CAROLINA

Durham • Apr 26

Healing the Past, Building the Future: Understanding Karma, Grace, Reincarnation & Your Place in the Divine Plan!

Peter Woodbury

Amey 919-338-2555 (acvmailbox@gmail.com)

OREGON

Portland area • 3rd Saturdays

Mutual Interest Group

Call for upcoming event schedule

Raymond and Nobie Tarpey 503-697-8341
(nobtarpey@yahoo.com)

PENNSYLVANIA

Philadelphia • Jun 13-15

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Phyllis Vorhauer 484-494-6097

Pittsburgh • Apr 26 ☎

Living the Legacy of the Edgar Cayce Readings: Insight, Inspiration and Secrets from the Vault

Sidney Kirkpatrick

PUERTO RICO

For a schedule of group meetings to discuss Edgar Cayce topics (in Spanish), contact Dolly at: 787-765-3574 or 787-397-0440 (edgarcaycepr@gmail.com) or go to edgarcayce.org/usa/regions/countrywide

TENNESSEE

Memphis • Jun 7

Reincarnation Unnecessary

Charles Thomas Cayce

Cari Brose 901-569-5865 or

(cari.brose@comcast.net)

☎ For info call HQ toll-free: 800-333-4499

TEXAS

For upcoming events, call Southwest Region
512-327-7355

Houston • May 3 ☎

Energy Medicine: Practical Application and Scientific proof

Dr. C. Norman Shealy

Houston A.R.E. Center

713-263-1006 or visit EdgarCayceHouston.org

Cayce/Reilly® School of Masseur Therapy Continuing Education Workshops

EdgarCayce.org/houston; Email: workshops@caycereilly.edu; or call 757-457-7134

Open to all—no prerequisite required

Apr 11-13 **JinShin Do Basic Pt. 2**

Apr 12-13 **Reiki 1 and 2**

May 2-4 **Myofascial release Upper Body**

Jun 20-22 **Cranial/sacral Therapy I**

Jun 29-30 **Neuromuscular Therapy**

VIRGINIA

Charlottesville

Joanne DiMaggio 434-242-7348

(are.cville@gmail.com)

Apr 12

Living Reincarnation As Your Reality: Understanding the Purpose of Your Life
Betty Riley

May 3

Healing Through Your Akashic Records
Bill Sanda

Virginia Beach

Atlantic University

Visit AtlanticUniv.edu or see p.46

A.R.E. Headquarters

Jun 14-20

2014 Wellness and Rejuvenation Retreat *Limited Enrollment*

Details and registration at EdgarCayce.org/Spa or call 757-457-7202

Life Member Benefit Conferences

Details and registration at EdgarCayce.org/conferences or call 800-333-4499

Jun 22-27

83rd Annual A.R.E. Congress

Aug 2

The Heart of Healing: Edgar Cayce's Practical Holistic Living for Today

Sep 12-14

Naturally Psychic: A Practical Course in Awakening and Developing Your Inner Wisdom

VIRGINIA, continued*Virginia Beach, continued*

Dec 29-31

Annual New Year's Conference**The Forum • monthly**

Day Schwartz 804-693-5192

edgar cayceforum.net

Apr 30

I Speak with the Dead

Psychic Medium Annette Gerwitz

Readings will be given in 2nd half

May 28

Earth Changes: Where Are We with Edgar Cayce's Timeline?

Laura Jackson

Jul 30

Shifting into the 4th Dimension

Peter Van Daam

Aug 27

Life Readings and Past-Life Regressions

Peter Woodbury, MSW

Sep 24

The Stars Above, the Great Pyramid Below: 10,490 BCE

Don Carroll

Oct 22

Soul Journeys, Dreams, and the Shamanic Path

Nancy Pohle Chrisbaum

Cayce/Reilly® School of Massage Continuing Education Workshops

Open to all—no prerequisite required.

757-457-7134; workshops@caycereilly.edu*Partial list of workshops; see CayceReilly.edu for complete schedule.*Apr 5-6 **Acupoint Reflexology Level 1**Apr 5 **Reiki 1**Apr 12-13 **Yoga for Massage Therapists****VIRGINIA, continued***Virginia Beach, continued*May 9-11 **3-day Cayce/Reilly Intro to Massage**June 5-8 **Dynamics of Cranial Sacral Therapy**June 14 **Reiki I****WASHINGTON**

Richland • May 17 📞

Laying On Hands Healing Training

Echo Bodine

Seabeck • Jun 27-Jul 21 📞

49th Seabeck Summer Retreat Your Soul's Passage Through Time:**Reincarnation, Hypnosis, and the Power of Your Mind**

Barbara Lane, PhD

WEST VIRGINIA

Shepherdstown • Jun 6-8

Mid-Atlantic Retreat**Edgar Cayce on Personal Guidance, Intuition, and Exploring Your Soul Self**

Kevin J. Todeschi

Sandi Roberts (sandir@hotmail.com) or

301-834-7420

WISCONSIN

Areheartland.org

Brookfield • Apr 12

The Art of Dynamic Becoming

Paula Hirschboeck, PhD

Kevin Reger 414-322-6552 (vfuller@wi.rr.com)

Wauwatosa • May 10

Man as Hybrid: Extraterrestrial or Aquatic Ape

Frank Joseph

Kevin Reger 414-322-6552 (vfuller@wi.rr.com)

Whitewater • Jun 6-8

The Attainment of Spiritual Sight

Gary Renard and Cindy Lora-Renard

Kevin Reger 414-322-6552 (vfuller@wi.rr.com)**CANADA • EdgarCayceCanada.com****Spiritual Growth Study Groups**

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*(studygroups@edgar caycecanada.com)***BRITISH COLUMBIA**

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Metaphysical Exploration Group

Anjali or Norman Thomas 250-338-1690

Nanaimo

1st Thursdays

Nanaimo Metaphysical Network

William and Judith Munns 250-753-2110

*(nmn05@shaw.ca)**Visit nanaimometaphysicalnetwork.org*

Apr 17

Sacred Sounds Series—Crystal Bowls The Maven

William or Judith Munns 250-753-2110

(nanaimometaphysicalnetwork.org)

Vancouver • Monthly

Mutual Interest Group/Movie Night

John Golka 604-736-7762

NEW BRUNSWICK

Sackville • Jul 11-13

Adventures Within

Rick Hunter

Mary Easson 902-926-2096

*(crittershack@hotmail.com)***ONTARIO**

Huntsville • Jul 17-20

Annual Youth and Adult Outdoor Retreat

Erika Allen 905-726-9043

(erwassif@gmail.com)

Kingston • May 23-25

Annual Canadian Fellowship Conference Energy Medicine: A Path to Bliss

Dr. Norman Shealy, MD, PhD

Laurie Oliver 613-824-8414

(laurieoliver@rogers.com)

Peterborough • Mondays

Search for God Study Group

Hélène Thibert 705-745-7188

*(helene_thibert@hotmail.com)***QUEBEC**

Montreal (South Shore) • Bi-weekly

Healing and Meditation Group

Peter Kendall 450-676-4203

Energy Healer Echo Bodine Brings New Program to Field

Echo Bodine, psychic trainer, medium, healer, and author of numerous books, and a popular presenter both at A.R.E. Headquarters and in the Field, has created a new program for HQ-sponsored Field conferences. Laying On Hands Healing Training with Echo Bodine will debut in Richland, WA on May 17. This highly experiential hands-on workshop will teach attendees how to channel healing energy and understand the spiritual healing process for restoring and maintaining health and vitality.

Her approach to healing could be seen as the traditional Christian "laying on of hands" and is parallel to Edgar Cayce's views of energy healing through prayer, meditation, and healing touch.



Submit your local A.R.E. events to:
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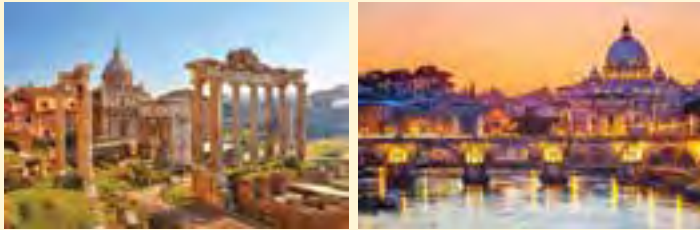
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MOUND BUILDERS TOUR

Led by Greg and Lora Little • July 8-13, 2014



Follow the mysterious mound builders who roamed the Ohio and West Virginia region and learn about the incredible structures and earthworks they used to shape ancient America.

SCOTLAND AND ENGLAND

Led by John Van Auken • August 23-September 2, 2014



- Experience the Power and Mystery of these British Isles.
- Tour the mysterious Masonic and Templar landmarks of Scotland and England.
- Visit Edinburgh, Glastonbury, Avebury, Bath, and London.

CHILE AND EASTER ISLAND

Led by Peter Woodbury • October 18-31, 2014



- Explore the unparalleled magical landscapes and spiritual wonders of this beautiful country.
- Experience for yourself the famous long-faced statues, Moais, in Easter Island.
- Visit the Elqui Valley one of Earth's greatest points of energy and the magical lunar landscapes of the Atacama Desert.

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THE READINGS

Say

BY EDGAR CAYCE

Music—Bridge to the Infinite and the Spirit

Q. *Are music, poetry, art, just worldly and illusory?*

A. Know they are of the realms of creative energies which are of the Maker. (5265-1)

Do learn music. It is part of the beauty of the spirit. (3659-1)

If you learn music, you'll learn history. If you learn music you'll learn mathematics. If you learn music, you'll learn most all there is to learn—unless it's something bad... that alone may span the distance between body, mind, soul—music!

Music should be the life giving flow, the interpreting of the emotions—physical, mental—of the body. A little later we should find these expressions taking other forms than the piano, but this is the basis—the interpreting, the ability to interpret most to the types or classes of music. So, begin with this. Get this thoroughly, and begin with the simplest, but of ever interpreting the emotions of the body, the mind, the soul. And we will come into symphonies then, to be sure. For these are those upon which the greater interpretation of the soul and mind may attune the body to the infinite. (3053-3)

One that will find music as an outlet for self in a great many ways and manners.

And whenever there are the periods of depression, or the feeling low or forsaken, play music; especially stringed instruments of every nature. These will enable the entity to span that gulf as between pessimism and optimism... (1804-1)

For unless the activity of every individual is as the music of the surf, the rippling waters, the sky, the birds, the very nature itself, it has not accomplished and does not accomplish that as an uplifting experience for the individual soul or entity. (949-13)

Thus in the application of self in music, in the criticism of music—or in the arousing of the souls and the hearts of others to the awareness of the place and the purpose of music within their lives—there may be spanned that realm which music alone and the appreciation of such can do in a material environ. (2132-1)

Thus, apply self in the spiritual and mental things, that the material expression in the music may find that which may be as from the spheres, but let thy prayer ever be, "Lord, let me be the channel for supplying that in the experiences of those with whom I come in contact, and for the needs of man at this particular period; that they may know Thee better through the things which they have suffered and do suffer. May they purify

their souls, that they may appear before the throne of grace in the seeking. Let me, O God, in my music, in my heart, give that which is as helpfulness to that in the lives of others." ...Faint not because of oppositions, but do keep the music of the spheres, the light of the stars, the softness of the moonlight upon the water as upon the trees. For nature in its song, as the birds, as the bees make music to their Creator, contributed to man. (5265-1)

The entity then especially through the Temple Beautiful brought to others its activities in music—in the two, three, four, five-stringed instruments. (4098-1)

Setting, then, the music in the temple [Egypt]—leading in the temple worship, and gained for self and for the peoples whom the entity served *much* in that set *in* music. Hence the appeals in the present to those especially of oriental, Egyptian, or especially of mysterious music. One that brings from strings and music of the stringed instrument those especially of the weird, bringing that of the closest understanding to the entity. Then in the name Abenmi. In the present, *many* of these will find that the entity may aid in many directions as have *yet not* been touched. (2897-1)

Yet, as indicated, music is that which appeals to the latent and creative force within the entity. For music alone may span that sphere from the sublime to the ridiculous, [from] the finite to the infinite, from the spheres of activity to the realms of the divine.

Music is as color, as tone, as a destructive or creative force, dependent upon that to which it appeals in the influence of individuals. (3509-1)

Q. *Should my son continue his music and will I be able to help him, if I make a change?*

A. By all means continue music. For it is a part that will add to him and ye will be able, if ye follow through, to give all that is needed for the success in same. For it was part of that preparation ye prepared with and for him in the Egyptian experience, in the Temple of Sacrifice. (4028-1)

The reed instruments especially the organ, the entity may yet not only master but supply something that would be a greater source of activity in applying mechanical devices in relationships to the reproduction or recording of music of the varied types. However, the pastoral music chamber music and the like are of the greater or special interest to the entity. (3228-1) 🔗

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Donna Eden
May 9-11



Christine Page
June 6-8



John Van Auken
June 21



Kim O'Neill
July 19

2014 A.R.E. Virginia Beach Conferences and Training Programs

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Back by popular demand! Renowned healing energy teacher Donna Eden with David Feinstein, PhD, and Eden Energy Medicine certified practitioners Ellen Selover and Denise Furgason. In this experiential workshop you will learn to tap into the natural wisdom within your body using techniques to boost energy levels, strengthen your immune system, remove energy blocks, reduce stress, alleviate pain, and bring more joy and vitality into your life! **Limited seating—register now to ensure your place!**

JUNE 6-8: Women's Healing From the Inside Out: Merging Body and Soul for Health, Wisdom, and Vitality

NEW A Body-Mind-Spirit Weekend Especially for Women! Dr. Christine Page, Dr. Peter Schoeb, Rev. Pamela Bro, and Joseph Pierce Farrell explore the connection between sacred feminine energy, the body-mind connection, and women's physical and spiritual health. Learn to listen to the wisdom of your body as a message from the soul and celebrate your power as a woman to love, to heal, and to be healed!

JUNE 21: Edgar Cayce on the Spiritual Forces Within You: Unlock Your Soul with Dreams, Intuition, Kundalini, and Meditation

NEW Soul Growth Saturday! Enliven, enlighten, and sustain the highest levels of your being—spirit, mind and body—as you raise your vibration, energize the body temple, and expand your consciousness with expert instructor John Van Auken.

JUNE 22-27: 83rd Annual A.R.E. Congress—Living a Spiritual Life the Edgar Cayce Way: Community, Fellowship, Service, and Application

Open to all A.R.E. friends and seekers, this annual event celebrates the legacy of Edgar Cayce with workshops, lectures, special guest speakers including Charles Thomas Cayce and Mitch Horowitz, and social gatherings. Come home to your spiritual family at A.R.E. as we celebrate the remodel of the A.R.E. campus and the opening of our new Cayce-Miller Café! **

JULY 19: The Wealth of Knowingness: Reclaiming the Life You Are Destined to Live

NEW Soul Growth Saturday! Psychic and angel channel Kim O'Neill teaches you how to access your soul's memory bank, allowing you to achieve your life's purpose, banish confusion about where you are headed, release destructive patterns, and become a happier, more successful person today.

AUGUST 2: The Heart of Healing: Edgar Cayce's Practical Holistic Living for Today

NEW Soul Growth Saturday! Dr. Peter Schoeb, who studied with Cayce health pioneer Dr. Harold J. Reilly, brings you Cayce's most important and practical guidelines for healing and maintaining wellness of body and soul. **Just \$99 for A.R.E. Members! ****

SEPTEMBER 12-14: Naturally Psychic: A Practical Course in Awakening and Developing Your Inner Wisdom

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