

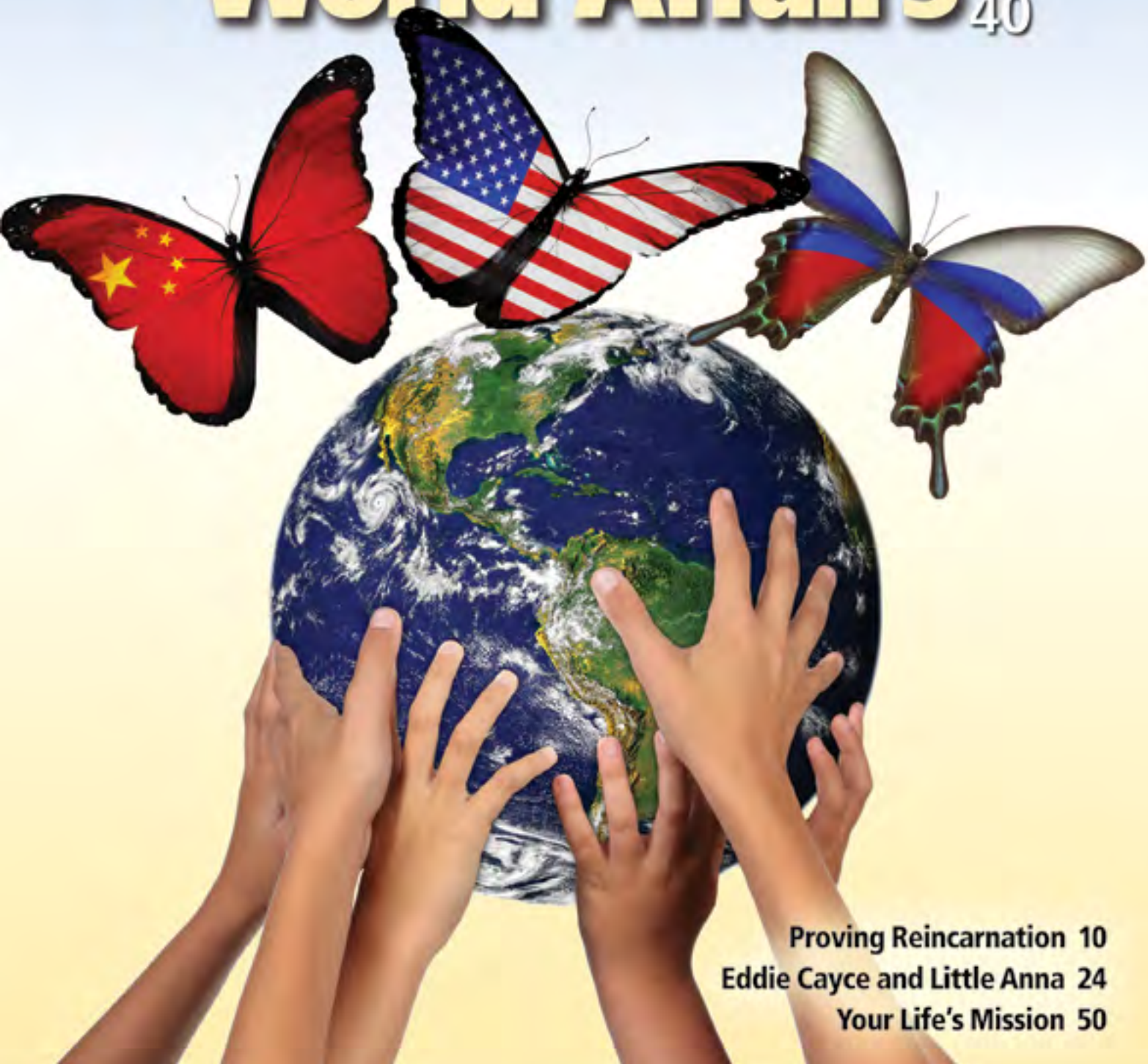


JULY | AUGUST | SEPTEMBER | 2012

Venture Inward

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

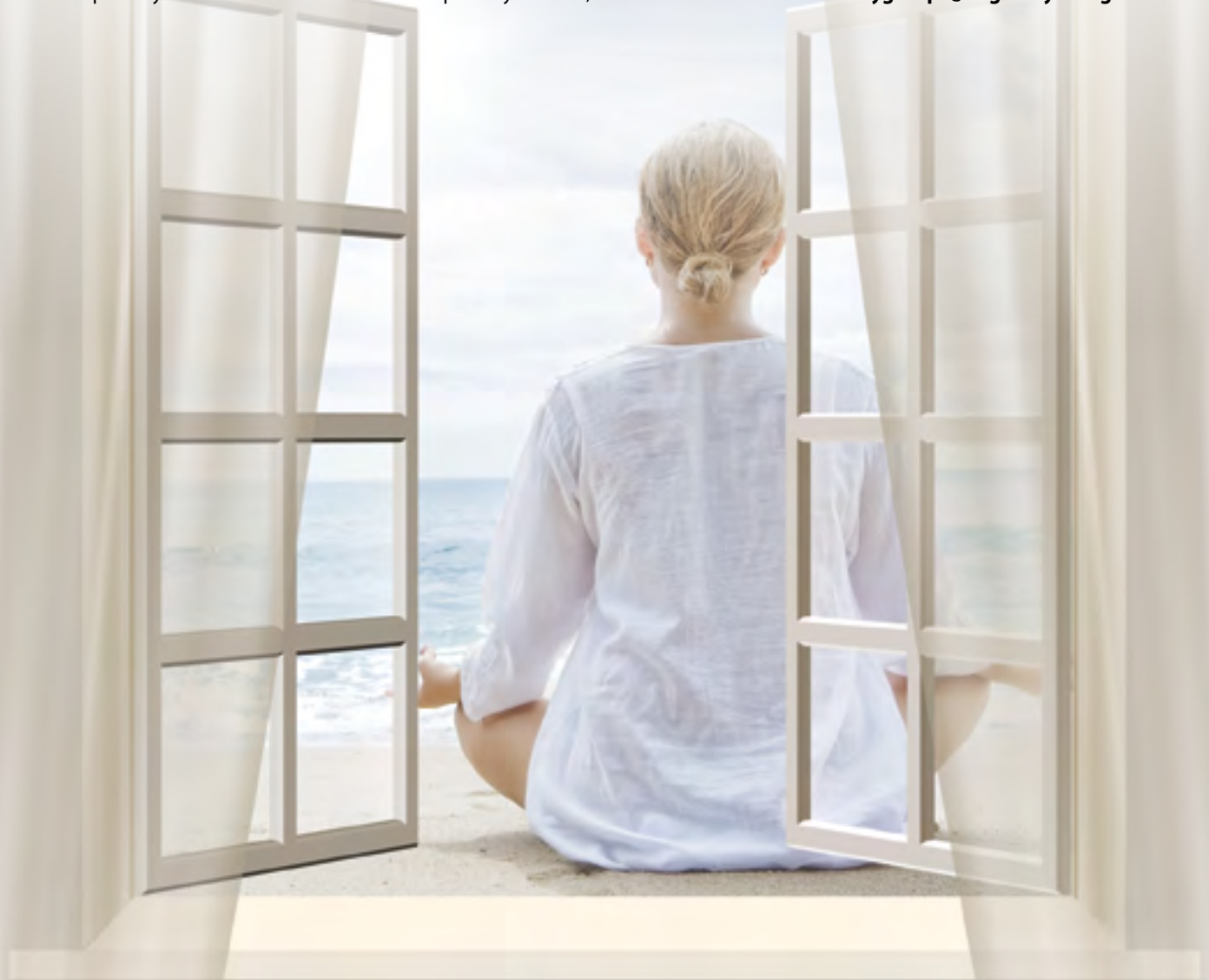
World Affairs ⁴⁰



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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 order a FREE DVD to help start your own, call 800-333-4499 or email studygroups@EdgarCayce.org.



JULY AFFIRMATION

Patience

How gracious is Thy presence in the earth, O Lord! Be Thou the guide, that we with patience may run the race which is set before us, looking to Thee, the Author, the Giver of light. (262-24)

AUGUST AFFIRMATION

The Open Door

As the Father knoweth me, so may I know the Father, through the Christ Spirit, the door to the kingdom of the Father. Show Thou me the way. (262-27)

SEPTEMBER AFFIRMATION

In His Presence

Our Father who art in heaven, may Thy kingdom come in earth through Thy presence in me, that the light of Thy word may shine unto those that I meet day by day. May Thy presence in my brother be such that I may glorify Thee. May I so conduct my own life that others may know Thy presence abides with me, and thus glorify Thee. (262-30)

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KEVIN J. TODESCHI
Executive Director and CEO

From the Desk of KEVIN J. TODESCHI

CHAOS IN GLOBAL AFFAIRS – DO THE READINGS HAVE ANY ANSWERS? (PART 2)

OVER A PERIOD OF 20 years, Edgar Cayce gave a series of readings on “World Affairs” that still have relevance for us today. Also called the “3976 series,” a number of these readings came about because those closest to Mr. Cayce were concerned about global conflicts, political issues around the world, and social and personal economic problems.

One of the most remarkable readings in this series was given in January 1932 when Mr. Cayce was asked to respond to the issue of “Present World Conditions.” In part, the reading outlines what has been the cause of many of the ills that plague humankind: “Man’s answer to everything has been *power*—Power of money, Power of position, Power of wealth, Power of this, that or the other.” But the reading also includes an “answer to the world”: “The world, *as a world* ... has lost its ideal. Man may not have the same *idea*. Man—all men—may have the same *ideal*... that peace, that harmony, that can only come with all having the one Ideal; not the one idea, but “Thou shalt love the Lord thy God with all thine heart, thy neighbor *as thyself!*” This [is] the whole law, this [is] the whole answer to the world, to each and every soul. That is the answer to the world conditions as they exist today.” (3976-8)

The reading goes on to suggest that the world lost a tremendous opportunity with potentially manifesting that one ideal during the peace negotiations that ended World War I. In fact, the readings state that the spirit of the Christ literally sat with and aided President Woodrow Wilson during his advocacy for the League of Nations. Unfortunately, party politics intervened and the United States never joined the league—a tremendous blow to Wilson. However, what is important is that in using the example of Wilson, the readings state that you don’t have to be particularly religious—all you have to do is to be open to be used as a channel for spirit. In fact, whenever individuals are open to allowing God’s will to work through them, incredible things might begin to transpire. In Wilson’s case he went from president of Princeton to president of the United States in three years (!), and frequently stated that he had been “ordained” by God to be president in an effort to bring peace



on Earth. Cayce often told individuals that regardless of their station in life they also had the potential to make the world a better place by being used as a channel for spiritual activity in the earth.

As in a number of World Affairs readings, the same reading draws upon an admonition from Scripture and affirms that we are literally “our brother’s [and sister’s] keeper.” In order to more fully clarify exactly what that might mean, the reading states: “thou must answer for thine own brother, for thine own neighbor! And who is thine neighbor? He that lives next door, or he that lives on the other side of the world? He, rather, that is in need of understanding! He who has faltered; he who has fallen even by the way. He is thine neighbor, and thou must answer for him!”

This same premise was explored two years later when Cayce was asked to provide constructive and helpful information that individuals could apply in the face of events. The reading reminded those gathered that each individual must answer within their own consciousness the question “Am I my brother’s keeper?” and not be motivated by “What does the world owe me?” but instead “What contribution can I, as an individual soul seeking God, seeking to know His face, make...?”

Rather than thinking that we need to find some grand service that can only be accomplished with fame, position, or power, Cayce often told individuals that they were simply responsible for that corner of the world in which they lived. On one occasion, a forty-nine-year-old widow was told that the Divine wanted to use her to “comfort those that are heavyhearted...” (1037-1) On other occasions, Cayce encouraged people “to become a light” to those who were in need.

As we each individually encounter both global challenges and those who are in need, let us remember to simply do what we know to do in whatever place we find ourselves. In this manner we might have a hand in empowering global healing and change.

—See *The Spirit of Cayce’s World Affairs Readings*, by Ann Jaffin, on pages 40-42.

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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.

DOLPHIN ARTIST

I am a member and loved that you showed a picture of the new A.R.E. dolphin's facelift (p. 31, Apr-Jun). The article names the person who "named the dolphin," so I am curious as to why not name the local artist who painted the piece, too? This stood out for me, because I know Liana Graham (pictured), the dedicated local artist, who created the new look. It



seems only fair that she be mentioned. *Venture Inward* is amazing and like many folks, I look forward to every copy.

—Kaye Sturgis
Virginia Beach, Va.

A PAGE-TURNER

The Apr-Jun issue of *Venture Inward* was a "page-turner" from beginning to end.

I particularly enjoyed Kirkpatrick's story of Mr. Cayce's trip to the Southwest, especially the incident when Edgar's deceased mother appeared to him with a message of encouragement ... and left him a silver dollar. It was chilling to read that when Hugh Lynn had that coin investigated by the Treasury Dept. later, he was almost arrested by the FBI as a counterfeiter because the coin bore no mint mark.

Callahan's "Prophecies of Hope" was a concise summary of worldwide prophecies, and her insight about a "shift in consciousness" that is underway was uplifting. Kathy accepts that this "shift" will enable us to "recognize the interconnectedness of all beings on the spiritual level..." Brava! Gladys McGarey's columns never fail to emphasize universal truths and this particular report, *Love Brings the Real Healing*, was a profound reminder. Rosemary Guiley's article on angels held particular interest

also. (Just recently I heard a man tell about having several near-death-experiences in which angels always appeared. It is his opinion that the intense light surrounding angels gives them the appearance of having wings, but that they actually do not.) Todeschi and Reed's article on ideals is a "must read" for all of us intent on spiritual growth. Every article in this issue was tops—thank you!

—Barbara A. Robinson
Tucson, Ariz.

DREAMS CLARIFIED

I am an A.R.E. member who, since 1968, has benefited greatly. I just read Jerry Lazarus's column, "In Your Dreams," in the Apr-Jun *Venture Inward*. It was absolutely a great article—well written and point well made. He writes that dreams point out a condition/situation but don't dictate a solution. The dreamer is to figure out the best course and act on it. That's a simple understanding and a simple course to take. This clarified a whole area of dream interpretation for me. What a relief to have this handy tool with which to begin.

—Hope Grunske
Bolton, Conn.

TROPICAL VS SIDEREAL REVISITED

I would like to add a few footnotes to Raye Mathis's column, "Tropical versus Sidereal Zodiacs" in the Apr-Jun *Venture Inward*. She mentioned an A.R.E. research project in which participants identified with their tropical signs. This is as it should be because the sidereal signs have entirely different meanings than the tropical signs of the same name. This fact isn't generally known or understood even by astrologers who happen to use India's sidereal zodiac. The older Indian texts did not give characteristics to signs as they are given today. Thus, modern Jyotish (Vedic) authors have copied tropical meanings to their signs without giving the topic further consideration.

Raye Mathis has given an excellent and clear explanation of the two zodiacs in her article. To illustrate further, when we line up the two zodiacs in the sky on the ecliptic, the annual path of the earth around the sun, we find that in general (except for a few degrees at the end of tropical signs and the beginning of sidereal signs), the preceding sidereal sign lies beneath the following tropical sign. For example, sidereal Pisces lies beneath tropical Aries. They are located in the same area of the sky or ecliptic! The stars of Pisces are now lined up with tropical Aries.

What does this mean when we want to interpret sidereal signs? As the sky cannot "double-talk," this means that any genuine interpretation belonging to our western sign of Aries becomes switched to Pisces in

the sidereal zodiac. So what you understand about the nature of your sign cannot change if you find it valid in the first place.

—Therese Hamilton
Mount Shasta, Calif.

WRONG COIN PICTURED

I just received my copy of *Venture Inward* and sat down to enjoy it. I found the article about Edgar Cayce's missing month by Sidney D. Kirkpatrick informative, especially the discussion about the gemstone azurite. However, I am sure that I am not the only reader who noticed an error in the pictures. The coin used to illustrate a silver dollar is not actually a silver dollar. It is a silver half dollar called Walking Liberty designed by A.A. Weinman and was made from 1916 to 1947.

—Millie Murphy
Highlands Ranch, Col.

Editor's note: Part of the confusion arose from the fact that although the Walking Liberty was the half dollar at the time of the story, it is now used on the silver dollar. A Web search will show the differences and similarities.

CORRECTION:

We inadvertently misspelled Audrey Roh's name on the Honor Roll of Donors on p. 20 in our April issue.

To read more of your letters, go to EdgarCayce.org/members in the *Venture Inward* section.



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.

Massage defeats “no pain, no gain”

In the world of exercise, there is a rule of thumb that unless the workout causes some pain, there is no real gain in the body. Some recent research demonstrated that massage could break that assumed necessary connection, providing a less painful path to strength development.

In this study, conducted at McMaster University in Hamilton, Ontario, Canada, and published in *Science Translational Medicine*, researchers subjected 11 men to a rigorous workout, one that normally would have the men sore and stiff for several days. In other words, it was a workout with plenty of pain, and thus, presumably, plenty of gain.

After the workout, each man received a 10-minute massage to one leg, but not the other. Immediately afterwards, the men volunteered samples of muscle tissue for laboratory analy-



sis. The results indicated that there were structural changes noted in the muscle tissue from the massaged leg. These changes were at the DNA level, where “markers” can be observed to have been “switched on,” to activate a certain process.

In the case of this study, the researchers noted that the marker to decrease inflammation had been activated. Inflammation causes pain, and thus the underlying physical pathway of the pain relief produced by

massage, over and above relaxation, was observed. The second change was that the marker to grow mitochondria cells in the muscle tissue was activated. Past research has shown that exercise increases the amount of such cells in muscle tissue. These cells help process oxygen and thus help the muscles get stronger.

The researchers concluded that exercise plus massage not only produces more gain, but with less pain.

The computer can speak your mind

Imagine a computer that wirelessly reads your brain waves, interprets them to find the thoughts you are thinking and wanting to express, then drives an electronic speaker that enunciates your thoughts in a clear voice that anyone can hear. Recent research in the computer analysis of brainwave activity has taken a big step forward that could make such a prosthetic device possible for those who have lost their ability to speak.

In this research, published in the journal *PLoS Biology*, scientists worked with hospital patients whose brains were already exposed because of ongoing treatment. As the patient listened to words which were sounded aloud, a computer analyzed the patient’s brain waves. The computer was able to decipher the brain activities correlated with the patient’s experience of hearing the words. This feat enabled the computer to transfer this learning to interpret brain activity associated with new words and to drive a speaker to produce the sounds of those new words. In effect, the computer spoke aloud the patient’s thoughts.

The researchers noted that although it’s a small step, it is quite encouraging. One extra challenge that concerns them, however, is how to refine the device so that it will only sound out those thoughts the person wishes to express, not those about which the person wishes to remain silent.

Atlantean hamburger coming soon!

Genetic research has produced some interesting experiments in cross-breeding species in a manner reminiscent of stories of Atlantis told by Edgar Cayce. Today we have goats whose milk contains spider DNA. And there are many more examples that have been reported here in Psi Research. Coming soon to a fast-food service near you: synthetic hamburgers made from meat grown from stem cells in the laboratory.

According to research conducted at Maastricht University in the Netherlands and reported to the American Association for the Advancement of Science, researchers have been able to take bovine stem cells and grow muscle fibers a bit longer than one inch and about 1/100th of an inch thick. The researchers ‘exercise’ the fibers as they grow, stretching and twisting them. They are ‘fed’ vegetable broth.

The researchers are optimistic that synthetic meat will be important in the future. They cite figures showing that it would be much more cost effective to grow synthetic meat. The method is also capable of providing enough food for the growing population without contributing to the growing demand upon Earth’s resources.

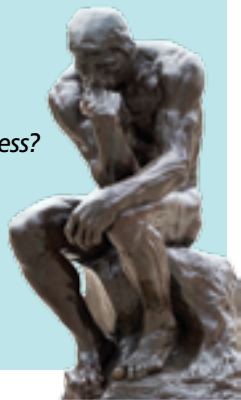


What is consciousness? Science needs answers

Consciousness is the final frontier of science. We use consciousness to explore other stuff, but are mystified when we explore consciousness itself. What is consciousness? How does it look at itself and what does it see of itself? Can consciousness be an object of itself? Good questions, and science finds still other questions important and begging for exploration.

Anil Seth, co-director of the Sackler Centre for Consciousness Science at the University of Sussex, writing in Britain's *The Guardian*, in preparation for his chairing the 16th annual meeting of the Association for the Scientific Study of Consciousness, ventured that these eight questions are ones that science needs to answer:

1. What are the critical brain regions for consciousness?
2. What are the mechanisms of general anesthesia?
3. What is the self?
4. What determines experiences of volition and 'will'?
5. What is the function of consciousness? What are experiences for?
6. How rich is consciousness?
7. Are other animals conscious?
8. Are vegetative patients conscious?

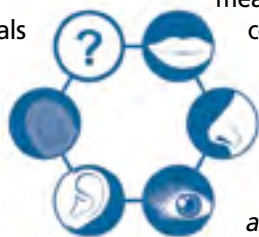


Navy researches intuitive decision-making

Quoting from the Navy's Web site: "Research in human pattern recognition and decision-making suggests that there is a 'sixth sense' through which humans can detect and act on unique patterns without consciously and intentionally analyzing them. Evidence is accumulating that this capability, known as intuition or intuitive decision making, enables the rapid detection of patterns in ambiguous, uncertain, and time restricted information contexts, that it informs the decision making process and, most importantly, that it may not require domain

expertise to be effective. These properties make intuition a strong candidate for further exploration as the basis for developing a new set of decision support training technologies."

They ask for research proposals that will lead to better understanding of intuitive decision making at the neural, cognitive, and behavioral levels, proposals for actual training methods, and proposals for how to evaluate training methods.



Controversial view of Revelation published

A new interpretation of the book of Revelation in the Bible is stimulating controversy. Elaine Pagels, Harrington Spear Paine Professor of Religion at Princeton University, and author of *The Gnostic Gospels* and other books on early Christianity, has recently published *Revelations: Visions, Prophecy, and Politics in the Book of Revelation* (Viking). In this book, she accepts the usual view that the author of this final chapter of the Bible was an exiled mystic named John. But she presents evidence of a new theory concerning the meaning and intent of John's writing. She proposes that John's intent is to warn folks of the dangers of Christianity, a new, still nameless cult that was developing around Jesus'



teachings. John felt that the work of Jesus should be maintained within the Jewish tradition.

The controversy around her book relates to her taking such an extraverted interpretation, ignoring the introverted, gnostic interpretation that is so closely associated with her past work, as well

as that of Carl Jung and Edgar Cayce. That esoteric interpretation is that it represents a vision, not of future history, but of the opening of the seven psychic centers [chakras] during an enlightenment experience. She now believes he meant it as a direct warning about the ultimate outcome of Jesus' teachings being captured and developed by the cult that would come to call itself Christianity.

Survey finds patterns of synchronicity

Reports of synchronicity experiences most likely involve situations of high emotions and a search for meaning. Such was the conclusion of a study conducted online at Southern Illinois University School of Medicine and reported in *Psychiatric Annals*.

The researchers sent out 2,800 email invitations concerning a survey on synchronicity experiences. Almost 300 folks responded by completing the survey,

and more than 70 percent of those respondents were women and more than 80 percent were white. The survey consisted of 20 statements related to synchronicity and the respondent was to indicate which, if any, had been experienced.

The most commonly noted: "I believe that God speaks to us through meaningful coincidences." The least likely was, "I experience strong emotions or physical sensations that were simultaneously experienced at a distance by someone I love."

Wealth can lead to greed

It seems that accruing great wealth can have an effect upon the rich person, making the person more greedy and more willing to engage in unethical behavior in order to increase wealth. When researchers at the University of California, Berkeley, found that drivers in expensive cars are more likely to cut off other cars and pedestrians at a four-way stop than drivers in cheaper cars, they decided to study this phenomenon more closely. In their subsequent study, published in the *Proceedings of the National Academy of Sciences*, they found that persons in the upper socio-economic class are more likely to break the rules to get what they want.

The researchers theorized that rich folks have more resources and thus are less dependent upon others and thus pay less attention to others and their needs. To see if a poor person, turned rich, would shift their behaviors



in the direction of greater greed, they performed an experiment where a student

believed he or she had won a lottery. Afterwards, the experimenter asked the student what they would do if they were given too much change back after a purchase. Students who believed they had won the lottery were more likely to keep the change than students who had not been so primed. The researchers found that this effect was so strong that by simply asking a student to imagine having greater riches increased the chances that the student would then score higher in the greed and unethical dimensions. We can now understand why the rich person has trouble getting the "camel through the eye of the needle."

Exercise is medicine for DNA

Even a single, 20-minute period of exercise modifies DNA. Such modifications pave the way for the health and longevity benefits associated with exercise, according to new research conducted at the Karolinska Institute in Sweden and published in *Cell Metabolism*.

In this study, researchers examined muscle tissue from 14 men and 14 women who first exercised for 20 minutes on a stationary bicycle. Under a microscope the researchers could study the donated tissue at the DNA level and observe the changes that had taken place. They noted that



the muscles that had been exercised ... showed fewer DNA chemical marks than they did before exercise. This suggests the muscles were activating genes important to exercise." They concluded that "these changes, known as so-called 'epigenetic modifications,' seem to be the early precursor to the genetic reprogramming of muscle for strength, structure, and the metabolic benefits of exercise."

Comfort food receives scientific support

It really is comforting to eat mashed potatoes, macaroni and cheese, or ice cream. You are not imagining it. You are "stomaching" it, that is, there's a brain in your stomach that is registering this yummy food with the equivalent of a sigh of relief and contentment.

The emerging field of "neurogastroenterology" is the study of the intelligence system of the gut. It can work independently of the brain. It can function as a second brain, control mood, and subtly direct behavior. According to a report in *Psychology Today*, the gut brain, officially known as the enteric nervous system, contains 100 million neurons and can function autonomously. It can secrete serotonin identical to that produced by the head brain.



Comfort foods deliver their blessing via the fat they contain. Even if the person is not aware of tasting the fat, the brain shows a response. On the other hand, giving autistic children diets free of gluten and dairy reduces their symptomatology, as if the stomach brain is somehow involved in their disorder.

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Uranus Squares Pluto



Pluto symbolizes power—Uranus tends to symbolize suddenly taking action without forethought. Prepare yourself mentally for change in your life. Be careful about impulsive behavior.

Raye Mathis will mentor the online eGroup **Astrological Cycles: The Timing of Life**, Sept 12-Oct 9. Visit EdgarCayce.org/egroups for details.



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.

BETWEEN JUNE 24, 2012 and March 17, 2015, Uranus and Pluto will make 7 exact squares (90°) with each other. These 7 aspects are a continuation of the Cardinal configuration (Saturn, Uranus, and Pluto) that has been in effect since January 2008, when Pluto moved into Capricorn. The next several years will be astrologically marked by these two planetary influences.

Uranus's influences include technology, innovation, and the need for freedom. Where freedom to innovate is lacking, there can be rebellion and revolution.

The Cayce readings suggest that Uranus brings the "intuitive" and the "psychic," along with "tumultuous times."

Q. *What effect will the planet, Uranus, have on the people during the next two years?*

A. *We find in this planet those of the exceptional forces, those of the ultra forces, those that carry the extremes in every walk of physical life ... Those, tempered with the forces as received there, find in the tumultuous times that are to arise, the setting ready for their again forces. Well may the earth tremble under that influence in 1925 and 1927. (3744-4)*

In traditional astrology, Pluto symbolizes power. Sharing power or using power to empower others is a constructive manifestation of Pluto. Destructively, power can be used to over-power and manipulate others.

The need for freedom to innovate and invent new approaches to living and doing business has already begun to clash with those in power who want to keep the status quo. This clash has intensified as these squares approach their exact positions and this friction between these opposing forces will continue for the next few years.

In December 1939, the Cayce readings suggested Pluto is a "developing influence" on the earth.

"...as we find indicated, these are a development that is occurring in the universe, or environs about the earth—Pluto. Not as some have indicated, that it is gradually being dissipated. It is gradually growing, and thus is one of those influences that are to be as a demonstrative activity in the future affairs or developments of man towards the spiritual-minded influences, or those influences outside of himself. These in

the present... are merely the becoming aware of same. (1100-27)

This reading suggests that Pluto has the potential for influencing the development of an expanding awareness or consciousness for everyone in the earth plane.

Richard Tarnas in his book, *Cosmos and Psyche*, explored the Uranus/Pluto cycle throughout history and described the following effects:

...during specific historical eras in which Uranus and Pluto were in axial alignment, as evidenced by such phenomena as widespread radical social and political change and often destructive upheaval, massive empowerment of revolutionary and rebellious impulses, and intensified artistic and intellectual creativity. Other distinctive themes of the historical periods included unusually rapid technological advance, an underlying spirit of restless experiment, drive for innovation, urge for freedom in many realms, revolt against oppression, embrace of radical political philosophies, and intensified collective will to bring forth a new world. These impulses and events were typically mixed with massive demographic shifts and a general ambiance of fervent, often violent intensity combined with the excitement of moving rapidly towards new horizons.

These squares will affect us globally, and also personally for those of you who have planets in the cardinal signs (Aries, Cancer, Libra, Capricorn). For you it will include the frustrations coming from the need to start anew—in your personal life, relationships, or work areas.

Astrology gives you a "heads up" so that you can prepare and be ready for the changes when they occur. Keep your spiritual practices going. This will provide protection for you and also for our environment and the global situation at large.

Prepare yourself mentally for change in your life. Be careful about impulsive behavior. Uranus tends to symbolize suddenly taking action without forethought. Be aware of how you use power. Be prepared and keep a cool head as we move through these years ... and keep your humor.

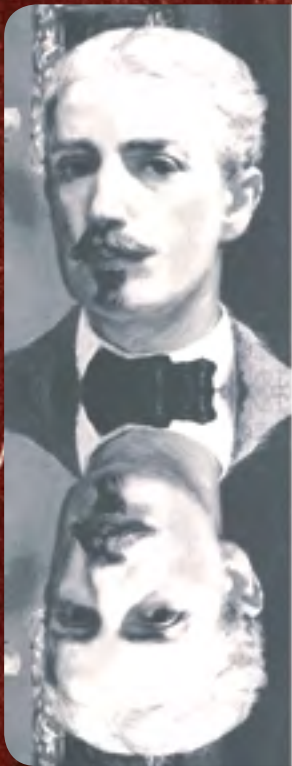
The entity is an Uranian. Thus the intuition, the entity's ability to see those things pertaining to the humorous or ridiculous in any experience or activity. These have oft been the saving experience under trying circumstances for the entity. (3006-1) 🌐

ADVANCES IN Reincarnation Research

BY WALTER SEMKIW, MD



Since around the year 2000, multiple independently researched reincarnation cases have emerged, which show that from one incarnation to another, people maintain the same facial features, personality traits and talents. These cases also demonstrate that religion, nationality and ethnic affiliation can change from one incarnation to another, as demonstrated in the Anne Frank/Barbro Karlen reincarnation case.



Carroll Beckwith



Robert Snow



John B. Gordon



Jeff Keene

Through many lifetimes, facial features can remain amazing similar.

Anne Frank was persecuted as a Jew, whereas Barbro Karlen was born into a Christian family in Sweden. The knowledge that one can be born Jewish in one lifetime and Christian in another could have prevented the Holocaust. Similarly, if Israelis knew they might be born Palestinian, and Sunnis knew they could be reborn Shiite, conflicts based on these cultural differences would diminish.

As such, reincarnation research is not only solving some of the greatest mysteries of human existence, it will help create a more peaceful and evolved world. I have created the Institute for the Integration of Science, Intuition and Spirit (IISIS) which is dedicated to researching and disseminating evidence of reincarnation, soul evolution, and related phenomena around the world; and to promote the positive social change that this evidence can bring. Cases described in the following paragraphs, as well as the Anne Frank/Barbro Karlen case, can be reviewed in detail at IISIS.net. [For more details and pictures, please read the online article, "Has Anne Frank Returned?" by Rabbi Yonassan Gershom, from Jan/Feb 2000 *Venture Inward*, at EdgarCayce.org/members.]

The Reincarnation Research of Ian Stevenson, MD



Ian Stevenson, MD, who died in 2007, was a psychiatrist at the University of Virginia, as well as a pioneer in reincarnation research. Over a period of 40 years,

Dr. Stevenson traveled around the world studying children who spontaneously remembered past lives. He chose to focus only on children as he thought that memories in childhood were more likely to be valid, as adults could confuse apparent past-life memories with historical information learned by normal means.

Dr. Stevenson researched over 2,500 children with spontaneous past-life memories. In approximately 1,000 of these cases, the child's past-life memories could be objectively validated.

In a typical Ian Stevenson case, as soon as the child can communicate, the child starts to describe a previous lifetime. Eventually, the child gives enough specific information that the past-life family can be located. When the child meets this

family for the first time, the child is able to identify family members by name or by relationship. The child often knows family secrets that only members of the prior family would know. As a result, the family from the prior lifetime accepts the child as the reincarnation of their deceased relative.

Facial Features, Writing Style, and Artistic Talent can be Consistent from One Lifetime to Another

The reincarnation cases of Hanan Monsour/Suzanne Ghanem and Rashid Khaddage/Daniel Jurdi, researched by Ian Stevenson, dramatically demonstrate how facial features can remain the same from lifetime to lifetime.

Many other independently researched reincarnation cases also show a correspondence of facial features from one incarnation to another, such as in the cases of John B. Gordon/Jeff Keene and Carroll Beckwith/Robert Snow. In the Gordon/Keene case, a linguistic analysis showed that writing style remained the same across incarnations, that is, we seem to have the same mind from lifetime to lifetime.



Gauguin
age 43

Teekamp
age 16



Gauguin
age 41

Teekamp
age 22



Gauguin
age 46

Teekamp
age 22



Gauguin
age 40

Teekamp
age 26

The reincarnation case of Paul Gauguin/Peter Teekamp demonstrates that artistic development can be replicated from one lifetime to another. Teekamp unconsciously reproduced sketches done by Gauguin without seeing the Gauguin sketches beforehand. Reincarnation can thus explain child prodigies, as observed in Pablo Picasso/Alexandra Nechita case.

Planning of Lifetimes and Relationships Renewed through Reincarnation

A study done by Ian Stevenson involving 31 sets of twins whose past-life identities were factually validated showed that in each case, the twins had significant past-life relationships, such as being spouses, siblings, or friends in the prior incarnations. This study represents hard evidence that souls can plan incarnations to be reunited with those we love.

Preservation of Personality following Death

Stevenson xenoglossy cases, in which individuals can spontaneously speak a language that was not learned by normal means, demonstrate that one's personality is not lost with death, but is retained within the soul. The reincarnation case

of Sharada/Uttara Huddar is particularly impressive in this regard.

Suicide

One Ian Stevenson reincarnation case, that involving Ruprecht Schultz, involves suicide in the past incarnation and shows that one is not eternally damned if suicide is committed, rather, one reincarnates and has to face the same situation that led to suicide in a subsequent incarnation. Hopefully, a more adaptive choice will be made.

Split Incarnation

Reincarnation cases involving Penny Peirce demonstrate that a soul can inhabit more than one human body at a

time and that lifetimes involving a single soul can overlap. Many Ian Stevenson reincarnation cases also demonstrate this phenomenon, which I term split incarnation cases. The soul, in essence, can split itself, project multiple holographic templates of itself, into incarnation.

Walk-ins and Reanimation of a Dead Body

One Ian Stevenson case involves reanimation of a dead body, similar to the raising of Lazarus by Jesus. This particular case involving Jasbir Jat also demonstrates the walk-in phenomenon, where one soul leaves the body and another soul takes it over.

Spirit Being Involvement in Reincarnation Cases

In many reincarnation cases, it is apparent that beings in the spirit world are assisting individuals in becoming aware of past lives. One dramatic example involves Robert Snow, a retired Indianapolis police captain who in a past-life regression vividly saw himself in a past incarnation as an artist who was painting a portrait of a hunchback woman. Snow said the experience was more real than waking consciousness and he remembered 30 specific details from the artist lifetime. Unfortunately, he did not remember his name in the past incarnation.

About one year following his regression, his wife suggested that they go to New Orleans for their anniversary. Once there, Snow wandered into a tourist art gallery in the French Quarter and much to his amazement, he saw the portrait of the hunchback woman that he had seen his in his regression. He now had the name

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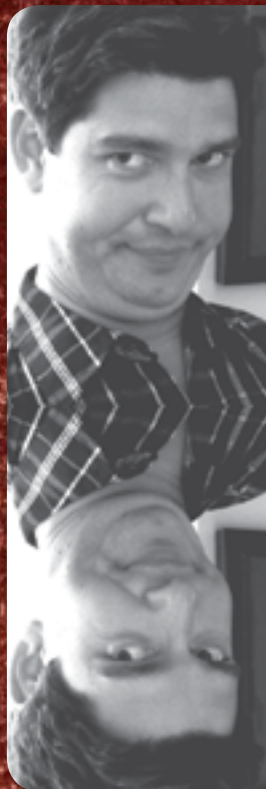
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Virginia Beach, VA
757.437.7202



Stan Laurel



Josh Bacher



Danny Bacher



Oliver Hardy

of the artist, Carroll Beckwith, and found that Beckwith had written a diary that was still available. From that diary, Captain Snow was able to validate all 30 of his past-life memories.

I assert that the discovery of the painting of the hunchback woman was not an accident. Rather, I believe a spirit guide or Snow's own soul inserted a telepathic message into his wife's mind prompting the trip to New Orleans and once there, Snow was telepathically led to the art gallery and painting. The spirit world wants evidence of reincarnation to be uncovered.

Kevin Ryerson and the Reincarnations of Laurel and Hardy

Though my primary focus is promoting independently researched cases that demonstrate objective evidence of reincarnation and in particular the work of Ian Stevenson, for the last 10 years I've also worked with Kevin Ryerson, a trance medium who has been made famous through his work with Shirley MacLaine. I have found that Kevin channels a spirit guide named Ahtun Re who has demonstrated the ability to make accurate past-life life matches. Ahtun states that he was last incarnate almost 3400 years ago in ancient Egypt.

One set of cases that demonstrates Ahtun Re's abilities involves the reincar-


nations of Laurel and Hardy. After Laurel and Hardy were identified through Ahtun Re in contemporary times as Josh and Danny Bacher, two young and relatively unknown comedians living in New Jersey, I contacted Danny, the reincarnation of Oliver Hardy, to inform them of their past-life identities. At the time I called Danny from San Francisco I had no idea how they would react or whether they had any affinity for Laurel and Hardy.

Much to my surprise and amazement, Danny revealed that Laurel and Hardy have been the biggest influences in their lives; that in childhood they consistently pretended to be Laurel and Hardy, they used money from their paper route to purchase a movie camera with which they made slapstick movies as children and for their first off-Broadway show, they even created a comedy silent movie.

Further, the Bacher Boys have a world-class collection of Laurel and Hardy memorabilia, including genuine clothing that Stan and Ollie wore. Josh and Danny have not only replicated the comedic development of Laurel and Hardy, they have even reclaimed their past-life wardrobe. Josh and Danny also have the same facial features as Stan and Ollie.

I term the Laurel and Hardy/Bacher Boys reincarnation cases as "affinity cas-

es," where individuals are attracted to their own past-life personas. The reincarnation case of Dorothy Dandridge/Halle Berry is another affinity case.

Josh and Danny have created *Reincarnation Exploration*, a TV pilot regarding their story, which is posted, along with their silent movie, *Wrong Arm of the Law*, on the IISIS.net Web site. 

ABOUT THE AUTHOR



WALTER SEMKIW, MD, MPH, practices at a major medical center in San Francisco as Assistant Chief in Occupational Medicine, and has a Master's Degree in Public Health. He is the author of *Born Again: Reincarnation Cases*

Involving Evidence of Past Lives, with Xenoglossy Cases Researched by Ian Stevenson; Return of the Revolutionaries: The Case for Reincarnation and Soul Groups Reunited; and Origin of the Soul and the Purpose of Reincarnation. He can be reached at walter@iisis.net.

Walter Semkiw and Kevin Ryerson will present **Soul Connections: Reincarnation, Past Lives, and Soul Groups Reunited**, Sep 21-23 in Virginia Beach. Special guest presenters include Jeff Keene and Robert Snow, and Josh and Danny Bacher will provide a live comedy performance. Visit EdgarCayce.org/conferences or call 800-333-4499. 

INTUITION—

Your Fundamental Power in Transforming Fate into Destiny

BY ROBERT OHOTTO

SINCE I CAN REMEMBER, I have always been fascinated by the subject of Fate and Destiny and the questions that we naturally ask ourselves about these two ideas as we live our lives. Are we fated or free? Is there a contract that our soul has agreed to before we were born that serves as the blueprint and plan for our lives here on Earth? If so, how do we come to know the terms of this 'Soul Contract'? And furthermore, can we renegotiate this contract once we are here?

In my many years of working as a professional intuitive, I've learned a lot about the nature of Fate, Destiny, and Soul Contracts. Most notably that yes, we have made agreements with the Universe to experience a certain Fate that directs the trajectory of our purpose. For example, look at the body your consciousness inhabits and the family you come from. Some part of yourself chose these elements to propel your life in a certain direction via these conditions.

Yet there is also free will—the capacity to use the creative power of choice to co-create while we are here. And how we engage our capacity to make empowered choices not only determines how we work with our Fate, but also shapes what eventually becomes our Destiny. This renders the power of choice one of the most dynamic parts of the human experience!

But the question still remains, what is our Fate vs. our Destiny? How can we tell the difference? Why is it essential to know each of these two forces as aspects of our Soul Contract? What really guides the choices we make that shape our Destiny?

Discovering the difference between Fate and Destiny is indeed fundamental to unlocking our purpose and living an authentic life. Furthermore, we must learn how to transform aspects of our Fate into Destiny to embody the fullest expression of our soul's purpose in this lifetime. The key to knowing the difference between the two and how to transform Fate into Destiny is learning to listen to the voice of your soul, the engine of your purpose. And to hear the voice of your soul requires developing a key skill essential to making empowered choices: how to use your intuition.

Are we fated or
are we free?
What really shapes
our destiny?

Developing Your Intuition

I'm constantly asked how I developed my own intuition to such a level that I can use it professionally to help folks transform their Fate into Destiny. And my answer to this question always generates a look of surprise and confusion on the face of the person asking!

That said, I've realized that for me there really is one essential component above all others that has helped me develop and maintain my intuitive clarity. And no, it isn't the food I eat, crystals in my house, supplements I take, or surprisingly my meditation practice (though I do believe all these things do help in their own way). Before I name what it is that helps me stay intuitively clear let me just briefly define what 'intuition' even means.

Defining Intuition

When most folks think of intuition they often lump it in with this idea of having 'special psychic abilities' that allow us to predict the future and never suffer again at the hands of Fate. Certainly there is something called 'Prophetic Intuition' in which one can peer into what is to come—but in my opinion the real function of intuition is as a GPS of our authenticity.

Let's look at some various types of intuition:

1. Survival gut-instinct intuition, which is our capacity to sense danger. This is hard-wired into all of us, as it is for animals.
2. Creative intuition, which connects us to divine inspiration. Artists know this zone of intuition very well.
3. Diagnostic intuition, which medical intuitives and doctors use. I also use this in my practice of mapping someone's psyche.
4. Problem-solving intuition, which we engage when looking for solution to a dilemma after our mind's strategies have exhausted themselves. Homicide detectives use this all the time.
5. Then there's something I like to call 'Destiny Intuition,' which actually includes all the above four types and connects us to the plan of our Life Purpose: Our Soul Contract. This includes Prophetic/Visionary Intuition, which I use to read someone's Soul Contract and to sense the movement and manifestation of Archetypal Cycles.

It must be said that everyone without exception is intuitive. The real kicker here



Your capacity to receive clear intuitive life guidance is absolutely determined by the unresolved and un-integrated aspects of yourself found in the Shadow.

is that most of us become excellent at blocking our intuition far more than at listening to and using it. Why would we do this? Because intuition, no matter which type, is a guidance system and thus gives specific directives on what needs to change in our lives. And in my experience most human beings resist change just as much as they may want it.

Being Psychic vs. Intuitive— Intuition Functions as a Verb

Yes, intuition gives us guidance on what wants to change in our lives so we stay on track with becoming who we were born to be. Herein we find the difference between being psychic and intuitive. Whether it's reading a crime scene, someone's current emotional/psychological state, or the history of a house—a good psychic should be able to pick up and absorb energetic data. But just being able to "feel someone's vibe" doesn't make you an intuitive. Intuition builds on psychic receptivity and then offers guidance on what to do based on the psychic data collected!

And the simple truth is, because intuitive guidance might ask us to make choices that cause change or disruption of status-quo, even when that status-quo is no longer serving our purpose, we tend to become very 'conditional' with the kind of intuitive guidance we're willing to receive! And the more conditional we are with our intuitive guidance, the more we live a fated life, not a destined one.

And—drum roll please—this is why I say that the most essential ingredient to developing clear intuition is Shadow Work!

Intuition and Shadow Work

What is 'Shadow Work'? The concept of the Shadow as an aspect of the human psyche was first explored in earnest by Sigmund Freud and then deeply elaborated on by Carl Jung. For a working definition of the Shadow, I'd say it's the part of our personal unconscious where we store all the denied parts of our nature/soul that the environment (culture, government, religious institution, family, etc.) wouldn't accept about us and shames us for. It's also the part of our psyche that stores psychic scar tissue caused by the trauma and shame of our past experiences.

Shadow Work thus is the compassionate process of entering into this hidden and often wounded part of our psyche to see what we've repressed and buried in it. Why would we want to go poking around in this darkness? Because what we've split off from and buried is creating our lives, albeit at an unconscious and reactive level, which often manifests as self-sabotaging attempts to protect our ego's fixed idea of ourselves and its (low) esteem system.

Furthermore, for each of us there exists a band of scar tissue, biases, and programming within our Shadow that our intuition must pass through as it moves from Soul to the Ego Mind. And the Ego Mind must also pass through this same territory as it seeks to connect to guidance from the Soul!

Thus, when we want guidance for our life, that guidance must pass through this psychic debris-ridden aspect of the Shadow and if that guidance should be lucky enough to get through to us at all, it arrives incredibly distorted by the Shadow territory it

TUNING INTO YOUR INTUITION

Here are some tips/questions for you to meditate on and explore:

- How does your intuition primarily speak to you? Do you pay attention to your gut hunches, survival instincts, creative inspirations, flash insights, inner knowing, premonitions, dreams, and prophetic visions?
- Can you identify a situation when you didn't listen to your intuition? Why didn't you? Were you afraid of what other people might think of you? Were you afraid of the changes that might occur from acting on your intuitive guidance? What was the result of not listening to your intuition?
- How comfortable are you, when you let yourself feel your emotions? Are you able to discern your emotions from the emotions of others? Can you let your feelings function as an emotional guidance system that organically connects you to your intuition? Or do you try to 'mentalize' your feelings as soon as you feel them, to avoid experiencing them? How might that keep you from receiving clear guidance for your life?

just passed through! And then we're left wondering why it feels like our intuitive guidance system is malfunctioning as we make decisions that seem to disconnect us further from the life we truly want and are destined to live!

Though they're not usually linked, the bottom line is that intuitive development and shadow work are inextricably connected. They have everything to do with each other. Your capacity to receive clear intuitive life guidance is absolutely determined by the unresolved and un-integrated aspects of yourself found in the Shadow. So when you ask for life guidance from the Universe, might I suggest you first pray to be shown what in your Shadow would block it!

Using Intuition to Move from Fate to Destiny

As Carl Jung noted, what's buried in the Shadow has the capacity to manifest outside of us as Fate. We know this Fate all too well, right? Harsh relationships that wake us up to look at ourselves, not-so-happy coincidences that force us to resolve the pain of our past, and getting the same results from the reactive responses we offer to life's situations. Here's a perfect example:

What if I'm a racist? And out of my racism I say something about a co-worker who happens to be Asian. This starts to circulate around the office and the next thing I know, I get fired. Then I pray to God to show me why this happened, but that guidance from

God happens to be "We're all created equal, and from the same Source," and it doesn't get through to me because it gets snagged by my racist conditioning. And I can't change being a racist because my family is racist and may not approve of me if I stop judging others through this filter. The low esteem system of my family won't let them change because they need to put others down to feel better. You see how this works? Thus I can't hear my intuition clearly regarding anything going wrong in my life caused by racial issues.

But could there be another way to live our lives instead of constantly getting the proverbial "2x4" to the head? Is there an inoculation against this blunt-force-trauma way of getting life guidance?

The answer is yes, if you are willing to develop your intuition, and then follow the changes it directs you to make, every day of your life. This is the key to transforming our challenges into blessings, our Fate into Destiny. Perhaps the most powerful way to begin developing your intuition is simply *being willing to change*. Your intuition will always guide you to what's true in any given moment of your life.

I hope this article has offered you some food for thought. Our intuition will always provide us with the coordinates of our life's purpose. Our task is to follow its wise instruction in spite of our fear of the changes that result from the choices it would have us make! 🌀

ABOUT THE AUTHOR



ROBERT OHOTTO, author of the bestselling book *Transforming Fate into Destiny*, is a world-renowned radio show host, intuitive counselor/coach, and pioneering presence in the fields of multisensory development and human

consciousness. Based on 16 years of professional experience and personal investigation, he helps individuals understand their soul's destiny and develop practical strategies to claim their purpose. His Web site is ohotto.com.

Robert Ohotto will present the conference **Transforming Your Fate into Destiny: A New Dialog with Your Soul**, to be held Aug 10-11 at HQ in Virginia Beach. For details and registration, call 800-333-4499 or visit EdgarCayce.org/conferences.



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WE ARE HALFWAY THROUGH 2012, the much-anticipated year of transformation. Whether we expect transformation to result from cataclysmic events or from a quickened shift in consciousness, chances are we think of it as a spiritual process, and not as one linked to nutrition. Studying astrology, dreams, and past lives seems so much more exciting and relevant to the spiritual life than paying attention to diet. Working with nutrition is unglamorous, tedious, and a slow process whose goals and effects simply can't compete with the appeal of psychic experiences.

Yet, the Edgar Cayce readings, which emphasize that body, mind, and soul are one in the same way that the Father, Son, and Holy Spirit are also one (from reading 2823-3, paraphrased), tell us that a reasonable concern for diet is an important link in the pursuit of spiritual aspirations:

"The diet—as the body sees and understands—is as necessary [an] element as any that may be chosen. As the body builds mentally, so may the body build physically by the choice of those foods or valuations from same that will sustain or maintain—within a developing influence in the physical forces—that proper relationship between a mental, a spiritual, and even physical forces in same." (1909-2)

Eating a healthy diet thus becomes a spiritual responsibility, a goal fueled by the sacred purpose of empowering the soul—the God-self of each individual—to more perfectly express and experience the full spectrum of its divine attributes. When we have this awareness, the process of choosing, preparing, and consuming foods takes on an entirely new light, and nutrition becomes obvious as an important tool in our quest for transformation and enlightenment.


Indeed, nutrition is itself transformative, and its study bears witness to an amazing alchemical process. The foods we eat are broken down in digestion and used as building blocks for the cells that make up the body. Naturally, the quality of the building blocks has a direct effect on the strength and integrity of the cells into which they are assimilated. Weak cells are prone to disease and degeneration, while strong cells

help ward off illness and promote good health and longevity. Almost daily, new research is published confirming the benefits of a natural whole foods diet for cellular health, and the damage done by refined, processed foods.

Obesity, diabetes, and cardiovascular disease have reached pandemic proportions and affect all developed nations. Mainstream health care systems are overburdened and cracking at their seams because of their focus on treating chronic conditions with pharmaceutical drugs. Nutrition puts us back in the driver's seat with respect to our health and well-being. It is immensely empowering to know that effective help for the countless conditions that plague us is found in natural whole foods and scientifically formulated supplements. When we understand how the foods we eat influence body chemistry and metabolic processes, we become aware of the enormous potential that lies in this field of study.

In 2012, through our food choices, we can help transform the world in numerous ways. The Cayce readings have given us all the nutritional knowledge we need to do so, with modern science still catching up to substantiate more and more of it. We are faced with new challenges, however, requiring greater vigilance and even tougher choices:

Widespread contamination of plants and livestock through pesticides and drug residues, radiation fallout from nuclear accidents, and the adulteration of plants and seeds through genetic modification pose serious threats to our food and water. Our seafood supply is at risk, too, as we've allowed our oceans to become toxic waste dumps. We need quick and radical transformative action in all of these areas to protect our planet, our health, and the future of our children. We must choose products of organic farming and sustainable agriculture and fishery whenever possible.

Let us also remember that nutrition cannot stand on its own, but depends on other components of a healthy lifestyle for effectiveness. For nutrients to reach our cells and be fully assimilated, we need to exercise, get adequate rest and sleep, and expose our body to natural sunlight on a regular basis. Good nutrition is a lifelong effort, and 2012 is as good a year as any to renew our commitment to it! 



SIMONE GABBAY, RNCP, is a holistic nutritionist in Toronto. Her most recent book, *Edgar Cayce's Diet Plan for Optimal Health and Weight Loss*,



is available at ARECatalog.com or 800-333-4499. Visit her Web site at simonegabbay.com.

CAYCE ON

Parkinson's Disease and the Mercury Connection

BY LINDA CAPUTI, RN

Up to 60,000 Americans could be suffering from mercury poisoning

FOR THE LAST FEW YEARS I've been reformatting and updating the old mimeographed Circulating Files into word documents and, on occasion, even putting together some new ones. A number of these updated files are now available online free of charge as a member benefit.*

Early in the process I had updated the three volumes on Parkinson's disease [PD]. My interest at that time was focused mostly on the recommendations concerning the wet cell battery and its variations—not taking serious note of causative factors. This changed, however, when recently a reading on mercury poisoning caught my eye and I decided to look further into what Cayce had to say on the topic.

Of the 19 people who received a reading on the aftereffects of mercury exposure, 3 people with Parkinson's glaringly stood out.

Curious, I went back and reexamined the PD files. Edgar Cayce had given readings to 51 people with this condition. If 3 of them were told it was related to mercury exposure—and if my calculations were correct—that was nearly 6 percent of them! And that was back in the 1930s.

Today there are approximately one million people in the United States diagnosed with PD. If you extrapolate Cayce's ratios to that figure, it would mean 60,000 people are actually dealing with mercury poisoning.



Wet Cell appliance by Baar Products, Inc. (baar.com)

But back to Cayce.

The three people with PD and mercury poisoning consisted of two men and one woman. The two relatively young men were promised “normalcy” or that they would be “materially aided” if they followed—with consistency—the recommendations in their readings. But it sounded as if it was too late for the woman. Cayce could only offer “relief,” not a cure.

Mr. [1989], a 49-year-old man was told:

“As we find, the causes of this arose primarily in times back when there was the use of injections or applications carrying a large percent of mercury.” (1989-1, 9/1/39)

Cayce's recommendations for Mr. [1989] were to begin *both* with Atomidine (a source of iodine) for glandular cleansing *and* osteopathic treatments in order to stimulate drainage in the problem areas. Only then was the man to start the wet cell battery with a gold solution, discontinuing the Atomidine entirely. A healthy diet and massage were also mentioned.

Mr. [1555] was a 46-year-old man, a Superintendent of Steel Furnaces.

“These as we find in the beginning arose from absorption and the effect of a mineral, or the effect of mercurian or mercury reactions in the glandular forces of the adrenals and the liver and the spleen's activity.” (1555-1, 3/24/38)

His first reading recommended very specific osteopathic treatments to correct certain “deflections” along the spine and the B Battery (substituted sometimes for the wet cell battery when it wasn't available) with alternating gold and silver solutions.

The addition of the vibratory forces of these elements [gold and silver] in the system is to assist the body in gaining its equilibrium.

A diet was also outlined for Mr. [1555] with instructions to have another reading in 28 days. Approximately two months later he requested an appointment as well as reporting that improvements had been noted.

In his second reading, Cayce confirmed the general improvement but stated it would have been even greater if Mr. [1555] had followed the recommendations more consistently—and emphasized purposefulness in the application of the remedies.

Then let the physical and the mental and the spiritual coordinate, cooperate. Make the life more worthwhile, more purposeful...

What is thy ideal? What is the outlook upon the experiences in

the associations with others? Is it only for the gratifying of appetites, only for the self-indulgence for the moment? Can these do anything but weaken the physical as well as the better self? ...

Then, if the body-mind is to be made more consistent with constructive forces in its dealings with not only itself but its fellow man, we will find the outlook upon life, the hopes and aspirations will be more in accord with that which is not merely ideal but constructive—and the life and the associations will become more and more worth while.

Think on these things. Ye have abilities, ye have a promise. (1555-2)

In addition, Mr. [1555] was told to continue with the osteopathic manipulation and electrical treatments.

No further reports were received.

Ms. [5517] was 60 years old at the time of her reading. Cayce explained that as the illness progressed to her respiratory system, little could be done for her.

“As we find, that which may be given would be for the ease and relief of the body, rather than that as may bring normal conditions...”

And again, issues with mercury:

“These in their incipiency began from those effects of too much of those forces as of mercury content in the system...”

“Added to this, with the age, and the effects from hardening of the arterial circulation in portions, brought those present disorders.” (5517-1, 2/11/32)

The reading recommended an herbal preparation to be taken in the morning, and a combination of a gold and bromide of soda solution to be taken at night. An easily assimilated diet and neuro-pathic treatments would also help to make her more comfortable.

What does this all mean to someone today with Parkinson’s disease? If you or a loved one has been diagnosed with PD, and if Cayce was correct, it’s possible that the causative factor was mercury. It’s also been implied anecdotally that mercury is behind the increase in cases of autism due to the rise in the number of vaccinations containing mercury our children receive and increased prenatal exposure. Just maybe, some people with “early onset” PD in particular, are more susceptible than others and are having a delayed effect to mercury-laden vaccinations of childhood, the modern flu vaccine or a more polluted environment.

Some children with autism have benefited by having chelation therapy, (pronounced *key-lay-shun*) a process to remove heavy metals such as lead, arsenic, and mercury. Chelation therapy has been available in the U.S. since the late 1940s and was originally used by physicians to remove lead from the body. But complementary medicine has taken it further, using it for a number of different health challenges—especially atherosclerosis.

Elmer Cranton, M.D., author of *Bypassing Bypass Surgery* and a past president of the American Holistic Medical Association, has used intravenous chelation therapy extensively but feels strongly averse to other routes of administration such as the mouth, skin or rectum.

In an interview with Dr. Cranton (*Venture Inward*, Jul/Aug 1994), he stated: “My experience with Parkinson’s is less successful than with Alzheimer’s. But occasionally a person with Parkinson’s will improve dramatically...I would estimate that 10-20 percent of these people will benefit from chelation.”

It is not completely understood how chelation works for PD, although many in the field say it helps improve circulation by opening blocked arteries. But what if Cayce’s perspective is correct and mercury is the culprit for some? Maybe that’s why *only* 10-20 percent benefit? Because for those people, the mercury is being removed. In any event, since chelation wasn’t available in Cayce’s time, he couldn’t have recommended it even if it could have helped. But despite this fact, Cayce gave remedies for PD to at least one person, Mr. [1555], where mercury poisoning was the issue and, when applied, his symptoms decreased. These remedies many times involved the use of the wet cell battery,** one of Cayce’s most miraculous inventions—when used appropriately. “If it is helpful, mis-applied it must be harmful—this is natural!” (1179-4) The problem, however, is that it’s not a quick fix and one size does not fit all. Regardless, other people today are finding the Parkinson remedies exceptionally helpful.

Jan Radtke wrote describing her successful experience with the Cayce remedies in an article for *Venture Inward* in 1997—“Parkinson’s: ‘Like Lazarus, I’m coming alive!’”

And Joseph Chevola wrote “My Battle to Overcome Parkinson’s Disease” for *Venture Inward* in 1995.

If I were diagnosed with PD, I might consider being tested for mercury and using the available remedies if necessary. But initially I would also be tested for Lyme disease, whether or not I could remember being bitten by a tick, since it can mimic Chronic Fatigue, MS, ALS or

PD, as can manganese poisoning. And finally I’d go off gluten for at least a couple of months. These things certainly couldn’t hurt and could make a huge difference in symptoms or even treatment. You can read more about Parkinson’s disease and the effects of mercury, Lyme disease, and gluten simply by surfing the Internet. 🌐

*There are two new Circulating Files in the A.R.E. Library: “Metal: Mercury Poisoning” from the readings, and “Metal: Non-Mercury Poisoning.”

**The Radio-Active Appliance and the Wet Cell Battery are available at Baar.com or 610-873-4591.

ABOUT THE AUTHOR



LINDA CAPUTI, a retired registered nurse, is on staff at the A.R.E. Library, and has been involved with the Cayce material for the last 25 years. She has researched, compiled, and updated many of the Circulating Files on both medical and non-medical topics, and is the author of the book *Epilepsy—Jody’s Journey: An Inspiring True Story of Healing with the Edgar Cayce Remedies*. Her article on muscular dystrophy is available in the *Venture Inward* archives at EdgarCayce.org/members or at cayce.com/caputi.htm.

MERCURY IS EVERYWHERE

Elemental mercury can be found in:

- Glass thermometers
- Electrical switches
- Fluorescent light bulbs
- Older dental fillings
- See Web site on dental amalgam fillings: amalgam.org

Inorganic mercury can be found in:

- Batteries
- Some disinfectants
- Folk culture medicines

Organic mercury can be found in:

- Older germ-killers (antiseptics) such as red mercurochrome (merbromin) - now banned by the FDA
- Thimerosal
- Fumes from burning coal converted into organic mercury by certain organisms
- Fish that have eaten a form of organic mercury called methylmercury

Revising the Law of Attraction



It takes time and work to change our deep-seated beliefs—because their roots usually reside in the unconscious. So, our current understanding of the law of attraction is not working.

BY ANDREA MATHEWS



APPROXIMATELY 20 YEARS AGO, we began to hear about the law of attraction, through the very popular work of Ester and Jerry Hicks and Rhonda Byrne. *The Secret*, by Byrne, reached across the boundary lines of the various publishing niches so that millions throughout the world began to work the principles of that law. Turns out, however, that many of those same people who did the work—building their vision boards, consistently practicing affirmations, and staying in a place of gratitude, all in hopes of finding fulfillment—got little-to-no results. Some are questioning now whether or not the law has any validity whatsoever. But before we throw out the baby with the wash, perhaps we should look at how the law of attraction might be revised to a more realistic and even more fulfilling application.

With that new adjustment we were to take on the impossible task of controlling not only all of our so-called negative thoughts, but also those pesky negative emotions. And if we did so successfully, then we could finally attract our dreams and have fulfilling lives. Ultimately, this experiment failed as well, for “getting rid” of thoughts and emotions amounts to repression. Further, this new approach implied that we knew how to define both negative and positive—values which carry as many definitions as there are individuals. And still further, it denied the powerful potential for finding amazing treasures in what had previously been interpreted to be a negative emotion.

Well, when that didn't seem to get it, we decided that it must be some unconscious block, which was keeping us from our dreams. So, we hired some healers who were supposed to remove this shadowed saboteur. The healer would remove the shadow blocks and the individual would be free to attain fulfillment, right? Well, not exactly.

What was actually happening was circular reasoning. We were to repress material that we would later have to remove from the unconscious. Anything, whether so-called positive or so-called negative, which we supposedly send away or “get rid of,” does not really go away—it just goes underground—hidden behind its seemingly more superior counterpart. This is the very definition of repression: hiding the unacceptable in the unconscious or shadow. And what is repressed only sneaks out later through whatever channels we allow. When it reappears, it is called a saboteur. But since it is unconscious ma-

terial with a deeply rooted system, we are going to need the help of a healer to get rid of those nasty roots. So, we go to the healer, she does the work and we are supposed to be healed, right? Well, the only problem with that logic is that in order for unconscious material to be healed, it has to become conscious. But according to our current understanding of the law of attraction, if we make it conscious we might have to think or feel negative thoughts or feelings—and we can't have that, because then we will not attract our dreams and we will not be fulfilled. So, if it were to become conscious we would have to repress it yet again in order to fulfill our dreams. Ergo our circular reasoning—which has us walking forward rapidly while standing still.

I'm sorry to say that this version of the law of attraction is but a bargain with reality. You know how bargains work: *If I give you this \$2.79, then you will give me that loaf of bread.* With our current understanding of the law of attraction, the bargain is *if I work my vision boards and affirmations, and stay on top of my mind and clean out my shadow, then I can have my dreams and I will finally be fulfilled. And I must hurry to do that, because I want my dreams to come true now.* Problem is, vision boards and affirmations, while slightly altering our view of the world, do not really change our deepest beliefs. It takes time and work to change our deep-seated beliefs—because their roots usually reside in the unconscious. Further, I'm not thinking that the Divine needs our little bargains to do its work.

So, our current understanding of the law of attraction is not working—because



The law of attraction, as we first began to understand it, told us that if we thought positively we would attract positive people, places, circumstances, events and situations into our lives. So, when it first began to be noticed that the law was not really working for some, it was thought that those people were just doing it wrong. But when the trend continued, there began to be small adjustments in our thinking about the law. The first such adjustment was to throw emotions into the equation. Now not only did our thoughts attract, but also our emotions.

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Soul desire is fulfilled when we become aware of ourselves again as One with the Divine.

the soul was never meant to work that way. First, the unconscious is not just the receptacle of all of my worst and lowest traits—which is how most people define the shadow. Rather it is the receptacle of *everything* I do not know about myself. And one of the most important things that I don't know about myself is that I am One with the Divine. This makes the unconscious sacred ground. And marching onto sacred ground with our army boots on, kicking over the graves of unconscious material, ready ever for hand-to-hand combat with that ghostly sabotaging nemesis, might mean we trample right over some of the most important and profound information in the psyche. Perhaps this is why we are cautioned to take off our shoes on sacred ground.

Second, if the soul was not meant to work that way, then how was it meant to work? The work of the soul is the effortless effort of intention that simply does what it came to do without question. The soul is always accomplishing its desires in all ways and through all things. Like that wonderful stand taken by IAM that IAM, when it spoke from the soul of Isaiah in Isaiah 55:11:

So shall My word be which goes forth from My mouth; it shall not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it.

This is the work of soul. And that work will always produce the desired results. What is the desired result? Well, we've been taught that those deep longings that pull at us for fulfillment are soul desires. But are they? In fact, some of these deep longings are compensatory in nature. For example, if I long to be rich because I was raised in abject poverty, that longing is not necessarily a soul longing, for I am very probably seeking compensation for my early poverty. That compensation will replace the work I might need to do on unresolved issues about my childhood. Likewise, some of our deep longings are just compulsions. For example, the desire to stay always in a rarefied state of bliss could be a compulsion to avoid life on life's terms. And some of our longings are actually the longings of others, which we've picked up and carried as if they were ours. The case of the stage mother is an excellent example of this,

for she longs to vicariously experience being on stage through her child; and the child empathetically absorbs that desire at a very early age and acts it out for the mother. That child may or may not ever realize she is living someone else's dream. So, how do we know that what we are trying to attract through our current understanding of the law of attraction really will fulfill the soul?

But a bigger question is: What if the soul doesn't need to be fulfilled? What if the soul is already fulfilled? If that is true then the soul is already fully aware of itself as One with the Divine with all of the incumbent abundance. Rather, it is the part of us split off from the soul and fully identified with duality, which is unfulfilled. We have sent all awareness of ourselves as Divine Beings into the unconscious, and we live consciously out of the part of us that is identified as separate from the Divine. Because this part believes itself to be separate from the Divine—it is unfulfilled.

If all of that is true, then soul desire is fulfilled when we become aware of ourselves again as One with the Divine. This means that incarnation after incarnation the soul's primary effort is to unite that which sees itself as separate, so that ultimately all is recognized and owned as Divine. And if that is true, then the *true* law of attraction is this: *We are attracted to and by all of those people, places, things, events and circumstances, which will ultimately bring us into complete awareness of who we are as Divine beings.* Everything we encounter externally would then be but an opportunity to go a little deeper into that consciousness. Everyone we encounter would present us with an opportunity to come just that much closer to recognizing our truest nature in the mirrors they present. Every situation would be purposefully driven

by the soul to ignite our awareness of its ever-present light. Everything we own or don't own but wish to own would be presenting us with yet another chance to look deeper into the psyche to find the soul waiting there to give us its wholeness. There is no failure with this law, for even our resistance to awareness is working to make us more aware.

So, what is our part? Surrender. All that is left for us to do is surrender to the power of that law always operating within and without. Yes, it is a little like surrendering to the beating of one's heart. The beat won't change as result of that surrender, but we'll have stopped resisting its rhythm. Such surrender becomes conscious awareness of the truth that our bodies, our minds and our hearts are already constituent, formed components of the formless Divine. Such surrender sets us free to operate *with* the power of the soul as One in effortless effort to live a full and whole life—uniting body, mind, heart and soul in One congruent Self. But the first question we want to ask when we hear this is: Does this mean I have to give up my dreams? Funny, isn't it, how much we are attached to those outcomes to which we swear we are not attached?

It means that there is nothing separate from the Divine. Not even our dreams. And the soul's desires will not return to the soul empty. 🦋

ABOUT THE AUTHOR



ANDREA MATHEWS is a psychotherapist with a thriving practice in Birmingham, Ala., and the author of two books, *The Law Of Attraction: The Soul's Answer To Why It Isn't Working and How It Can*, recently released by O Books; and *Restoring*

My Soul: A Workbook for Finding and Living the Authentic Self. You can learn more about her work at andreamathewslpc.com or at InnerWings.com.

Join Andrea Mathews at the HQ conference **The Four Purposes of Life: Finding Meaning and Direction in a Changing World**, Sep 7-9, in Virginia Beach. Featured are Dan Millman, Gregg Unterberger, MEd, Peter Woodbury, MSW, and Tom Baker, MSW. Visit EdgarCayce.org/conferences or call 800-333-4499.





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Eddie Cayce and Little Anna: A Love Story

BY SIDNEY D. KIRKPATRICK



Beverly Academy

He was 6 when they became best friends, 12 when she died, and 60 when she reappeared in his life as Beatrice.
Pictured at Congress, l-r: Edgar Cayce, Hugh Lynn Cayce, Beatrice and Richmond Seay, and Gladys Davis.



EDGAR CAYCE'S FIRST childhood playmates were the "make-believe" kind—so his parents believed. These "little folk," as five-year-old Eddie referred to them, were not your usual imaginary friends. They had names, distinct personalities, and they told him stories about Egypt and Persia, subjects not ordinarily discussed by rural Kentucky farm children in the late 1800s. The only things that troubled Eddie was that they seemed never to get wet when it rained, and they didn't like being seen by other people. They would simply disappear. Troubled by their precocious child's overly vivid imagination, Edgar's parents were relieved when, at age six, he made friends with neighbor Barney Seay's daughter, Hallie, a petite dark-haired girl who was called "Little Anna" because she shared the same first name as her mother.

Little Anna and Eddie quickly became inseparable. In the winter they would run through the fields trying to catch snowflakes in their mouths or play under a covered bridge. Their summer activities included chasing dragonflies and collecting violets, running along the banks of the Little River, or watching the farmers haul corn to the local mill. Most important to Edgar, the "little folk" liked Anna as much as he did. They didn't disappear in her presence. And she—according to Eddie—got to know them better than he because she was always plying them with questions.

Edgar and Anna's favorite place to play was in a nearby barn. Perched on the upper rafters, they had great fun leaping onto a haystack and then sliding down the side. They also hollowed out a hiding place inside the haystack, which they entered through a narrow tunnel. This was where they would "play house" together. Edgar would be the husband, she would be the wife, and the little folk would be their children.

Their greatest adventure was during a trip to the Little River. They came upon a boat that had come loose from its mooring and drifted downstream, and Edgar and Anna availed themselves of the opportunity to take a boat ride. They paddled out into the current until they came to a small island near a fork in the river. As Edgar later related the story, the little folk joined them on the island, where they introduced the two children to creatures who were smaller than the little folk, but larger than insects. Edgar described these creatures to his parents as fairies or "sprites" and said they came in a variety of shapes and colors. He and Anna didn't get to spend much time with the creatures because they reportedly didn't like to play with children. They apparently wanted nothing to do with human beings, whom they viewed as interfering in their affairs.

Edgar's family naturally dismissed the notion of fairies as yet another figment of their child's over-active imagination, but Eddie would never agree that he hadn't really seen them. He just learned not to talk about them, a lesson he carried with him when he later had visions of angels and other "spiritual guides." Many years would elapse before he would describe to friends his belief that these colorful "energy forms" lived in and among plants and trees and played an integral role in their growth process. Like the "little folk" he played with in the barn, the colorful bundles of energy were transformed into shapes and forms to which a young child could relate. It is interesting to note—given the many parallels that Cayce's later work shared with that of his contemporary, Rudolf Steiner, the spiritual psychologist who founded the Waldorf school system—that Steiner also reported childhood visions of gnomes and elves, as did Eileen Garrett, the famous Irish-born psychic.

Edgar's parents described the 18 months he spent with Little Anna as the happi-

est of his childhood. Unfortunately, their relationship ended all too quickly. Edgar's father uprooted the family to a home several miles from Little Anna's farm. Their separation was made permanent in 1887 when she contracted and died of pneumonia. Edgar, age 12, was reported to have walked the several miles through deep snow to be with his childhood friend when the end came, only to arrive too late to say goodbye. She was buried in a small coffin near her home, where she was soon joined by her father, Barney Seay, who died a day later from pneumonia contracted while nursing her.



Forty-eight-years later Little Anna would reappear in Edgar's life, but not as the delicate brown-haired young girl with whom he had explored the Little River.

The contact came about through correspondence with a 29-year-old bookkeeper, Beatrice Coffing, the fiancé of a violinist and music teacher from Altadena, California, who had sought and received trance advice for a blinding case of cataracts. Edgar, then 64 years old and living in Virginia Beach, had provided three physical readings which resulted in the violinist's complete cure. For the first time in nearly half a decade, he could read the notes on a page of sheet music. Beatrice wrote to Edgar to request physical and life readings for herself, and to say that she and her fiancé would be driving from California to Virginia, with her fiancé behind the wheel, to thank Edgar in person.

The information that came through in Beatrice's life reading captured the entire Cayce family's attention, for rarely did a reading suggest as many prior connections between two people as there were between her and Edgar. The two had been together during Edgar's sojourns as Ra Ta and Uhltd, and even as recently as Edgar's present incarnation in a rural farming community in Kentucky, through which



Edgar Cayce's class at Beverly Academy in 1890. He was 13 at the time.

flowed the Little River. And yet, in the correspondence Edgar sent to Beatrice with the life reading, he remained unusually circumspect about sharing with her how they had known one another.

It was not until he met Beatrice in person that Edgar let the “secret slip out.” He had to “see the truth” for himself before he could, as he later said, “be absolutely certain.” That day, when Beatrice and her fiancé arrived on the doorstep of the Cayce’s Arctic Crescent home, Edgar stood in the doorway, unable to move, or even speak to her after she had exited the car and she raised her hand to greet him. Tears began to pour down Edgar’s cheeks. He could barely put together more than two words. “Little Anna . . . Little Anna,” he kept saying. “It’s true.”



Before coming to Virginia Beach, Beatrice had read everything she could about Edgar, and though she believed him to be a “kindred spirit,” she was not prepared for the outpouring of affection that Edgar, a relative stranger, showered upon her, or the curious way he addressed her. Who was Little Anna? Why the tears? Edgar’s wife Gertrude, and his secretary Gladys Davis, were equally mystified. They too had never heard of Little Anna, nor could they guess why Edgar was moved to tears.

When Edgar and Beatrice sat down in his study and talked together she began to understand what seeing her meant to him. She also gained a startling insight into her previous karmic relationship with her fiancé, Richmond Seay, whom she had

cared for during his years-long ordeal with cataracts.

As Edgar had figured out from studying her life readings, Beatrice, in her most recent incarnation, had been Edgar’s beloved childhood playmate, Little Anna Seay. Her father, Barney Seay, who had cared for her when she contracted pneumonia and who died the day after she did, according to the readings, was reincarnated back into the same family, this time as Richmond Seay. Little Anna and her father Barney Seay, who had both died of pneumonia in Kentucky in 1887, were now, in 1941, Beatrice and Richmond Seay, soon to be husband and wife. She cared for him in his hour of need as he had once cared for her.

Once Beatrice and Edgar began to compare notes about their present lives they realized how much they had in common. Both had an unusual affinity for flowers and gardening and frequently spoke to their plants. Each had spent many solitary hours alone in the woods as children, creating “forts” out of canopies of leaves and other materials that they had found there, and conversing with “imaginary” playmates. Most remarkably, the spiritual paths that she and Edgar were on had brought them to the same destination: a deeply rooted belief in Christianity. From the moment of their meeting in Virginia Beach, Beatrice and Edgar became fast and devoted friends, and she and her future husband moved to Blackstone, Virginia, and became active leaders in the fledgling A.R.E. To Edgar, she was never Beatrice, but Little Anna, and to her, he was simply Eddie.

Beatrice frequently poured out her affection to Edgar in letters. “I have a great many things to be thankful for, Eddie, but I think you are one of the greatest and deepest of those things that I am thankful for, so I’m always so very grateful to you for giving us some of your time and blessedness,” she wrote. “I’ve just finished reading through and pondering all of your letters since first you addressed me . . . Although at that time I had no idea that “Little Anna” or “Little Eddie” ever existed—something flickered even then. And what a wonderful revelation and what beautiful things have come out of finding a certain Mr. Edgar Cayce.”

Later, Beatrice would write: “The beauty and wonder of it! I could not understand

what pulled and tugged at my heart and soul from the moment I heard of you and your work, until little by little you have told me of experiences that have helped me to understand . . . It seemed as though you were part of my heart and soul.”

In return letters, Edgar would pay her a most distinctive tribute. “You, [Little Anna], stand between the living and the dead, and the plague of doubt in my own mind is stayed . . . when [I] am with you . . . All doubt slips away, and when I allow myself to slip back to days long since gone, a part of the whole business of living, am just transported into another world. A world that one cannot help but see, feel, hear the goodness and the love of God. I now am never able to put into words what I feel, but it is there, and know I am better able to at least try and serve others better when I have been with you.”



Three years after meeting Beatrice, Edgar suffered a stroke which resulted in complete paralysis of the entire left side of his body. He was sent to Roanoke, Virginia, to recover. Knowing the end was approaching, and wishing to die in the company of friends and family, he asked to be driven home. But on the drive back to Virginia Beach he requested the ambulance take a detour to Blackstone. He wished to see Little Anna one last time.

Beatrice and Richmond Seay were not home when Edgar’s ambulance arrived in their driveway. They too had sensed that the end was near and had driven to Virginia Beach in hopes of seeing him for one last time. They had left for Virginia Beach while the ambulance was driving to Blackstone. Beatrice never got to say goodbye to her beloved Edgar, just as, 40 years earlier, Eddie had been too late to say goodbye to Little Anna. 📖

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.

A Journey Guided from Within



Then use, don't abuse the opportunities which are thine in the journey through this experience. (5070-1)

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 Massotherapy 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.

HEALING AS A JOURNEY has been described as of old in many ways, the authors influenced by life experience, mind deduction, philosophy and religious understanding as well as mystical experience. Healing is more than that, it is also experiential, warranting the proactive application of tenets and truths understood.

Guidance from the readings:

Q. Should I have osteopathic treatments during the summer, when I do not have [the regular] treatments from...?

A. It would be well to occasionally have treatments, but these may be made even farther apart; because the activities of the body, and its impulses—in the surroundings closer to nature, carry on in manners for the better and broader influences.

Also, in every character of application for healing of a body, there must be those periods for sufficient reaction to the impulses that are received from any character of application. (275-32)

The factors of application (the treatment) and patience (as in time to allow sufficient reaction to the treatment) are indeed integral to lasting improvement and healing. So often, applications of any kind are intensified and forced, by the giver and/or the receiver, evoking a healing crisis and the lengthening of or an obstruction to a particular healing process. However, emergency procedures belong to a different dimension altogether, they are focused on saving lives and function.

From the readings:

Yet there has been forgotten much that is the basic principle, the basic truth that has been indicated through these channels, and as seen in the teachings of Him who is the way, the truth and the light.

In the study of His application of healing, in His ministry, were all healed only by the spoken word? Were all healed by the laying on of hands? Were all healed by any one way or manner?

Rather, as ye analyze His activities, and that which is thy own experience, ye may see the manifestation of the truth that the Lord is One, exemplified in the healing as well as in the daily relationships of man to man in all phases of His experience. (281-45)

Do we then want to temporarily cure a headache, to manage a form of diabetes with medication, put a bone back in place, or change

the diet to best suit the individual biochemistry? Or in the end, do we want to seek and facilitate this ultimate alignment which allows the body, and the mind to be healed under the guidance of spirit? In one reading, the Source suggested the meaningful repetition of the following words in a relaxed pre-sleep state:

In such a manner that they may be heard by self, and self's inner self, as they are said:

In thy keeping, O Merciful Father, do I commit myself, my well-being, physical and mental. Guide, guard, direct every thought; and may the expressions of that thou would have me do, have me be, be made manifest in me, through me, as thou seest I have need of. Help me to be more conscious of Thy Presence abiding with me—now.

Q. Am I developing according to God's will physically?

A. This, we have given, will bring the body to be more and more aware of the development, and of that necessary for the full consciousness of what the spiritual influences would have the body be at all times.


Do this at the present, and more may be given." (275-32)

Thus there is a path, a possibility to re-attain this consciousness, this healing, through proactive application, and then more will be given, the next step, and then another one. Frustration is part of this process, as one would like to see more and faster progression in multiple areas of life, inside and out. How then, can we understand and measure such enfoldment?

From the readings:

As indicated, all have fallen short of the glory of God. It has also been indicated, "Be ye perfect, as my Father in heaven is perfect."

These may appear, in the material mind, as conflicting. Yet remember the whole law, man looketh on the outward appearance, God looketh on the heart. While individuals may at times fall short, if it is in doing or trying to do that which in the light of their consciousness is sincere, it is to the grace and the knowledge then of that light had.

The purposes for entrance, then, are that ye may know the truth that will make you free. Free from what? Earthly cares, earthly sorrows. And this [may be attained] in the light that is the way and the truth. (2982-1) 



NATIVE AMERICAN WISDOM

God, Heaven, and Sacred Places

LONG BEFORE SPANISH missionaries came to America, the Algonquin Indians believed in a vast, single “Great Spirit,” *Kitsshi Manitou*. *Manitou* can be translated to mean “supernatural” or “spirit”; so we could translate this name as the “Great Supernatural,” but the common translation is “Great Spirit.”

In the *Walam Olum* creation myth (attributed to the Delaware Indians), the supreme being of all good things is *Gicelamu’kaong*, who “created us through his thought” and entrusted his creation to such deities as the Sun, Moon, Thunder Gods, Four Winds, Earth Mother, and various masters of the animals.

The Pomo Indians of northern California call the highest god *Dasan*, identifying him as an ancestral father. They say that he “came out on the ocean and turned into a man. He talked, and by the power of his words, the world came into being. After this he made the first people.” This is quite similar to the Christian idea that God became the “Word,” and through the Word all things were created, and the Word became flesh (man) and dwelt among us (see the first chapter of the Gospel of John).

The Yahgan or Yamana Indians of Tierra del Fuego—a culture that has been estimated to be 8,000 years old—call the Supreme Being *Watauniewa*, meaning “the old, eternal, unchanged One.” As with many legends of the original, most high God, the Yahgan Indians consider the Supreme Being not to be a creator, but “the Creator of the Creator.” This is



similar to the Hindu idea of Brahman and Atman being two aspects of the supreme God; the first aspect is apart from the creation, but the second aspect is actively involved in the creation. It also follows the previously mentioned Christian concept that the Word was with God and was God, but

all things were created through the Word—implying that at least some aspect of God is not the creator.

The Haida Indians of the Northwest Coast actually call the Great Spirit “the power of the shining heavens.” Across North America, natives of most tribes consider the sky, especially the *night* sky, the abode of the Great Spirit. The Oglala Dakota Indians consider all the heavenly objects to be distinct in their functions but united in the *Wakan Tanka*, which may be translated as the “Great Holy.” Let’s briefly explore these heavenly places.

The Milky Way’s Powerful Influence

Many Native Americans believe that the Milky Way is the heavenly place out of which all souls have come and to which all souls return. To some, the Milky Way is the “Happy Hunting Ground”; to others, it is the “River of Souls.” To the Bolivian Indians of South America, the Milky Way is considered to be “the path of souls to the land of the dead.”

Some mission Indians in California regard the Milky Way as a mystical world soul, akin to the Great Spirit, the Supreme Being, of which the breath or soul of each human is a star in the Milky Way.

According to the Kwakiutl Indians on Vancouver Island, the Milky Way is the cosmic pole, connecting it with the many pole rituals found among North American Indian tribes. The cosmic pole is a connecting link between heaven and Earth, frequently utilized by medicine men. And since the Milky Way is the abode of the dead, it is the way to one’s ancestors for their help and guidance, making it one of the most powerful influences in the heavens.

Since the Milky Way splits into two clusters of stars, North American legends hold that there are different paths to the other worlds and dissimilar fates after death. Legend holds that one road leads to heaven

(the Galactic Bulge star cluster), the other to the underworld (the Dark Rift in the Milky Way). Life beyond this world is dynamic and active, not passive and restive. Many Plains Indian tribes picture the dead as existing on a rolling prairie, which the Milky Way reflects in its sprawling splendor. Among the Indians east of the Mississippi, life after death is connected with maize (corn) cultivation and festivals, and the Milky Way is a reflection of the vast heavenly field of maize as viewed from above (in other words, the stars are the tops of corn plants viewed from Earth).

Venus, Sun, and Moon

Fascinatingly, Pawnee priests believe that Venus brings life, strength, and fertility. And, as if some of the Pawnee were Eastern mystics coming from ancient Mu, the Pawnee priests believe that Venus is the *yang* masculine spirit in the morning and the *yin* feminine spirit at night.

In South America the Moon is rarely associated with godly forces, but in North America it plays a significant part in lore, legends, and rituals. The Moon is a divine force among the Eskimo, many of the Pueblo tribes in New Mexico, the Navajo, and Apache; the Zuni have the Moon Mother, and the Fox Indians regard her as a more amiable god than the Sun. The icon of the great feminine creator-goddess of the Shawnee is the Moon. In most all cases, the Moon is a feminine spirit.

In most ancient cultures around the world, the Sun—the source of life, light, warmth, and the growing season—is representative of the Supreme God. This is so among most of the North American Indians too. Among the Gulf and Mississippi tribes, notably the Natchez, the Sun is the Supreme Being and the Natchez priest-chieftains are considered to be divine incarnations of the Supreme God. The eternal flame, symbol of the Sun, burns in the Chieftain’s temple. Among most North American Indians, the Sun is mascu-





line and the Moon feminine except among the Algonquin, Cherokee, Yuchi, Seminole, and Eskimo cultures, all of whom consider the Sun to be feminine.

Sacred Sites in High Places

Mountaintops, hilltops, mesas, or simply an area of raised land in an open plain were favored locations upon which ancient people constructed their sacred sites. The Incas of the Andean ranges believed that the higher the site, the more intense was its quality of sacredness (*huaca*). The Choctaw traditional name for ancient mounds is *Nanne-yah*, the “hills or mounts of God.” Usually, the ancient people built an additional structure on these high places, from simple piles of rocks (reminiscent of the Tibetan *obo* heaps and Inca *apoceta* piles) to elaborate terraced altars and temples (such as the temple of Natchez on a truncated mound, with elaborate steps of gradual ascent).

These high sites were used for festivals, ceremonies, and initiations. Individual and clan offerings, libations, sacrifices, and tithes were brought to these sites and offered to the forces of Nature or to their gods or to the supreme God or, in many cases, to the people’s ancestors. Usually, these offerings were intended to give praise and honor as a form of worship and devotion. In some cases, the offerings were preparatory to receiving guidance or intercession for the clan or an individual. Among many cultures these elevated places were also the burial grounds of their people, creating a natural inclination toward ancestor communication and worship. Sometimes, sepulchers were maintained in the rock surrounding the sites or in the earth or even in or under the altar or temple. Upon these high places the clan’s councils would hold their special gatherings and meet to ratify solemn covenants.

Some scholars have put forward the notion that so much smoke was generated by ceremonies and sacrifices that high places were much better choices than those low to the ground and near the people’s camps, villages, or cities. Many ancient people considered rising smoke to be a means for carrying their offerings to the unseen heavens above. Many cultures used large quantities of incense in their altar fires, believing that the scent raised the people’s consciousness and touched the gods’ or ancestors’ senses.

On naturally formed mesas to man-made

mounds, the people of North America conducted ceremonies not only *on* these sites, but also *within* them. As the Egyptian and Central American pyramids have inner chambers, so do many of the North American mounds. For example, in the King Mounds at Wickliffe, Kentucky, three rectangular altars were found in chambers inside the mounds. (The concept of a divine trinity is common among many of the world’s religions, and among some Native Americans as well.)

Why do we find high places with inner sanctuaries to be the favored sites for sacred activities among the ancient people around the world?



The answer may be that a mount, mound, or elevated place reflects a common human sense that God, heaven, and the forces for good are above us; and conversely, evil, the underworld, and the forces of darkness are below us. We live in between.

The Sacred Journey Is Within

But there is more to this. Going up to a high place reflected an *inner* human belief that by separating oneself from the everyday, physical life and its challenges, one could experience the higher, non-physical forces of life—God or spirits or discarnate ancestors—for the purpose of receiving a message, some guidance, or an intercession against disease, famine, or enemies that were affecting the incarnate peoples. In some cases, going up to a high place was done for initiation of youth into the deeper truths and unseen forces of the tribe, awakening within

them a connection with discarnate forces and resources.

Not only was the mound sacred but the journey to the mound was often an important part of the ritual, symbolically foreshadowing the impending connection with the unseen forces. In ancient Egypt, Maya/Aztec, and North American native rituals, the causeway, avenue (as the Avenue of the Dead at Teotihuacan), or pathway leading to the pyramid or mound was an important prerequisite to the ultimate experience on or within the sacred site. Before Moses went up on the mount to meet God, he experienced many preparatory events that made it possible for him to experience God directly. We can assume that a movement from normal consciousness to a heightened state of consciousness was required. That is, not only was God above him (upon the mount), but the way to God was within him in the form of a shift in consciousness—from individual, finite consciousness to universal, infinite consciousness.

Only the mind could take one who is in physical form to realms of the non-physical activity and perception. Such a mental bridge is not the everyday mind, but a deeper level of the mind that requires the seeker to shift from normal consciousness to one more capable of perceiving non-physical realms. This was often achieved by special techniques, rituals, drinks, or foods that would loosen the everyday mind’s hold on consciousness, or by creating a death-like experience that allowed the seeker to temporarily leave physical reality and reach into the other realms.

The Great Spirit and the sacred Mount are *within* us, and may be accessed as in the days of old. Altered states of consciousness sought by ancient peoples may be ours through deep meditation and inner visions and dreams. Like the ancient peoples, we should set aside time for these sacred experiences. A little time each day or every few days will help us commune with the Great Spirit, or as Cayce often called the Divine, the Creative Forces and the Universal Consciousness. 📖

Join John Van Auken at the Oct 4-7 **Ancient Mysteries Conference—Digging for the Truth with Dr. Zahi Hawass**, at A.R.E. HQ in Virginia Beach. Also with Graham Hancock, Freddy Silva, and Andrew Collins. Call 800-333-4499 or visit EdgarCayce.org/conferences for details.



The Spirit of Giving: Making a Difference through the A.R.E.



From Development Director Patrick Belisle

3...2...1... Blast off! We are about to launch our C.R.E.A.T.E. Campaign! And we invite you to come along for the ride. In fact, we are counting on you to provide the fuel.

On Saturday, October 6, 2012, we will officially launch this comprehensive fundraising campaign during a star-studded extravaganza at the Hilton Virginia Beach Oceanfront Hotel. The event will be included in the price of registration for our Ancient Mysteries conference that weekend; our Golden Circle donors and Edgar Cayce Legacy Society members will be invited guests; and enthusiastic members can pay \$100 in advance to join us that night as well. Call 757-457-7165 for more information.

If you can't join us in Virginia Beach, you can join us from home! In fact, we are encouraging our members around the world to make October 6 a party of sorts wherever you are (see p. 23 for more info). Put together a dinner that night with your A.R.E. Study Group, friends, and family. Then at 8:00 p.m. EDT join us for the big program by going to EdgarCayce.org/launch where we will be broadcasting *LIVE!*

How Can You Help Right Now?

The first part of the C.R.E.A.T.E. Campaign is "Construct" and "Renovate." We have just started that process by building the de Laski Family Foundation Education Center, which we still need your help with—over \$500,000 to pay for furnishings (not only desks and computers and massage equipment, but also fire-proof cabinets for the original

Cayce readings, correspondence, and photos in the Edgar Cayce Foundation), the final construction costs, and all the technology that will make this education center state-of-the-art. The "C.R." portion of the Campaign will continue with the creation of the Cayce/Miller Café and Copeland Dining Room where all our visitors, staff, and students will be able to mingle and share as they eat healthy, Cayce-based meals. Once the Café is complete in 2013, renovations will continue at both our Virginia Beach and Houston Centers.

You Can Be Part of Our "Stairway to Heaven"

All who donate \$500 or more to our building projects will be recognized on our "Stairway to Heaven"—a decorative walkway between the new de Laski Education Center and the Cayce Hospital Building. Watch for your fundraising letter in August. Gifts of \$10,000 or more will be recognized on a permanent structure (to be unveiled in 2013) honoring the C.R.E.A.T.E. Campaign. Gifts of \$25,000 or more can be honored by naming spaces in the new Education Center—using your own name or someone you wish to honor. Your pledge can be paid over the course of one to three years.

You can help by contributing to the C.R.E.A.T.E. Campaign right now. Go to EdgarCayce.org/create or contact Patrick Belisle at 434-906-0803 or pat@edgarcayce.org today.

Yours in service,
Patrick Belisle, Development Director



Artist's rendering of the new "Stairway to Heaven"



"There should be the presentation of the needs of the Association for the building." (254-115)

*Q. What should be the attitude of the officers in seeking donations to the Institute?
A. Attitude of service to man(kind)... (257-20)*

De Laski Family foundation Educational Center Nears Completion

Thanks to our members and donors, more than \$3,000,000 has been raised in cash and pledges toward the 67th Street Project. The next step is to raise another \$1,000,000 to complete the inside and the furnishings and build the Cayce/Miller Café. As one enthusiastic donor told us, “I know that even my check for \$100 can help!” You can see the newest pictures of the buildings’ progress at EdgarCayce.org/educationcenter; click on the “photo album at Facebook” link.



Remembering Don de Laski (1932-2012)

In March, just weeks after celebrating his 80th birthday, longtime A.R.E. member and generous donor Donald de Laski made his transition from this life to the next phase of his soul's journey. A dedicated student of the Cayce readings, an avid meditator, and friend of many A.R.E. members and staff, Don's legacy will live on at the A.R.E. through his donations to our endowment as well as his \$1 million cornerstone gift to create the de Laski Family Foundation Education Center.

With help from long-time Cayce scholar Mark

Thurston, Don wrote an account of his life in his book *Letting Life Happen* published by A.R.E. Press. The book traces Don's life from paperboy to Deltek CEO and from traditional Christianity to Cayce and beyond. Don was preceded in death by his loving wife Nancy and is survived by his loving partner Shirley Burwell, his children Ken, Kathleen, and David, and his grandchildren. We will all miss Don's physical presence and yet we know he's working to help us from the other side. Thank you, Don! May God bless you on your continuing journey.





Remembering two Board members

Earlier this year, the A.R.E. lost former Board member, Elizabeth Bickham of Louisiana, and current Board member, Bob Hardy of Florida. In addition to their Board involvement, both Elizabeth and Bob were known to A.R.E. members and audiences throughout the country, as they were longtime participants at the Annual Membership Congress and took part in countless conferences and retreats over many, many years.



Bob passed away on February 14. His background was finance, and he had been employed by several upscale boutiques in Palm Beach, including the Purple Turtle, Hattie's, Georgette Klinger and Valentino, where he had been regional operations manager. A Life Member and involved with A.R.E. since 1977, he worked with the Southeast Region since its creation, and was co-

founder of the annual Gold Coast Retreat, now in its 23rd year. He attributed his spiritual growth (and many deep, lasting friendships) to his participation in A Search for God study groups for 30 years.



Elizabeth passed away on March 9. She and her husband, Bruce, operated a family-owned business that includes finance, real estate, and farming. In addition to A.R.E., she had served on the Board of Directors of the Gladys Taylor McGarey Holistic Medical Foundation, and had been a member and active participant in many organizations, including: the Centenary United

Methodist Church, Piecemakers (quilts for needy children), the Waverly Club, the National Society of Colonial Dames, and the Center for Citizen Initiatives. She was also very active in her Bible study group. Elizabeth was a Life Member and had been a Search for God study group member for over 35 years. She had served as a Core Team Member in the Southwest Region, and as an Area Team Member; she co-chaired various retreats and served as a speaker.

Both Elizabeth and Bob will be greatly missed by the organization and hundreds of A.R.E. members and friends around the country.

To share memories of these and other departed A.R.E. members, go to the discussion forum at EdgarCayce.org/members.

Houston Center seeking expansion support



At the March 2012 meeting of the Board of Trustees, the organization received permission to move forward on the build-out and renovations of the Houston Center. This expansion/renovation project will cost \$250,000 and will create amazing opportunities, with expanded auditorium and office space, new treatment rooms for our expanded Spa facilities, updates to some of the existing spaces, and new parking and landscaping of the grounds.

We have a strong business plan in place, and with member support we can pay down

the costs of renovation and the existing mortgage payments on the property—amounting to approximately \$7,000 each month.

The Houston Center renovations with also include massage and colonic rooms (like the Virginia Beach Headquarters), a bookstore, and space for continuing education from the Cayce/Reilly® School of Massotherapy.

Renovations are already underway at the Center. For additional information on the Houston Center, visit us at: EdgarCayce.org/Houston.

A.R.E.'s Prison Outreach Program celebrates 40th anniversary

A.R.E.'s "Make the World a Better Place" T-shirts are printed by the socially responsible Social Imprints. Social Imprints, located in Northern California, employs people recovering from drug addiction, homelessness, and incarceration. Their tagline is "printing with a purpose," and sales of these new T-shirts support them while also supporting our own Prison Outreach Program, which began 40

years ago as A.R.E.'s "Over the Wall" Program in 1972.

Today, our Prison Outreach Department receives more correspondence than all the other departments at A.R.E. combined, because A.R.E. sends hope and inspiration in the form of books to more than 10,000 prisoners and more than 1,000 prison libraries every year. And these books are making a difference. Each day we receive a stack of requests for more information, and testimonials from people whose lives have been changed by the books they've received.

Our new "Make the World a Better Place" T-shirts can help make a difference, too. For every T-shirt purchased,



Our T-shirts are modeled by Rosemary Buesking and Mike Webb. Rosemary works in the A.R.E. Bookstore, and Mike is A.R.E.'s maintenance technician.

A.R.E. puts \$1 directly toward the Prison Outreach Program. For information, go to ARECatalog.com.



Shealy to lead 'People to People' holistic delegation

C Norman Shealy, MD, HMD, founding president of the American Holistic Medical Association has been chosen by the prestigious People to People Ambassador Programs to lead a delegation

of professionals specializing in holistic health and healing traditions into China in October for a bilateral exchange with their professional counterparts. Joining him is Lucia Thornton, RN, MSN, AHN-BC, past president of the American Holistic Nurses Association. Norm Shealy explains:

“Fifty years ago, I started doing electro-acupuncture, apparently sparked by a past-life memory. Now, for the first time in this life, I am excited to share with those who wish to join Lucia Thornton and me on a People to People trip to China. Of a few thousand trips in this life, this should be the most exciting—an opportunity to explore many of the ancient Chinese healing techniques, as well as to explore the beauty of this land. Lucia’s past presidency of the American Holistic Nurses Association and my past presidency of the American Holistic Medical Association provides us a unique opportunity to visit and learn.”

To learn more, visit peopletopeople.com/ThorntonShealy, call 877-787-2000 or email citizens@peopletopeople.com.

Generous donation targets prison population

Kevin Todeschi’s most popular book, *Edgar Cayce on the Akashic Records*, is now available in Spanish, as *Los Registros Akásicos según Edgar Cayce*. It was translated and published with the help of an ongoing donation by Richard Copeland, an ardent supporter of the Prison Outreach program, who wants to make Cayce materials accessible to Spanish-speaking people in the prison population. Thanks to this donation, 750 copies will be sent free to prisons by the Prison Outreach Program. The book is also available for sale at ARECatalog.com and through a link in the *LUZ* Spanish-language online newsletter.



In addition, since so many prisoners asked for more reading material on the Bible, Copeland also underwrote the reprinting of Robert Krajenke’s Bible trilogy, *Edgar Cayce’s Story of the Old Testament*, as a single volume called *Edgar Cayce’s Story of the Bible*. There will be 750 copies of this book also shipped to prisons. See page 53 for an excerpt of this book.

Candidates sought for A.R.E. Boards

The Boards of Trustees are seeking A.R.E. members interested in serving on the Boards of the A.R.E., Edgar Cayce Foundation, and Atlantic University. For more information, see the *Venture Inward* page at EdgarCayce.org/members, or contact Claire Gardner, Corporate Secretary, at 757-457-7116 or claire.gardner@EdgarCayce.org.

MEMBER APPRECIATION

Marianna Theo

Virginia Beach, VA

Member since 1989



Why do I give back to A.R.E.? *On finding the works of Edgar Cayce as a young mother, I felt I had come home. This inspiration led me to share the wisdom, knowledge, and understanding with my children, hoping to help guide their lives toward more fulfillment—both as human beings and souls.*

Eventually, that initial desire to share this information brought into my life the opportunity—through my position at the A.R.E.—to also share the importance of financially supporting the work Mr. Cayce left behind for us. The gift I get back is the inner knowing that I can make a difference that helps both my family and the world we all live in.

Background/work life: After 15 years of working at the A.R.E., I retired from my position as Planned Giving Officer in the Office of Development where I’ve been working for the past 11 years (from 1977 to 1981, I worked as A.R.E.’s Conferences Coordinator). In between my A.R.E. jobs, I was with the Colonial Williamsburg Foundation in merchandise management and archaeology tours. I also have three sons, a daughter, and grandchildren who bring me joy and keep me hopping in my retirement.

Gifts to A.R.E.: In addition to contributing to the Prison Outreach and Youth Programs, I also believe in supporting the A.R.E.’s General Fund. And, because I strongly believe in their mission and the good work they do to spread these ideas through education, I have included Atlantic University as a beneficiary in my will.

Special A.R.E. memories: Congress is always a joy—reconnecting with long-time members and friends with whom I have shared the love of Edgar Cayce’s work. I also have fond memories of meeting and talking with hundreds of A.R.E. members and staff people over the years, of study groups and conferences, and of course, unforgettable experiences on A.R.E. Tours around the world.

Personal activities: I am pursuing my interest in numerology and the Cayce readings on the topic, which may result in a book. Time with my children and grandchildren is important to me, as well as international travel. Life is good.

Want to contribute to A.R.E.’s work?

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



Gladys Davis's birthday and Endowment Fund

To keep Gladys's memory alive, her closest friends decided to assemble each year on her birthday, January 30, to pay homage to this extraordinary woman. That 'love fest' continues to this day, 25 years after her passing. In 2006, Micki Kluge set up the Gladys Davis Endowment Fund in tribute to her beloved friend, and has earmarked a portion of the proceeds from her book, *Reflections of Gladness*, to that Fund. For information visit reflectionsofgladness.com or call the A.R.E. Bookstore at 800-333-4499.

The Gladys Davis Endowment Fund is part of A.R.E.'s endowment and the annual interest is used to support the Cayce work that Gladys worked so hard to preserve. The interest from this fund has already been used to create the Gladys Davis Turner Meeting Room in the A.R.E. Visitors Center. Individuals are encouraged to contribute additional funds to support the endowment fund by contacting Patrick Belisle in the Office of Development at 757-457-2126 or pat@EdgarCayce.org.



Micki Kluge and Gladys Davis

New "Field" speaker joins lineup



Bestselling author and popular presenter Sidney Kirkpatrick is joining the lineup of Headquarters-Sponsored Field Conferences presenters. The author of *Edgar Cayce, An American Prophet*, Sidney is a lively and engaging speaker known for his detailed knowledge of Cayce's life and work as well as his dynamic story-telling ability. He will be "out in the Field" beginning in the fall of this year. His day-long program, *Edgar Cayce, Prophet for the 21st Century: His Life and Work and His Message for Today* will combine insights into Cayce the man and his successes and challenges as he worked toward the creation of A.R.E., with information on the Cayce soul group and what we can learn from their mistakes and accomplishments. He will also include rare historical images, and will allow plenty of time for sharing and Q&A.

New speakers added to conference lineup



Michael Gelb, international best-selling author of *How to Think Like Leonardo da Vinci*, *Discover Your Genius*, and *Brain Power* has been added to the July 13-15 conference *Live Your Spirit*, which has been retitled *Improve Your Mind, Body, and Soul at Any Age*. This expanded event will include a full-day

workshop with Gelb as he shares natural, practical, effective, and fun ways to help attendees think more creatively, learn faster, and improve memory and problem-solving ability at any age—in their home life, social interactions, and in the workplace. According to Gelb, "Most of us were raised with faulty ideas about our mental capacity—such as the notion that learning ability inevitably declines with age. These outdated notions are myths that can stifle our ability to flourish in the second half of life."

This program, which also includes *Spiritual Facelift* author Victoria Holt; Feng Shui expert Peggy Cross; transformational psychologist Henry Reed, PhD; mindfulness and meditation teacher James Van Auken, MBA; and motivational speaker Rev. Pamela Bro, PhD; is designed to help attendees recharge their brain power, balance energies, revitalize mind and body, and live a fulfilling, vibrant life.



Tom Masbaum, certified EFT practitioner, leads a day of hands-on training in Emotional Freedom Techniques, also known as "EFT" or "Tapping," has been added to the Headquarters conference schedule. This one-day workshop, held in August 12, 2012, will teach participants the process of tapping on

their acupuncture points to release emotional and physical symptoms. EFT, also called "acupuncture without needles," affects specific meridian lines based on ancient Chinese holistic healing traditions. It is drugless, noninvasive, requires no expensive equipment and supports establishing a healthy state of balance. It's often called "emotional acupressure," as once the emotional debris is cleared, many emotional and physical ailments start to fade. It's a proven technique for alleviating PTSD problems. As a result of its success, EFT is spreading quickly among the holistic healing community.

This workshop, led by Tom Masbaum, BS, EFT-CC, EFT-Advanced and assisted by Linda Nyberg, AA, ACS, is open to all levels, beginner to advanced, as well as practitioners of other types of energy work and healing therapies. EFT is endorsed by Deepak Chopra, MD; Joseph Mercola, MD; Bruce Lipton, PhD; Norm Shealy, MD, PhD; and Donna Eden, who says "*EFT is easy, effective, and produces amazing results.*"

The Kindest and Most Difficult Decision



As stewards of the animal kingdom, we have been given the duty to see to their humane treatment. Prayer and meditation are especially needed during end-of-life situations.



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



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

Q My 13-year-old golden retriever has a tumor on his spleen. My veterinarian says he does not have long to live. I've noticed that he is not eating as well as he used to and does not want to play anymore. I don't want my beloved boy to suffer, but I don't think I can bring myself to put him down. What is your advice for people facing end-of-life issues?

A. It is a cold, hard reality that death is a part of life. As pet guardians, we often play a special role in this process. Because pets have a much shorter lifespan than we do, pet lovers have to make end of life decisions all too frequently. Most of us hope that our sickly friend will pass quietly in his sleep. Unfortunately, it rarely happens that way. For pets, dying a "natural death" may mean gradually starving to death, or spending their last weeks in a process of diminishing quality of life.

Euthanasia is a final choice when there are no further options for the pet. It is such a highly charged and personal decision, that I always leave it up to the owner. As a veterinarian, I feel it is my place to give the pet owner the prognosis and all treatment options, and with guidance leave the rest to them.

It is a difficult decision to make for it cannot be taken back. Nevertheless, as hard as it is to take the life of a pet, there are times that I feel euthanasia is the best option. When an animal is suffering from an incurable disease and their quality of life is poor, it is compassionate to end the agony. As stewards of the animal kingdom, we have been given the duty to see to their humane treatment.

Some pet guardians end up grappling with the reason they are keeping their pets alive. Are they doing it for the pet or for themselves? Many times they are haunted by emotions such

as guilt and grief. How can they bring themselves to commission the death of their animal friend? In my view, euthanasia may be the last kind thing a person can do for their pet.

When faced with how best to serve your animal friend in the end, it is important to set aside your own needs and desires. Be sure you have your true intention clear in your mind. Focus on your love for your pet and not the sorrow of your impending loss.


As an ailing pet becomes debilitated, they may or may not experience physical pain. In fact, there are many medications available to mitigate this kind of discomfort. However, I don't think an animal has to experience pain to suffer. To me, when a dog who loves to eat loses his appetite, or stops playing, or no longer greets his owner as usual; that animal is no longer enjoying life.

Try to put yourself in your dog's place in a detached way. Is he up and around at all?

Does he take interest in what's going on around him? How would you feel? Ask your pet for a sign to indicate what to do.

This is a time when spiritual sources of guidance are most helpful. Prayer and meditation are especially needed during such situations. Making contact with the divine within can help to keep your intentions on course. Be prepared for the ups and downs of deteriorating health. There are likely to be good days and bad ones. Near the end there is sometimes a short episode of improvement just before the final crash.

This has been called "the flicker of light before the candle goes out." It seems to provide a respite from the turmoil; a brief period of comfort for a final farewell.

Remember that death of the body is inevitable, but life goes on. Death is not the end. Our animal friends help us to affirm this truth. Our lives are forever changed for having known them and they live on in our memories as we recount their unique contributions in our lives. I truly believe we will meet our pets again. 



VISIONS LEAD TO 'ARCHAEOLOGICAL DISCOVERY' ABOUT THE GREAT PYRAMID

BY DON CARROLL
WITH RANDY GRIFFITH
DRAWINGS BY RANDY GRIFFITH



Photo of Randy Griffith by Joanne Kimberlin, courtesy of *The Virginian-Pilot*

TAPPING INTO HIS HIGHER SELF REVEALED NEW THEORY OF EGYPTIAN BUILDING INGENUITY

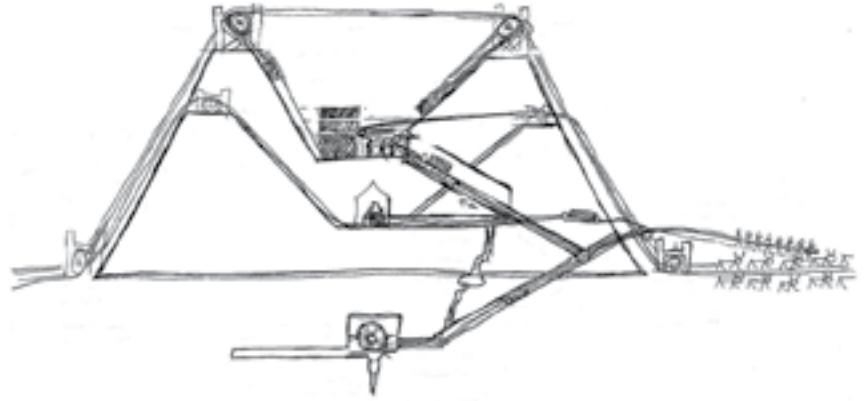
Randy Griffith had spent most of his adult life as an iron worker, scaling the heights of the iron and steel skeletons of buildings and bridges. In 1996 his life changed abruptly. Working high in a scissor lift normally was easy. But this time the lift tipped over, crushing Randy against a wall and causing serious injuries, including a lacerated liver, a punctured lung, and multiple broken bones—injuries that would keep him bedridden for 6 months, and unable to work for 18 months, as he recovered.

Where Randy used to work on the outside, now, he was led to work on the inside—the inside of himself. Stuck in bed and not one for TV, he read and continued to read. He found himself absorbed in books about ancient civilizations and their mysteries. He pursued knowledge and understanding of these mysteries and alternative theory researchers such as Erich von Daniken and Zecharia Sitchin, among others, working to make sense of all the possibilities. Then he read the book *Edgar Cayce on Channeling Your Higher Self*, by Henry Reed, PhD.

He was intrigued by the concepts from the Edgar Cayce readings, as elaborated on by Henry Reed, of tapping into one's higher self. Having a lot of time, he began to practice and



B Drawing of later construction showing shafts and passages as the Great Pyramid rises above the King's and Queen's chambers. Ropes were used to move the large blocks thru the ascending and descending passages and shafts using counterweights. The external pulleys could be locked into position and reset. The 'pit' below the pyramid may have had a 'wheel' to spool the rope. Water from the pit could have been used to keep the ramps slick.

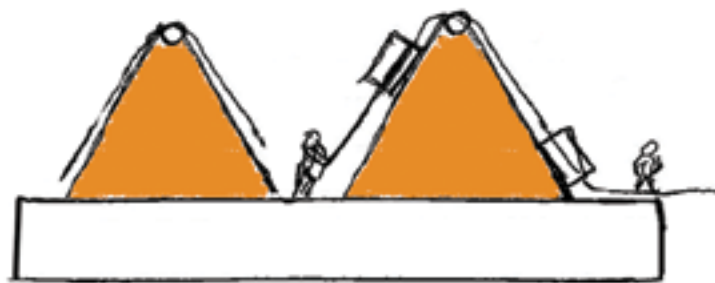


follow the suggestions in the book. A week went by with nothing happening, but then in the second week, he experienced visualizations of the Great Pyramid which surprised him. These visualizations continued as weeks and months passed while he practiced channeling his higher self. The images seemed to be showing him how the Great Pyramid was built.

Slowly his health returned, and he got more books on the Great Pyramid and ancient Egypt, and as he read and wondered about its construction, the answers would appear in his visualizations from his higher self. With his injuries on the mend, he was no longer confined to a bed. Now his internal journey began to blend with the external around him, sharing both aspects. Not only did the channeled visions of the Pyramid come to answer his questions on its construction—but answers also synchronistically appeared in his daily life.

BRAND-NEW THEORY

All this led Randy to develop a brand-new, plausible explanation of how the Great Pyramid was built. Simply put, he sees the Great Pyramid being built from the inside out. First he sees the foundation being created as a giant flat mastaba. (A mastaba is a very early ancient Egyptian tomb built above-ground, generally rectangular in shape, with sloping sides and a flat top.) Now, within the confines of this mastaba platform, two smaller pyramids are erected to act as the elevated platforms for crane-like apparatus with pulley-and-block systems for the raising and sliding of the building blocks. These blocks and smaller utility pyramids are to be ultimately incorporated into the structure of the Great Pyramid itself (see fig. A).



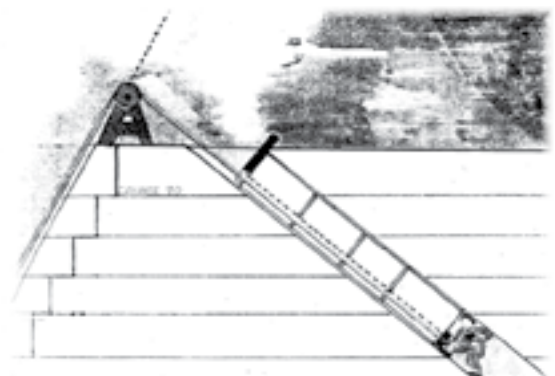
A Side view of the Great Pyramid with two smaller "utility pyramids" with pulleys, ropes, blocks and counterweights on top of a mastaba platform.

The construction will work from the inside out from these two pyramidal scaffolds. As the Great Pyramid grows with the aid of these smaller internal construction pyramids, more blocks are put into place to increase the height.

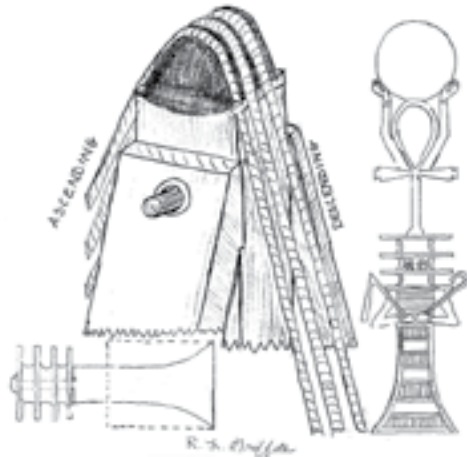
There also will be a concealed internal sloped shaft system to move the heavy stone blocks as needed in this internal-to-outward construction method that will take advantage of the known shafts, such as the Grand Gallery and descending shafts, for a counterweight balance system to move the stones (see fig. B). The Grand Gallery shaft shows evidence of wearing on its side, perhaps from sleds; and the block at the top of the gallery has worn a "V"-like notch that could have been from cables.

These construction shafts leading to the chambers, once themselves sealed, in the final steps, will be known as the much smaller air shafts of the King's and Queen's chambers. Perhaps the extremely fine and almost pure quartz sand, discovered pouring out from behind the Queen's Chamber from an exploratory drill hole in 1987, is evidence of special sand use for counterweight measures and to assist the sliding of the blocks through the shafts. The smaller air shafts in Randy's theory are created from the notches for the larger stone blocks to be lowered into place by rope cables, then the cables being released and removed (see fig. C).

Two of the key innovative points of his theory are (1) that the Great Pyramid was built from the inside out using a hidden shaft system, and (2) that counterweights were used externally and internally, through the ascending and descending passages,



C Close-up of notched blocks being lowered by rope through the descending passage which will become one of the Chamber's small "ventilation shafts."



D Depiction of the Djed functioning as a block-and-pulley system

the Grand Gallery, and through concealed shafts of what are now called the ventilation shafts. Archaeologists contend that the ancient Egyptians did not have wheels and pulleys at that time, but Mr. Griffith points to the pillar of Djed—a plausible depiction of a pulley-like object, dating back to before the time of the pyramids, that could well function as a pulley-type apparatus (see fig. D).

Convinced that he had developed a valid theory of the Great Pyramid construction, he sent his research to *The Virginian Pilot*, which, on June 8, 2008, printed some of his ideas. They even solicited comments from Egyptologists, two of whom commented: one said that it was “an ingenious explanation, but no evidence has been encountered yet to support it,” while the other found it “interesting, but from a scientific point of view... not worthy of consideration in its present form.”

Mr. Griffith, however, has continued to follow his higher self and fine-tune his research, and now new evidence is corroborating his theory’s validity. This evidence has come in the form of a parallel theory by French Architect Jean-Pierre Houdin. Amazingly, it appears the two of them have simultaneously concluded that the Great Pyramid was built by the use of an internal hidden shaft system along with a counterweight lifting system utilizing the different known shafts of the Great Pyramid to move the massive blocks. One of the main differences in their theories is that Mr. Griffith surmises that a combination of the existing shafts and much larger shafts now sealed, and known as the small airshafts of the King’s and Queen’s chambers, were the primary conduits. Mr. Houdin, on the other hand, theorizes that there is an internal hidden shaft just beneath the “skin” of the pyramid that spirals around towards the top as the main conduit for the huge stones.


The final answer may well be a hybrid of both their theories, but only time, research, and resources will tell.

The main difference in their similar theories has been noted above, as have their similar amount of time and research into this ancient enigma. The greatest differences between Mr.

ONLY TIME, RESEARCH, AND RESOURCES WILL CONFIRM THE MYSTERIOUS CONSTRUCTION PROCESS.



Griffith and Mr. Houdin are their resources. Mr. Houdin states his inspiration began with an intuitive insight from his engineer father, which he pursued. In his pursuit he had his background in architecture and his father’s in engineering. In time he got the backing of a company named Dassault Systèmes whose expertise was 3D designs and realistic simulations, who supported him with a team of 15 professionals. He was able to meet with several team members of a group who had done microgravimetric surveys at the Great Pyramid, whose results suggested hidden unknown shafts. He had the support of an Egyptologist on the ground at the Giza Plateau to do some examinations of the pyramid. And ultimately Dassault Systèmes created a one-hour 3D movie of Mr. Houdin’s theory in 2007. During this time Mr. Griffith also continued his solitary pursuit of a parallel theory, researching from home and libraries and using his own version of a “3D system” provided by the visualizations from his higher self.

Randy Griffith’s discovery of hitherto unknown details has demonstrated that going within to one’s higher self for guidance can reap extraordinary results, with or without available material resources. 

CREDIT WHERE CREDIT IS DUE

Both these intuitive innovative groundbreakers—Griffith and Houdin—should be applauded for their insights. Let us hope that what has happened to others in history does not happen to Mr. Griffith. Here are some examples:

- * Most know Sir Isaac Newton is credited with creating the foundation of calculus. How many know he was actually co-credited with Gottfried Wilhelm Von Leibniz?
- * Charles Darwin with his “On the Origin of Species” is credited with the discovery of “Natural Selection.” How many know Alfred Russel Wallace is considered the co-discoverer of “Natural Selection”?
- * Doctors Watson and Crick, along with Dr. Maurice Wilkins received the Nobel Prize for discovering the double helix shape of DNA. How many know that it was concurrently discovered by Rosalind Franklin, and that her work was used by Watson and Crick?

ABOUT THE AUTHOR



DON CARROLL had a career of over 30 years in the Fire/Rescue service. While raising a family, he pursued the “greater meaning of life,” reading materials on Edgar Cayce and attending A.R.E. conferences, seminars, tours, and retreats. He also speaks on the Cayce cubit as part of the A.R.E. Survey Lecture program (free daily lectures, held in the Visitors Center, that are open to the public).

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Aug 22-Sept 18

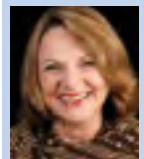
Co-Creating Your Life Using Whole Brain Thinking *Mitzi Crall* These lessons are chock full of techniques and practices that WILL change your life. Original and very effective.

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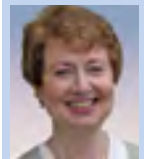
Astrological Cycles: The Timing of Life *Raye Mathis* This is a beginner eGroup in regard to transits and cycles but not a beginner course for astrology. A copy of your birth chart is provided.

Sept 26-Oct 23

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Nancy Eubel



Raye Mathis

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THE SPIRIT OF CAYCE'S 'World Affairs' Readings

BY ANN JAFFIN, MS

DURING THE DARK DAYS of the Great Depression and World War II, Edgar Cayce gave some of his deepest and most riveting psychic discourses. They are now called the World Affairs readings and are filled with questions about the challenges and turmoil of those decades. Their guidance is universal, profound, and very relevant to our world today.

At present we find our nation in economic chaos and at war. We seek to understand how all this came about and what we, as individuals, can do to help. Cayce's message is always one of hope. But the piercing and humbling wisdom of the Source of this material calls us to shoulder our portion of responsibility while it also helps us to understand the larger and very powerful unseen forces at work.

We'll focus on what these readings have to say about the world's three superpowers—China, Russia, and America.

China



Despite the fact that the acronym for World Affairs readings is W-A-R, these 29 readings in the 3976 series are among my favorites. Indeed, the third reading, which is only one paragraph long, is especially profound. It was given in 1925, early in Edgar's career while he was in Dayton, Ohio. Very significantly, it is a voluntary reading; that is, no suggestion was given requesting this information. It immediately followed a dream interpretation reading for Morton Blumenthal and presents a spiritual perspective on tragedy and suffering.

Have some terribly hard times in China to day. In the Manchurian region, a flood and fire both. Many peoples are passing into the Borderland...those conditions arising from

this great boredom in the consciousness of many that will bring the revolution in the minds of many peoples, and begin that understanding of the purpose of the Gift of God to the World in the One made manifest in the flesh, and able to bring the consciousness made manifest in the world to the peoples. Hence many will be able through this to lay aside the physical and again manifest in...[the] physical before men. (3976-3)

This brief but amazing reading which says that because of twin disasters many people are dying may at first seem callous. But it explains the deep, unseen spiritual purpose behind the mass exodus of this soul group and seems to imply that they were unable to fulfill their purpose for incarnating. Therefore, these souls, who understood the purpose of God's gift of Jesus to the world would, in their next incarnation, be able to bring this understanding to many peoples which would constitute a "revolution" in thinking.

When Hugh Lynn Cayce asked for comment about the Japanese and Chinese situation on June 24, 1938, the reply again seemed harsh but also rich with promise.

Might does not make right. Rather will the principles of the Christian faith be carried forward in and through the turmoils that are a part of both China and Japan.

For without those cleansings and purifyings, tradition alone may not be destroyed. For it is through the purging that the strength and beauty of each will come forth. (3976-19)

The final World Affairs reading, given on June 22, 1944 for the Thirteenth Annual A.R.E. Congress, included a stunning



prediction for China which builds upon the information provided in the above two readings.

Here, will be one day the cradle of Christianity, as applied in the lives of men. Yea, it is far off as man counts time, but only a day in the heart of God—for tomorrow China will awake. (3976-29)

Russia



In January 1932, the first study group requested a reading about “Present World Conditions.”

When asked about political and economic trends in Europe, that reading zeroed in on Russia.

Europe is as a house broken up. Some years ago there was the experience of a mighty peoples being overridden for the gratification and satisfaction of a few, irrespective of any other man’s right. That peoples are going through the experience of being born again, and is the thorn in the flesh to many a political and financial nation in Europe, in the world...

Q. *What is the name of that nation referred to?*

A. *Russia!* (3976-8)

Three weeks later when Cayce was asked, “What should be the attitude of so called capitalist nations toward Russia?” his reply was likely unexpected.

On Russia’s religious development will come the greater hope of the world. Then that one, or group, that is the closer in its relationships, may fare the better in the gradual changes and final settlement of conditions as to the rule of the world. (3976-10)

Six months later, additional information was presented which helped to clarify this earlier prediction.

Out of Russia, you see, there may come that which may be the basis of a more world wide religious thought or trend... (3976-12)

When Hugh Lynn Cayce asked about the Russian situation in June 1938, he was told:

A new understanding has and will come to a troubled people. Here, because of the yoke of oppression, because of the self indulgences, has arisen another extreme. Only when there is freedom of speech, the right to worship according to the dictates of the conscience—until these come about, still turmoils will be within. (3976-19)

As with China, the final World Affairs reading given in 1944 emphasized Russia’s vital role in the future of the earth but in “friendship” with America.

In Russia there comes the hope of the world, not as that sometimes termed of the Communistic, of the Bolshevistic; no. But freedom, freedom! That each man will live for his fellow man! The principle has been born. It will take years for it to be crystallized, but out of Russia comes again the hope of the world. Guided by what? That friendship with the nation that hath even set on its present monetary unit “In God We Trust.” (3976-29)

America



up call for each of us.

Q. *What is the cause of the great economic depression and when may conditions be expected to become normal in the United States?*

A. *The United States may not expect to recover sooner than another nation, unless its basis for recovery is founded in that that brings peace, harmony and understanding. As it, the United States,*

(in the present) is the leading nation in attempting to give an understanding of the principles of “Thou shalt love thy neighbor as thyself;” it stands above all others in its financial, in its social positions in the world; yet it has faltered, and—as of old—when troubles arise, when fearful conditions beset thee, the same answer as was of old, “Know ye that sin lieth at thy door!”

When there are, then, the greater number that would see that the ideal is again made the standard, then may conditions be expected to improve. This not as men count improvement, in dollars and cents, but in contentment and understanding—and one is the fruit of the other! (3976-8)

When Gertrude Cayce asked for information on national and international affairs in June 1938, the reply was likely unsettling.

It is also understood, comprehended by some, that a new order of conditions is to arise; that there must be many a purging in high places as well as low; that there must be the greater consideration of each individual, each soul being his brother’s keeper. There will then come about those circumstances in the political, the economic and the whole relationships where there will be a leveling...it behooves all of those who have an ideal...to be practicing, applying same...in their relationships as one to another. For unless these are up and doing, then there must indeed be a new order in their relationships and their activities.

All too often has this message been forgotten in the pulpits and in the organizations, not only in the national relationships but in the international relationships...And there cannot be one measuring stick for the laborer in the field and the man behind the counter, and another for the man behind the money changers. All are equal—not only under the material law but under the spiritual.

Though there may come those periods when there will be great stress, as brother rises against brother, as group or sect or race rises against race—yet the leveling must come. And only those who have set their ideal in Him and practiced it in their dealings with their fellow man may expect to survive the wrath of the Lord... And then there should be, there will be those rising to power that are able to meet the needs. For none are in power but that



The World Affairs readings are filled with guidance relevant to our world today.

have been given the opportunity by the will of the Father—from which all power emanates. (3976-18)

This reading was continued four days later and warned of the unthinkable—the possibility of revolution in our country.

We are our brother's keeper. Then if those in position to give of their means, their wealth, their education, their position, do not take these things into consideration, there must be that leveling that will come. For unless these are considered, there must eventually become a revolution in this country—and there will be a dividing of the sections as one against another. For these are the leveling means...to which men resort when there is the plenty in some areas and a lack of the sustenance in the life of others. These are the manners in which such things as crime, riots, and every nature of disturbance arise...

For all stand as one before Him. For the Lord is not a respecter of persons, and these things cannot long exist...then, America—the United States—must take warning. For to whom does the wealth belong? To whom do the possibilities of the land belong? Does it belong to those who have inherited it, to those who have been given the positions by power? Or to those who have by their labor, by the sweat of their brow produced same? (3976-19)

A year later in June, 1939, when Cayce gave a discourse on the major problems confronting the American people, it again warned of possible revolution.

The ideals, the purposes that called the nation into being are well...there needs to be on the part of each man, each woman, the adhering to those principles that caused the formulating of the American thought.

...if there is the turning of every man and woman to the thought of God, then we may solve every problem...Ye are to have turmoils...That such is to be a part of the experience of America is because of unbelief!...Unless there is a more universal oneness of purpose on the part of all, this will one day bring—here—in America—revolution!

The reply to the last question in this reading not only asks us to reexamine our own values and ideas, it cuts straight to the heart of the spirit of the Cayce readings.

Q. How can [we]...protect...our democracy?

A. Raise not democracy nor any other name above the brotherhood of man, the Fatherhood of God! (3976-24)

In the final World Affairs reading given on June 22, 1944, less than six months before Edgar's death, he addresses the spirit and "the sin of America."

What is the spirit of America? Most individuals proudly boast "freedom." Freedom of what? When ye bind men's hearts and minds through various ways and manners, does it give them freedom of speech? Freedom of worship? Freedom from want?...In the application of these principles...America may boast, but rather is that principle being forgotten...and that is the sin of America. (3976-29)

Reading 3975-15, given on January 19, 1934, is one of the most complex in the World Affairs series. The subject was the spiritual, mental, and physical changes coming to the earth. In answer to the question, "Is America fulfilling her destiny?" this amazing reading replied by making a prophetic statement about China and changes that we are experiencing in our world today.

Rather should the question be sought...are individuals fulfilling those channels to which they have been brought through their own application of the knowledge within themselves to fulfill their position? For each and every one, each and every nation, is led—even as in heaven. For that ye see in Earth is a pattern of that in the mind... and is as a shadow of spiritual truth, life and light...If there is not the acceptance in America of the closer brotherhood of man, the love of the neighbor as self, civilization must wend its way westward—and again must Mongolia, must a hated people, be raised. (3976-15)

Spreading Light to the World



On April 12, 1931, Hugh Lynn Cayce and two businessmen got a follow-up reading, 3976-7, about the possibility of building a world organization to benefit mankind. This had been

broached four years earlier by Edgar Cayce and three other men. At that time, the reading was encouraging. But this time, Cayce's source spent over half of the reading stressing the great amount of thought and preparation which this undertaking would require as well as the necessary ideas and ideals. The first question asked how many men should compose the "central board of control of the parent holding corporation." Cayce's reply talked about service and prayer. The second question again asked who should be on this board. Surprisingly the Source answered with four words: "We have no suggestions." Nevertheless, the men persisted and asked three more questions about who should be members of this board. Edgar continued to respond with spiritual guidance.

Q. Any other advice and guidance for these three?

A. Thou hast had set before thee that thou art able, wilt thou but sacrifice self, wilt thou crucify the flesh that the light may shine forth. ... (3976-7)

We must remember, as stated in 3976-19 earlier, that "...the Lord is *not* a respecter of persons..." All of humanity are one family.

It is no accident that we, collectively and individually, are here in the earth now. Our souls chose to incarnate in these tumultuous times. Each of us can choose to be a positive influence right now. And most important, these challenging times are just what our souls need for growth. Looking at what the Cayce readings have to say about the Great Depression and World War II helps us to understand our own times and provides insights about how we may transform our future. 🌟

Ann Jaffin shares additional material about the World Affairs readings, including the non-traditional sources that came through, in an online supplement to this article at EdgarCayce.org/members.



ABOUT THE AUTHOR



ANN JAFFIN, MS, a former teacher, is an A.R.E. Life Member, and a forty-year student of Edgar Cayce's work. Retired from the Federal Government, she has a master's degree in Family and Community Development and lives in Silver Spring, Maryland.

Are You Serious about Finding God?



“Each entity enters a material experience for a purpose; not accidentally, not by chance. But life and its expressions are purposeful. And each experience is that the entity may become more and more a channel through which the knowledge and the application of Creative Forces may be made manifest...” 1792-2

June Bro will speak at the July 13-15 HQ conference **Improve Your Mind, Body, and Soul at Any Age** with Michael Gelb, Victoria Holt, and more. Visit EdgarCayce.org/conferences or call 800-333-4499 to register.



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.

EVERYONE WHO IS DRAWN to the Cayce readings is either trying to find a way to relate to God, or is well on the way. The best plan I know of to make sure you are on the right track is to join a Search for God study group. Mr. Cayce told Harmon and me how in 1931, a group of friends from Norfolk came to him and said that they had heard that a man named William Scott Pelley was teaching classes on how to become psychic. They asked Edgar if he would work with them on becoming psychic. He told them, “We’ll see what we can do.” He then gave a reading on the request, and the first Search for God group was born.

I’m sure that at least some of them thought they would be given lessons on meditating, breathing, chanting, arranging candles, finding helpful aromas, and concentrating on certain subjects or objects until they began to see and hear things. Though he touched on these things, these were not the main lessons they were to receive.

Strangely enough, the first instruction that was given was a lesson on cooperation, and all 12 lessons were related to the fruits of the Spirit: know yourself, set ideals of the highest order for yourself and hold to them, grow in patience, have faith in the Creative Forces (God), and of course learn how to truly love one another.

The members were told to begin putting into practice their understanding of cooperation, learning what true cooperation is about from every angle. Don’t just talk about it, he said, practice it until the spirit of cooperation is in everything you think or do. We won’t move on to the next lesson, he told them, until you have worked very hard on this lesson. He went on to say, “As you study these lessons you will share your experiences with one another and then, together, write a book that can help others become psychic.”

What an ingenious way of getting them to cooperate. I wish every study group would find a way to work together to create a piece of art, compose some music, or write poems or a play about their own growth experiences.

Through the years Harmon and I attended many study groups, most of which treated the session as a mental exercise, reading the material and “ratifying it,” as Harmon wrote in his biography of Cayce, *A Seer Out of Season*.

While people seemed reluctant to share their private lives, the original study group members had no such option. They knew that Edgar and the Source of his readings would be able to read them: there could be no hiding or false modesty. They were expected to truthfully report on their experiences and what they had learned, so they could help others.

On the other hand, we have participated in study groups in which people did share the deepest parts of their lives: their problems, their joys, their stuck places. In one such group, we shared how the material had personally affected our lives, and then others began to share, too. One person faced the possibility of cancer, and three were unemployed and suffering greatly, unbeknownst to the others. The A Search for God material gave them hope for healing, and suggestions for how to grow, right in the midst of the deepest anguish.

The best group I was ever a part of, though, was one that Hugh Lynn Cayce led. (According to the readings, Hugh Lynn was Andrew, one of Jesus’ disciples. Can you imagine the quality of *that* long-ago, small “study group”? The disciples walked together for three years, ate together, talked, and even joked about what had worked and what hadn’t. They witnessed healing after healing, prayed together, wept together, and wondered whether they were worthy of being part of such a group.) Hugh Lynn would look right at you and ask the most penetrating questions. There was no room for flinching or superficialities with Hugh Lynn.

So while it would have been exciting to be part of that first-ever study group, we can come pretty close to that feeling in our SFG group as we learn to trust the process. Surprising wisdom and helpfulness can come out of any one of us.

Study Group #1’s preface to *A Search for God, Book I*, ended with:

“There is nothing new here. The search for God is as old as man. This book is passed on in the hope that through it, during the trying times ahead, many may glimpse a ray of light; that ... it may awaken a new hope and vision of a better world through application of His laws in a daily life.”

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My Journey to Mindful Living

By James Van Auken

When I was growing up, my dad repeatedly taught and encouraged me to seek the stillness within, center myself, and listen to the “still, small, voice.” We’d be watching a TV show and he would mute the commercials and just sit there. Finally fed up, I shouted, “Will you just unmute it—the commercials are better than just sitting here doing nothing!” He chuckled and asked, “Are you uncomfortable with the silence? Are you meditating at all?” Well that sure wasn’t what I thought he would say, but then again he was right; I hadn’t been meditating much. As a teenager, I felt as though meditation was an isolating practice that made me “different” from other people my age.

It was confusing having this impetus from my parents to seek the stillness within. I remember trying to figure out what the heck they were talking about. My dad likes to share his early experience with meditation, saying that after looking inward he finally proclaimed, “There is nothing in here!” I shake my head and laugh at the thought—“nothing in here.” Well, that’s certainly the idea in Buddhism, isn’t it? “Nothing” is actually an ideal scenario for our minds in meditation.

I was trained by my dad to practice kundalini meditation. This began more formally when I was in seventh grade. The meditation begins with an ideal. He suggested I use God and/or Christ Consciousness. A prayer of protection is then said either silently or out loud. Then intentionally visualizing energy rising from the first to the seventh chakra with each inhalation, and back down from the seventh to the first with each exhalation. Sometimes I would practice regularly, but for the most part I set the training aside. What did my parents know anyway? Nevertheless, the seed had been planted.

A decade later, when life became more challenging, I went back to these old teachings and began to practice as often as I could remember. I went to A.R.E.’s staff-led meditation, to A.R.E. Camp, started a Search for God study group, and got more serious about my practice. On rare occasions, I would have breakthrough experiences in meditation. I felt like I had discovered a slingshot that could shoot me up into the higher areas of consciousness, and for brief moments I would experience bodily sensations, tingles on my head and up my spine, my eyelids would flutter, and I would feel vast and expansive, as if my legs were suddenly much farther away from my head—and then I would come back to normal. I kept trying to hold on to these experiences,

draw them out, and make sense of them. Noticing the similarities between kundalini meditation and Yogic meditation, I signed myself up for a silent retreat at Swami Satchidananda’s Yogaville to seek answers and further experience.

“Experience is the toughest teacher,” the Yogi said. “You take the test first—and then you learn the lesson.” How true. On the last night of the retreat during the Q & A session, I asked one of the senior Yogis this question: “When you finally pierce the veil and touch the Bliss, how do you hold on to it?” She smiled, leaned forward and said, “You don’t!” After her smiling pause, she leaned back and continued, “Rather, you express your gratitude for the experience; acknowledge that the Bliss is always there, whether we see it or not, and continue the practice.” In other words, “Stop grasping! You’re too attached to the outcome.” Her response felt like the end of a 25-year quest for me—making sense of this inner life experience. Yet, much like many novels these days it turned out to be just “Book 1.”

Living from peak experience to peak experience makes for deep valleys. I needed to learn how to handle life between the peaks. Shinzen Young, in “The Point of Contact,” said, “Enlightenment is not a peak experience. It’s a permanent shift in paradigm that deepens day by day.” I was working in A.R.E.’s Travel Programs department reporting to Kevin Todeschi, who is often gifted with spot-on intuition, and one day he offered me this advice: “James, you need to learn how to not let external situations affect your internal condition.” I thought, Yes, I do.

Six years later, I found that the missing piece for me is mindfulness—the nonjudgmental, purposeful awareness of the present moment. This simple practice has extraordinary effects on living.

First, the nonjudgmental component asks us to remove the view of “greater than,” “less than,” or “equal to”—no comparisons. A rainy day provides water to the plants and trees, but may cause accidents on the highway or move a picnic indoors—it is only positive, negative, or neutral relative to our own ideal scenario.

Second, the purposeful awareness implies action on our part. If we are not purposefully aware, then we are giving our minds over to habitual behavior. We may have *experienced* mindful awareness, such as during a cooking class, playing sports, or in states of heightened perception as when driving through a neighborhood and seeing a soccer ball roll into the street; however, few of us have *practiced*



mindfulness for an extended period of time. It is valuable to notice that when we give ourselves a moment of silence our minds tend to behave like young children: running around the “house,” picking up this memory, uncovering this daydream scenario, planning for the future, expressing boredom, repeating the scenario, and then giving control over to “entertainment.” Purposeful awareness asks us to actively become aware of what it is that we are doing and gently “escort our attention back to the present moment,” as Jon Kabat-Zinn says.

Third, the present moment, the true home of our consciousness, becomes our focus. We experience everything in the present, yet most of us haven't been properly shown this concept. Consider the scenario where our mind is running around picking up memories, daydreams, plans, etc. That is “thinking” in the present moment. Perhaps the thought of the memory creates an emotion; then we are experiencing an emotion in the present moment. If we put it all together, we can nonjudgmentally, purposefully be aware of the true reality that we are experiencing right now, pleasant, unpleasant, or neutral. Bob Sharplee explains, “The biggest hindrance to our meditation is constant intrusive thoughts. . . Our minds have been almost completely out of control for most of our life. Recognizing this can help us to be practical and patient—it may take us some time and a lot of skillful practice to tame the crazy ‘monkey mind.’” Mindfulness is about creating a sacred space in the present—tending our inner Zen garden.

Mindful living is being in “sense” (touch, taste, sound, sight, smell) with the body. It is being in tune first with ourselves and then with our environment. It is bringing the mind back into control with the gentlest of ease. When we walk, we feel our front foot touching the ground and notice how the back foot automatically begins to rise—we bring our awareness into our action. When we eat, we appreciate the sustenance, the taste, and the capability of consuming energy. When we listen, we give our attention to the words of the person speaking, holding our thoughts at bay while we give the gift of our awareness to the speaker. When we work, we recognize that our attention is valuable and when fully concentrated is extremely effective in the workplace. I call it “unitasking”—giving one thing our all, yet still being able to change as demand requires. Edgar Cayce alluded to this state in a reading:

The song of the bird, the beauty of the rose, the buzz of the bee, the activities of those things that give forth in themselves the expressions of the joy of just using—for the time being—a portion of God in their activity. Would that all men everywhere could gain but that consciousness in life and life's experience, and in the blessed associations of those to whom we may do good through the kindnesses and blessings that may be shown by being gentle, that we are USING God in His manifestation in the earth, in the life that He gives us. (410-2)

Many of us have lived our lives on autopilot. Yet, those of us who

Mindfulness Meditation

It begins with a breath, bringing attention to the action before us. Noticing how the breath flows, the sensations on the end of our nose and upper lip—cool on the in-breath; warm on the out-breath. Noticing the rising and falling of the chest and diaphragm. Observing this continual process, without judgment; without controlling; just sitting in awareness of the breath.

Mindful Living is an overflow from mindful meditation practice; a way to live our meditation experience (ideals too).

We're only as good as our practice.



search for meaning and choose to live an examined life become the teachers to the rest of us. We can check in with each other, share our experiences, and grow together.

I am nearing the completion of the spring semester at Atlantic University. I have been working with 37 students in three classes. Atlantic University students are incredible. In TS5010: The Inner Life, students went through a three-week mindfulness practice, a four-week dream quest, and four-week personal mythology practice. This is a marathon of inner life work, getting to the core of who we are; it has been very powerful and enlightening for the students and me. In TS6010: Becoming

a Teacher of Meditation, students spent 14 weeks studying, practicing, mentoring, and presenting on meditation. This has been a wonderful adventure in exploring numerous meditation practices alongside of how to effectively present meditation to others. Some of the students had previous experience mentoring and others wanted this structure to help them take the initiative to become a mentor and teacher of meditation—we all learned from each other. I am inspired by the energetic engagement expressed in these classes. A very palpable group consciousness has surfaced, that of increasing our self-efficacy and living up to our ideals.

Mindfulness is becoming increasingly popular and I believe it has to do with the simplicity of the concept and the remarkable effects of the practice—not to mention the volume of amazing teachers roaming this globe. Each one of us can take a second at any time to reconnect with the present moment. It can begin with a breath, a footstep, or a smile—anything that allows us to hit “reset” and become aware of this moment unfolding before us. I invite you to consider looking into mindfulness and incorporating it into your life. To me, it has made all the difference. I find that with mindfulness practices I am more able to practice kundalini meditation, because I stop grasping for experiences and I have learned how to allow my mind to settle. I am more able to handle my inner life of emotions, thoughts, and ambitions, and be a better person all around. With mindfulness, we can develop an informal practice for our everyday lives of simply seeing things as they truly are and learning to live in the present regardless if the experience is pleasant, unpleasant, or neutral. Zen Master Lin-Chi said, “If you live the sacred and despise the ordinary, you are still bobbing in the ocean of delusion.” ▲



James Van Auken, MBA, is Educational Business Manager and faculty member of Atlantic University where he teaches courses on leadership, religion, and meditation. His ongoing goal is to seek out the wisdom available to us through a variety of spiritual traditions and apply it to the practical nature of everyday life. He welcomes your thoughts and comments. Write to james.vanauken@AtlanticUniv.edu.

ATLANTIC UNIVERSITY ACADEMIC CALENDAR

(All events held in Virginia Beach unless noted otherwise)

Intuitive Reasoning: A Whole Brain Approach to Problem-Solving
With **Mary Elizabeth Lynch, JD**
September 28, 2012

When it comes to problems and conflicts, too often we don't remember to consult our feelings, gut instincts, body wisdom, and creative imagination. Conflict transformation specialist Mary Elizabeth Lynch, JD, will present a one-hour lunchtime workshop focusing on intuitive reasoning and the wide range of life situations, including dispute resolution and conflict transformation, and personal life decision-making. Discover the "whole brain" approach to conflict transformation and problem-solving: begin to utilize your intuition as well as your analytical mind.

Transformative Leadership: Shaping Today, Building Tomorrow
October 12-14, 2012

Atlantic University is hosting its second annual academic conference! Each year, AU is highlighting an area of its curriculum, last year was Parapsychology and Consciousness; for 2012 the focus is on Transformative Leadership. Join faculty, staff, alumni, students, and the broader community to explore the nature of leadership and its relevance in our daily lives.

Friday, October 12

5:00-6:30 pm Registration
6:30-7:00 pm Welcome and Orientation
7:00-9:00 pm **Jenny Wade, PhD:** Charismatic Leadership and the Transpersonal: Light, Shadow, and Darkness

Saturday, October 13

8:00-8:30 am Mindful Meditation Session
8:30-9:00 am Coffee and Morning Snacks
9:00-9:15 am Orientation of the Morning and Announcements
9:15-10:45 am Concurrent Sessions #1:
Nellie Deutsch, EdD: Authenticity and Leadership
Ruth Rinehart, MA: Trusting from the Inside Out
10:45-11:00 am Break
11:00 am-noon Reflection and Integration Groups
Noon-1:30 pm Lunch
1:30-1:45 pm Afternoon Orientation and Announcements
1:45-3:15 pm Concurrent Sessions #2:
Simona Sharoni, PhD: Diversity in Leadership: A Compassionate Approach
Karen Richards, MA: Leadership: What are "Your" Unspoken Rules?
3:15-3:30 pm Break
3:30-4:30 pm Reflection and Integration Groups
4:30-4:45 pm Orientation for Evening
4:45-6:45 pm Dinner
6:45-7:00 pm Introduction of Evening Speaker
7:00-9:00 pm **Jamil Mahuad, JD:** Leadership and Negotiation

Sunday, October 14

8:00-8:30 am Mindful Meditation Session
8:30-9:00 am Coffee and Morning Snacks
9:00-9:15 am Orientation of the Morning and Announcements
9:15-10:45 am **Mary Elizabeth Lynch, JD:** Intuitive Reasoning
10:45-11:00 am Break
11:00 am-12:30 pm Concurrent Sessions #3:
Tom Curley, PhD, and Amy Betit, MA: Leadership and Learning in Community
James Van Auken, MBA, and Nellie Deutsch, EdD: Mindfulness Practices in Leadership Development
12:30-2:00 pm Lunch
2:00-3:30 pm Reflection and Integration Groups and **Tom Curley, PhD, and Amy Betit, MA:** Taking it Home

Fall 2012 Courses

Degree- and non-degree-seeking students
—Enrollment is open now—

Introduction to Transpersonal Studies:

Learn about the field of transpersonal studies as it relates to psychology, philosophy, science, and human development.

The Inner Life: Dreams, Meditation, Creativity, and Imagination:

An in-depth journey to the core of our being through meditation, a 4-week dream quest, and practical applications to develop a personal mythology.

Principles and Practices of Spiritual Mentorship:

Gain an understanding of your role as a spiritual mentor, and the qualities that you need to nurture in yourself to enhance your effectiveness.

Origin and Destiny of Human Consciousness:

Become familiar with various theories regarding the origins and development of consciousness, as well as historical and contemporary models for the structure of consciousness, and possible directions for the further evolution of consciousness.

Creating a Meaningful Life (new):

The purpose of this course is to guide students in the process of self-discovery and clarification of what they might need to live a more meaningful life. Through this process students will acquire self-knowledge and tools that will enable them to create a personal vision or mission statement.

Listening and Dialog:

Explore and examine the various dimensions of active and interactive listening and then explore the dynamics of genuine dialog.

Becoming a Teacher of Finding Your Mission in Life:

Develop skills and methods that will allow you to clarify your own mission in life so you can help others find theirs.

Principles of Parapsychology:

Survey the field of parapsychology, including spontaneous psychic experiences, studies of mediums and psychics, experimental studies, and the relationship of psychic phenomena to religious experience.

Prisms of the Soul: Holistic Self-Assessment Tools:

This course presents three holistic self-assessment tools, chosen for their combined diversity and depth. Together, these rich and varied systems inspire contemplation, introspection, deep analysis and expansion of awareness.

Qualitative Research Methods from a Transpersonal Perspective:

Expand and enhance your image of research and become inspired by the possibilities for research as a path of personal growth—enhancing the consciousness and lifestyles of humanity.

Welcome to Atlantic University, where Personal Spirituality and Higher Education meet.



Take your spiritual path to the next degree!

Conceived from the very foundation of Edgar Cayce's vision for a pioneering university in the exploration of the human and divine experience, Atlantic University continues to focus on you: your journey, your quest, your transformation. We, the mentors, staff, and alumni are here for you, offering you the next step on your spiritual path.

Take a continuing education course for personal enrichment, sign up for the Spiritual Guidance Mentor Training (SGMT) program, or apply for the Master's Degree in Transpersonal Studies. Many opportunities exist for you at Atlantic University.

Learn more by exploring our course listings, meeting the mentors, or by contacting us in the office directly.



ATLANTIC UNIVERSITY

Visit AtlanticUniv.edu or call 800-428-1512

EFT (Emotional Freedom Techniques), Edgar Cayce, and Energy Medicine

BY TOM MASBAUM

SOME ‘COINCIDENCES’ ARE fascinating to me. It was August of 1974 when I came across *There Is a River, the Story of Edgar Cayce* by Thomas Sugrue. It was August of 2004 when my daughter, a child psychologist, told me about EFT. It was August of 2005 when Linda, now my life partner, heard me mention Edgar Cayce’s name while chatting with some mutual friends. That name caught Linda’s attention and that’s when we met. So it seems appropriate that this August, I’ll be presenting an all-day conference about EFT at the headquarters of Edgar Cayce’s A.R.E.

WHAT IS EFT?

EFT, or Emotional Freedom Techniques, is a unique form of “psychological acupuncture,” or acupuncture without needles, that uses ‘tapping’ on points in the ancient Chinese meridian system to relieve psychological stress and physiological pain. EFT is an energy medicine modality used to release stress, fears, anger, grief, anxiety, depression, trauma/PTSD, digestive problems (acid reflux, colitis, diverticulitis, Crohn’s Disease, IBS, etc.), back problems, and lots more. All of these and many more symptoms can be substantially lessened and many times completely eliminated. EFT balances the energy system with a simple tapping procedure which stimulates designated meridian endpoints on the face and body. Restoring the balance of the energy system neutralizes emotional conflicts at their source, which then allows the body and mind to resume their natural healing abilities. Endorsed by Deepak Chopra, MD; Bruce Lipton, PhD;

Joseph Mercola, MD; Norman Shealy, MD, PhD; Eric Robins, MD; Candace Pert, PhD; Cheryl Richardson; Donna Eden; and many others; EFT is safe, easy to apply, and non-invasive. It is endorsed by these medical and energy experts because it works. EFT is truly Energy Medicine at its finest.

EDGAR CAYCE ON ENERGY AND VIBRATIONS

Edgar Cayce referred numerous times to his clients’ energy. “Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces—right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom.” (From A.R.E. Circulating File, “Breast Cancer: Volume 1.”) And in reading 3744-2, he says, “There are, in truth, no incurable conditions.” This is a fascinating, powerful, and uplifting statement, but it’s a little hard to believe because we are lacking the knowledge of how to experience “no incurable conditions.”

Edgar Cayce has said “mind is the builder” so often that the exact references aren’t even needed. If there are “no incurable conditions” and “mind is the builder,” then maybe our minds are the foundations for both creating and curing the “incurable conditions.” In the documentary “What the Bleep Do We Know?” leading scientists showed us that every emotion is produced by a thought. Could it be that our thoughts, and hence our emotions, are in some man-

ner creating (building) those “incurable conditions”? And could it also be that our thoughts can bring balance, or healing, to our body?

In the Cayce readings we find: “The vibrations of the body, then, have not kept (in the physical) in accord or attune to the vibrations of the mental and the spiritual self—to the detriment of the physical self . . . in cysts, tumors, and the like in the body.” (1436-1) Could this being out of attunement, or a discordant vibration, be the source of our bodily ills?

Here is an answer: “Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system . . . Hold to that *knowledge*—and don’t think of it as just theory—that the body *can*, the body *does* renew itself!” (1548-3)

I believe and often say, that Cayce and Energy Medicine principles are saying the same thing.

Jesus said, “Ask and you will receive,” and “Because of your faith you are healed.” Quantum physics experts say that we are all connected at the quantum level, hence, we are all creating our own reality with our thoughts and emotions.

In *The Biology of Belief*, Dr. Bruce Lipton tells us that our emotions change our genes, which in turn changes our DNA. Our genes and DNA do not control our biology; that instead our DNA is controlled by signals from outside the cell, including the energetic messages emanating from our *positive and negative thoughts*. Our bodies can be



Remove the blocks to feeling love, which is our true heritage.

changed (healed?) as we retrain our thinking.

So maybe we are coming to an era of “no incurable conditions” by focusing on our energy. How are we vibrating? Or what emotions are we carrying around with us?

MIND/EMOTION/BODY CONNECTIONS

In a *Venture Inward* article from May/June 2001, Sandra Duggan discussed Cayce’s reply to a woman about her colitis. “However, it was her mental attitude that Cayce considered paramount in her healing....” During the last 50 years I’ve worked with and helped people with emotional issues in prayer groups and discussion groups. Over the years I began to see additional ‘coincidences.’ I saw patterns of connections—people with similar emotional issues also had similar physical ailments. A list of many of these mind/body connections is posted on my Web site. During the intake process I ask clients for any physical issues—now or in the past—and that guides me to the type of emotional pain they may have. For physical issues, I guide the client to release an emotional pain. Either way, I expect a substantial or complete release. You can see many testimonials on our Web site about emotional and/or physical release after using EFT while in our workshops or in private sessions.

This is where EFT comes into play, as a tool to help us remove the blocks to feeling love, which is our true heritage. You gently tap or massage on a few acupuncture spots on your face and/or body while focusing on a painful memory, a worry, fear, anxiety, or whatever is holding you back from being

totally peaceful. If you are focusing while tapping, the sting gently slips away while reviewing the memory. Long-term grief can be gone in a session or two. Many physical symptoms also happen to substantially lessen or disappear.

After over 4,000 individual EFT sessions and another 2,000 attendees at classes/workshops, I have found that following the “7 Steps to EFT Success” (free on EFT-Tom.com and outlined below) will help to achieve success in an EFT session, for yourself, your client, or in just helping someone cope. These 7 steps will help any alternative practitioner, not only EFT practitioners, to assure themselves that they will have success in a client session.

THE 7 STEPS TO EFT SUCCESS:

1. Eliminate ‘psychological reversal’—an inner conflict that can create an obstruction to change.
2. Tap about a *specific part* of a *specific memory*.
3. Review the entire memory, scene by scene, tapping them all down to “0” emotions.
4. Voice your feelings at the time—for example, “Dad, (or whoever) I am feeling ...”.
5. Find the *feeling* of being responsible or guilty, *no matter how illogical it seems*.
6. Forgive the other person.
7. Create a new ‘movie’ where you feel self-respect, and feel love from the other party.

Psychological reversal can be quickly released by a number of methods. One simple, quick, and very effective way is to make a positive statement, even silently (Jesus, Buddha, peace, love, and joy).

EFT works surrogately, without actually tapping on someone. So when they, themselves, are tapping it can be very light and gentle, like a “butterfly kiss.” For me, the secret of success with EFT appears to be in the *focusing on a particular part of a particular memory* and following the 7 steps. Each part of the negative memory seems to have a separate and sometimes strong emotional hook in us. The sound of the anger in someone’s voice hooks us differently than the words themselves. And the slurring of the words, if the person was drunk, has its own and distinct hook. While focusing on a negative memory, our bodies will tell us what part of the memory hurts. Quite often this reaction is in the gut, solar plexus, or heart area, but it could be anywhere.

Here is another ‘coincidence’ that led to a valuable discovery. In the last 1,000-1,500 sessions, our clients have all found a strong sensation of fault, responsibility, or guilt attached to *every negative memory, even though often they have done nothing wrong*. Usually after the tapping has removed most of the negative sting attached to a memory, and usually at the beginning of the discomfort in the memory, the client finds a “woulda/coulda/shoulda” on their part, even though it is completely illogical to feel that “guilt” while being abused or attacked in some way.

Forgiving the person in the negative memory is very liberating. It is also a test to see if the memory is cleared. If it is hard to forgive it is just a sign that part of the memory still has a sting and needs more EFT tapping. After the sting is completely gone from the memory, any memory, forgiveness is simple and natural.

Making up a movie [scenario] about feeling loved by the person in the memory is powerful and also a wonderful test of the level of sting left in the memory. With no sting, love flows easily and quickly, to and from the other person. If it is hard to make up a movie and feel loved by that person we go back and tap some more. When the sting is totally gone, the feeling of love will flow.

There are hundreds of EFT videos on the Internet for you to learn EFT for yourself. Your health is your wealth. Release anything that is holding you back from *feeling love and being love*. 🌟

ABOUT THE AUTHOR



TOM MASBAUM is an EFT Practitioner, Advanced. He’s been a hospice volunteer for 12 years. He has presented EFT to clients in over 4,000 private sessions, including over the phone, all with a guarantee of success or no charge. He

and his life partner, Linda Nyberg, reside in Oak Forest, Ill. Visit his Web site at EFT-Tom.com or email him: EFTwithTom@gmail.com.

Tom Masbaum will present a special one-day workshop, **EFT: Emotional Freedom Techniques (“Tapping”) Hands-On Training**, Aug 12 at A.R.E. HQ in Virginia Beach. Includes FREE 87-page manual on CD. Visit EdgarCayce.org/conferences or call 800-333-4499.

BY KEVIN J. TODESCHI AND HENRY REED

Appreciating Your Mission in Life

All of life is meaningful. According to the Edgar Cayce perspective, everything that exists—all experiences, all human interaction, even all of our personal challenges are potentially meaningful. Your personal life is also meaningful and has a purpose, a purpose that involves other people.



The Cayce readings indicate that as long as we are in the earth, we have a personal mission to fulfill—even when the challenges of life might make us question our personal worth, value, or effectiveness. On these occasions we might want to recall the fictitious story of George Bailey, whose story was enacted by Jimmy Stewart in the classic movie, “It’s a Wonderful Life.” Faced with seemingly insurmountable difficulties, George doubts that he can make any difference and that folks would be better off if he were dead. An angel comes to visit George and gives him a vision of what life

in his town would have been like had he never existed. George is amazed to discover just how different, how disappointing, how unfortunate life circumstances are for many people in his hometown that never had a George Bailey living there. The vision enlightens George that his life does indeed have meaning, and that his interactions with others have made a tremendous difference in the world. To describe George’s mission in life we wouldn’t so much focus on his being a banker, but instead on his compassion and empathy and the ways he interacts with and helps people—even his

attitude affects others. Although the story is fiction, George Bailey’s life does serve as a potential archetype of human experience, showing us the tremendous value of each and every soul and that soul’s impact upon the whole.

Does it truly make a difference that you are here? Of course. Cayce affirmed that each of us has a specific mission in life. To understand the nature of that mission, we have to take a few steps back from our current life to get a feeling for the larger story. Cayce’s cosmic perspective begins with God the Creator and His purpose for creating the world. In that perspective, God created the universe, and us, the souls, for the purpose of co-creative companionship. The intent of our creation is that we would come to a level of consciousness in which we could bring the consciousness of spirit into matter. The meaning of life, in this perspective, is an evolutionary one, leading to humans being able to experience a connection with the Creator and to actively participate in the ongoing process of creation. It’s a goal that involves our own participation, which is where our own personal sense of meaning comes into play as we interact with others. At one level, we all have the same larger mission in life: to become God-realized and to share that consciousness of spirit with others, through kindness and service, making the world a better place for our having lived in it. However, in addition to the grander general mission we all share, we each have a more personalized mission in life.

One’s personal mission in life is a dynamic match between one’s particular talents and the needs of the world. It is a creative dynamic that inspires you to develop your soul qualities so that you’ll have access to the gifts you have to share with the world. It is not necessarily a job description or a career path, although it might overlap sometimes with your livelihood. It is generally something that gives you such joy that you would do it even if you were not getting

paid for it. Because it is an innate part of your soul being, it is something that you do very well and naturally. It is uniquely yours, even though others may have similar missions or avocations to share with the world.

Consider the case of a 60-year-old executive housekeeper who oversaw the cleaning staff at a hospital. When she came to Edgar Cayce and inquired as to the nature of her mission in life, Cayce told her that the work she oversaw was instrumental in assisting patients in their healing process. Although she often thought of herself as a housekeeper, Cayce told her that her real mission was that of a healer—helping to create a healing atmosphere for those in need. In fact, Cayce confirmed that this being of service to others in need of healing had been a part of her soul's unique purpose for many, many lifetimes.

On another occasion, a 42-year-old schoolteacher was told that although her vocation was education, her real mission in life was the talent she possessed making all individuals feel better about themselves and their personal abilities. Cayce told her that her efforts in this regard would truly make the world a better place because of those individuals she had personally affected and impacted.

In terms of your personal mission in life, you are non-replaceable, for no one can serve those you contact in exactly the same way as you do. Where your unique combination of talents and personal traits match certain needs in the world, you become the only suitable solution. It is your mission to plug that hole, to fulfill those needs as only you can. And as you reach out to serve these needs, your soul blossoms and takes one more step into its lively incarnation. Our mission in life links the needed steps for our soul development to opportunities to serve the needs of others. As in all of creation, nothing is wasted, each living element in the unfoldment of its existence shares and sheds aspects of itself aspects which other elements in existence need for their unfoldment. One's mission in life is a way of describing this creative interdependence that gives each living being a meaning for its existence.

Echoing a memorable quote by the late President John F. Kennedy, by asking not

what life can give to you, but what you can give to life, you enter onto a spiritual adventure of discovery. You begin to find your “groove,” where effort ceases and ease takes over, where synchronistic events multiply and give you a sense of being in the right spot at the right time. Life ceases to be an uphill struggle, but a thrilling ride that continually presents surprising glimpses of unknown talents and abilities.

Modern research has confirmed the existence and importance of this often mentioned phenomenon where it seems that a higher power takes over and runs things while we enjoy the ride. This research on what psychologists call the “flow experience” results from thousands upon thousands of reports by ordinary folks who participated in several long-term studies of their everyday moments. Using modern technology, researchers provided participants with beepers to wear all their waking moments. At random times, a computer would dial the participant's beeper. At the sound of the beeper, the participant made a phone call to a recorder and described for the recording what he or she was doing, thinking, and feeling at the moment the beeper sounded. Analyzing these many reports, psychologist Mihaly Csikszentmihalyi found that there was one particular type of reported moment that spoke of a special experience. The person was absorbed in the moment, at one with what they were doing, losing track of time. The activity, whether private or shared, physical, mental, or interactional, was something the person was familiar with, something of an interesting challenge, but the person felt more than equal to the task,

confident, relaxed. It felt to the person as if the activity were going on all by itself, requiring no special effort on the person's part. The person felt in touch with their real self, intuitive, and they found perfect meaning in the moment. In such popular books as *Flow: The Psychology of Optimal Experience*; *Finding Flow: The Psychology of Engagement with Everyday Life*, and *Creativity: Flow and the Psychology of Discovery and Invention*, Csikszentmihalyi has described in detail the qualities of this frame of mind, what creates it, and what it creates, both in the life of the person experiencing it, and in the impact in the environment. Most importantly, he found that in these moments of flow, the person feels as if they were where they were meant to be, doing what they were meant to be doing. Flow provides for self-realization in the context of interacting with the environment. In such moments, people report losing the sense of separation of self and the outer world. Cayce's perspective on mission in life provides an important clue on how to promote flow experiences in one's life, extending them beyond the moment.

A crucial aspect of what the Cayce readings have to share with us about the sense of mission in life is that it is not meant to be a path to private fulfillment, although following one's mission is very fulfilling personally. Instead, our having a mission in life reflects the soul's need for an outlet to serve others as a means of stimulating the growth of the soul's qualities. Just as altruism often stimulates people to reach out and extend themselves beyond their normal level of ability and function, so the urge to serve



In terms of your personal mission in life, you are non-replaceable, for no one can serve those you contact in exactly the same way as you do.



We get to heaven, Cayce often reminds us, leaning on the arm of someone we've helped.

the needs of others is the trigger that can stimulate the evocation of dormant talents. In other words, we don't self-actualize for our own sake, even though we are often so motivated. Instead, the soul realizes that its actualization serves a larger purpose, to be of help to others and their growth toward God awareness. Rather than seeing the path to heaven as a ladder we climb solo through personal meditation and enlightenment, the Cayce perspective views the path to heaven as a large dance in which we are all helping one another prepare ourselves to be God-realized and communal citizens of heaven. We get to heaven, Cayce often reminds us, leaning on the arm of someone we've helped.

Besides developing the fruits and gifts of the Spirit, which is a part of our general mission, what can we do to have a relationship with our personal mission in life? Having a relationship with the sense of mission is probably a better notion than "finding" one's mission, because relationship implies an ongoing process rather than a singular event of discovery. Our entire life's journey is our mission, suggesting more a process than an end result or product. When considering lessons from past lives, it is not so much "who" we were that matters, but our attitude, intentions, and actions that define the soul. There was a man who was frustrated because he felt that he had failed

his mission to be a famous author. Studying the Cayce material on mission in life, he realized that when he took into account, not just his abilities, but also his likes and dislikes, he realized that being a famous author was too restrictive a vision for his mission. Instead he realized that he held a fundamental idea of freedom in service. As he expressed it in his mission statement, he aimed to wake up every morning feeling as if it were Saturday, eager to get up and return to an engaging creative task, ending the day knowing he had helped someone and enjoying his evening with family and friends. By changing his concept of mission in life from a job description to a description of a style of life, he more accurately reflected the Cayce perspective on mission in life. And so it is with our mission in life, that it is less important "who" we become, in the sense of a career or job title, as it is the style and spirit in which we live. Discovering our mission is an ongoing learning process of discovering our own divinity. A good morning meditation that expresses this approach to spirituality might be to ask upon awakening, "What opportunity will I have today to develop my soul qualities by being of service to someone in need?"

We certainly must examine our talents and abilities to get a sense of our mission, but we must also look to our desires, and what gives us joy. Surprisingly, research backs up the validity of the slogan, made famous by Joseph Campbell in his attempts to educate us about the spiritual messages in mythology, telling people to "follow your bliss." In his research on flow,

Csikszentmihalyi found that during those special moments, people were pursuing activities that they enjoyed doing for their own sake rather than activities that were pursued because of the anticipated results. Someone who says they'd do their work even if they were not getting paid for it is someone whose work is in line with their mission in life, for it is to be enjoyed for its own sake. At first, we may serve others from a sense of religious duty. As we mature, however, and begin to realize our soul's talents, we exercise these talents for the pure joy of it and we find that serving others with our talents is itself a joyful experience. It is a credit to the Creator to come up with a design that has us follow our bliss to discover the talents we have to serve others and help them grow, meanwhile discovering our oneness with God in the process. It's a good life. 🌟

ABOUT THE AUTHORS



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Henry Reed will mentor the online eGroups **The Spiritual Applications of Self-Hypnosis**, July 11-Aug 7, and **Awaken the Shaman Within**, Oct 10-Nov 6. Visit EdgarCayce.org/egroups for details. 🎧

Kevin Todeschi will present **Edgar Cayce on the Akashic Records, Relationships, and the Illusion of Time**, Sep 22 at the A.R.E. Houston Center, Texas; and Nov 3 in Fairfax, Virginia. Visit EdgarCayce.org/fieldconferences or call 800-333-4499 for details. 🎧

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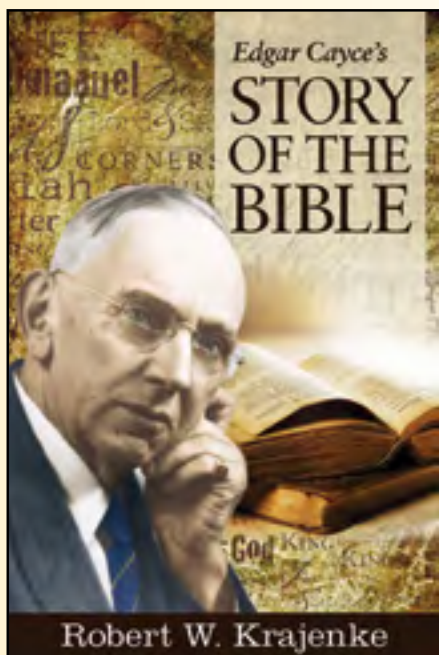
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Book Highlights



Edgar Cayce's Story of the Bible

By Robert W. Krajenke

A.R.E. Press • 560 pages, paperback
Item #663 \$27.95



Formerly published as a trilogy (the Edgar Cayce's Story of the Old Testament series), now offered as a single volume.

shaped the nation under Joshua, the Judges, and David. By forgetting God, they forgot about their souls and lost sight of the only power that could perpetuate the nation.

Although occasionally they were called back to the light by prophets and kings to enjoy renewed strength, vitality, and prosperity, they ultimately degenerated all the resources which had been given them. They were called to the light, only to drift back into the darkness. Over and over again the nation repeated this cycle, sliding ever closer to the final tragedy and national trauma when the "day of reckoning" arrived. They had misused and abused everything that had been entrusted to them, now everything was taken away—everything except God.

The captivity was caused by the same disregard that had brought on the deluge:

... the deluge was not a myth ... but a period when man had so belittled himself with the cares of the world, with the deceitfulness of his own knowledge and power, as to require that there be a return to his dependence wholly—physically and mentally—upon the Creative Forces. (3653-1)

A Jewish businessman was told in his reading that he had been among "the sons of Moses," a direct descendant, and that the spiritual lesson of the captivity was not lost on him.

The entity gained through this experience, for those waitings, those openings of the hearts of the peoples in an alien or foreign land, brought many lessons to the entity, that service to man is the highest service that may be rendered to the God. This the entity has lost in, somewhat, in the present, yet is there that bond ever present that self must be in touch with that upon which one may lean, not only in dire circumstances, but in joys, in pleasures, in hardships, in trials ... (426-2)

In captivity the Jews were forced into introspection and re-evaluation. They had time to question their direction and, aided by great prophets like Daniel, Jeremiah, and Ezekiel, awaken with humility and obedience to the Spirit and to their service to man.

Although the seventy years of captivity was a time in which the traditions and religious experiences of the past became "hearsay" (2305-2), and much was neglected by the teachers and

interpreters of the law (2444-1), and a great deal of drunkenness or dissipation prevailed among the Jews who were favored with high positions in the court (1096-2), there was also that important "remnant," that immeasurably valuable handful, who kept clear of all these influences and searched for God.

It was the people who entertained the spirit of God within who had the most influence on their captors. Deep calls to deep, the psalmist said, and spirit to spirit. Both the Chaldeans and the Jews were sons of God. As the Jews reawakened to the universal spirit of the Father-God in them, it drew out a response from the same spirit within the Chaldean, and later the Persian, so that all could work together for the fulfillment of God's will—that not one soul should perish. Thus Jeremiah counseled the captive Jews in Babylon not to resist the bondage, but to "seek the peace of the city" where they had been taken and "to pray for it." (Jeremiah 29:7) Only by finding God in the place where they found themselves could they ever become at-one with His spirit and agents of His will. 🌐

Excerpted from Chapter 25: "Judah in Babylon"



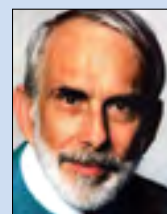
When ye forsake my ways ye shall be scattered, ye shall be without those things that would bring ye into the knowledge—until that time is fulfilled. (3976-13)

The Israelites were called to establish the kingdom of God on earth, but where the kingdom was to be built, and how, was frequently misunderstood. Only a few, like David, knew it had to start from within.

As time passed, more and more of Israel's energy, thought and emotion was devoted to the material aspects and preservation of the kingdom, and less and less to its original spiritual intent and purpose. As the people became more enmeshed and involved with the outward forms, they lost sight of the inner principles through which the kingdom had come.

As captive slaves, Judah finally found the time to do that which it had failed while free—to find God.

The Cayce material tells us that wherever we are, in whatever condition we find ourselves, is the place we must begin to search for God. Judah had a multitude of opportunities in a variety of changing circumstances to search for and know God. As a free nation and in days of plenty, they gradually forgot and forsook those creative and spiritual principles which had formed and



ROBERT W. KRAJENKE is a spiritual counselor, energy healer, speaker, and workshop leader with interests in

prayer, poetry, meditation, dream interpretation, and fostering an atmosphere of unconditional love. He is an active ordained minister of the Fellowship of the Inner Light, a nondenominational interfaith church based in Virginia Beach, Va. Krajenke is also co-author with British healer Malcolm Smith of *Spiritual Power, Healing Hands and For the Beloved: Poetry for the Mystic Heart*.

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JULY, AUGUST, SEPTEMBER 2012 • EdgarCayce.org/nearyou

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Phoenix • Oct 6 ☎

The Key: Unlocking Your Psychic Abilities for Everyday Living
Echo Bodine

Scottsdale • Sep 4-5, Nov 20-21

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Lynnie or Rex 480-661-8000
(lynniecarlucci@yahoo.com)

Tucson • Sep 1-2, Nov 17-18

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Lynnie or Rex 480-661-8000
(lynniecarlucci@yahoo.com)

ARKANSAS

Lake DeGray • Oct 27

Universal Laws
Kathy Callahan
Southwest Region 512-327-7355
Sherry Johnston 479-637-4361

CALIFORNIA

El Cerrito (No. Calif.) • Sep 22

Numerology
Betty Riley
Ellie Short (eeshort@sbcglobal.net)

Los Angeles • Aug 25 ☎

Revelation—A Map to Enlightenment
John Van Auken

Sacramento • Aug 28-30, Nov 13-15

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Yuene Shure 530-219-6831

San Diego • Sep 22 ☎

Past Lives and Present Life: Awakening Your Inner Initiate
John Van Auken

San Jose • Oct 20 ☎

Reincarnation's Echoes from the Past: How They Are Relevant for Today
Barbara Lane

CALIFORNIA, continued

Santa Monica • Sep 7-9, Nov 23-25
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Wilma Jackson 310-829-1425

COLORADO

Denver • Sep 22 ☎

The Key: Unlocking Your Psychic Abilities for Everyday Living
Echo Bodine

CONNECTICUT

North Haven • Sep 15 ☎

Your Psychic Soul: Tapping into Your Inner Guidance
Judith Pennington

D.C. AREA: NOVA, D.C., AND MD

Edgar Cayce Readings Exploration Group Meet-up
Audrey Roh (LookingOutForOthers@gmail.com)
Visit Meetup.com/ece-nova-dc-md for details on ongoing and upcoming events.
NEW local A.R.E. Web site for the Washington, D.C., metropolitan area: EdgarCayceDCmetro.org

Fairfax • Nov 3 ☎

Edgar Cayce on the Akashic Record, Relationships and the Illusion of Time
Kevin J. Todeschi

FLORIDA

The Villages

Nov 10 ☎

Reincarnation, Resurrection, and God
John Van Auken

4th Thursdays

Edgar Cayce Film and Discussion Group

Frances H. Charlebois Rolph 352-753-6079
(francesrolph@gmail.com)

GEORGIA

Atlanta • Nov 7 ☎

The Key: Unlocking Your Abilities for Everyday Living
Echo Bodine

ILLINOIS

Des Plaines (Chicago area)
Edgar Cayce Holistic Center
888-663-0082 or 847-299-6535
areheartland.org/chicago
arechicago@gmail.com

Sep 11-13, Nov 27-29

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com

MARYLAND

The Power of Choice: Mind is the Builder

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

MASSACHUSETTS

Abington • Sat., Jul 14 (rain date Sun.)

A.R.E. Pool Party and Picnic
Patty 781-878-1974
(pattymc696@gmail.com)

Braintree • Sep 15-17, Dec 1-3

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Aantre Kennedy 781-848-8860

Craigville/Cape Cod • Sep 7-9

**Annual Retreat
Sound, Shells, and Spirituality**
Aantre 781-848-8860 or
Paula (pawluh@pawluh.com)

Lexington • Oct 20 ☎

Edgar Cayce: His Life and Soul Group and Their Lessons for Us Today
Sidney Kirkpatrick

Plymouth • 2nd and 4th Friday mornings

Coffee with Cayce
Presentation and group discussion
Betty 508-673-0477 (betty508@aol.com) or
Lois 508-880-7588

Quincy • 3rd Saturdays

Monthly meeting and program
Elena Allen 781-862-2019 (Lellaall@verizon.net)

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Detroit area

Margaret Dwyer 248-541-0128
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2nd and 4th Tuesday of each month
**Healthy Sleep and Dreamwork
Support Group**

3rd Thursday of each month, 7-9 PM
Metro Detroit A.R.E. Lecture Series

Sep 22 ☎

Energy Medicine

C. Norman Shealy, MD, PhD

Ferndale • Sep 21

International Day of Peace and Nonviolence Rededication of Peace Poles

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(eagle1062@sbcglobal.net)

MISSOURI

Kansas City • Oct 20 ☎

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NEW JERSEY

Cape May • Aug 21-22, Nov 6-7

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Claudia Marmescu 609-780-6949

Newark • Nov 3 ☎

Past Lives and Present Life: Awakening to Your Inner Initiate

John Van Auken

NEW MEXICO

Albuquerque • Nov 10 ☎

Exploring Your Healing Potential: A Blend of Energies—Cayce and Eden

Denise Furgason and Ellen Selover

NEW YORK

New York City

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212-691-7690 or visit edgar caycenyc.org

Aug 15-19, Oct 31-Nov 4

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NORTH CAROLINA

Little Switzerland • Sept 27-30 ☎

Wildacres Retreat

**Life, Death, and Rebirth: Co-Creation
with God**

Ann Jaffin

OHIO

Cincinnati area • Sep 15 ☎

Past Lives and Present Life: Awakening Your Inner Initiate

John Van Auken

Columbus • Oct 13-14

Universal Light Expo

C. Norman Shealy, MD, PhD

Dublin • Jul 17

Mutual Interest Group

Tarot Card Readings

Tony Clark

Galena • July 22

Annual A.R.E. Metaphysical Picnic

Westerville • Nov 10

Meditation Retreat

Carol Baraff

Darian Torrance (darian.torrance@gmail.com)

OKLAHOMA

Oklahoma City • July 21

Finally 2012 Is Here – What Will Happen?

John Van Auken

Southwest Region 512-327-7355

Janice or Ray Howell 405-525-9030 ext. 11

OREGON

Portland area • 3rd Saturdays

Mutual Interest Group

Raymond and Nobie Tarpey 503-697-8341

(nobtarpey@yahoo.com)

PENNSYLVANIA

Philadelphia

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

Gregg Unterberger

Aug 24-26, Nov 9-11

Spiritual Healing Sessions

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Phyllis Vorhauer 484-494-6097

Pittsburgh • Oct 13 ☎

Life Lessons and Soul Purpose: A Life Course Tune-Up

Lynn Sparrow Christy

RHODE ISLAND

North Kingstown • Jul 28

Energize Your Life: Donna Eden Energy Techniques and Edgar Cayce Concepts for Vibrant Living!

Ellen Selover and Denise Furgason

Joy Quinn Blum 401-258-3952

(Spirit.of.Joy@cox.net)

SOUTH CAROLINA

North Charleston

July 9

An Overview of the Universal Laws

Terri Gross

Terri Gross (ARE.SouthCarolina@gmail.com)

Aug 13

A Spiritual Journey Through Asia Minor

Sam Crane

Terri Gross (ARE.SouthCarolina@gmail.com)

Sep 10

A Course in Miracles and Cayce

Barbara Derrick and Lynn Holland

Terri Gross (ARE.SouthCarolina@gmail.com)

TENNESSEE

Montgomery Bell State Park • Oct 26-28

Mid-South Fall Retreat

Edgar Cayce on Akashic Records, Soul Mates, and the Nature of Time

Kevin J. Todeschi

Emily Fox-Hill (901-626-4233 efoxhill@aol.com)

TEXAS

Austin • Aug 4

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Houston

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713-263-1006 or visit EdgarCayceHouston.org

Sep 22 ☎

Edgar Cayce on the Akashic Record, Relationships, and the Illusion of Time

Kevin J. Todeschi

Nov 3 ☎

Living in the Spirit: Making a Difference Day by Day

Kathy Callahan

Hunt • Oct 4-7

Texas Fall Retreat at Mo Ranch

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Ellen Selover and Denise Furgason

Aug 18

Meditation and Ideals: Building a Beautiful Life from the Inside Out

Corinne Cayce and Jesse Luckett, MA

Sept 15

How the Bible Reveals Reincarnation

L. Edward VanHoose

Oct 20

Universal Laws: God's Handbook for Living Life to the Fullest

Kathy Callahan

Virginia Beach

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Aug 10-12

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Day Schwartz 804-693-5192

edgarcayceforum.net

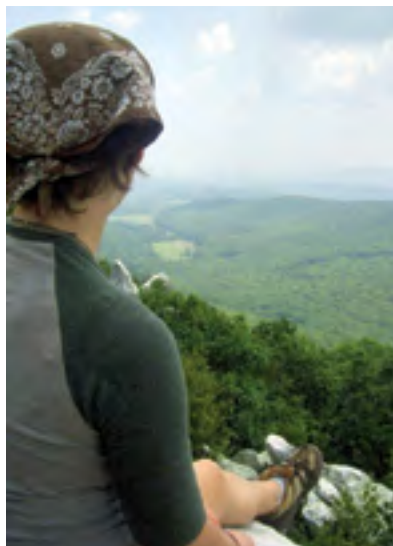
Youth Activities at Headquarters:

July 2-6; July 9-13; and July 16-20

Patti Day Camp



VIRGINIA, continued



Rural Retreat

A.R.E. Camp at Rural Retreat

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e-mail arecamp@edgarcayce.org

Children's Camps and Hikes

July 8-21 Camp (ages 10-16)

July 21-28 Hike (ages 12-16)

July 29-Aug 11 Camp (ages 10-16)

Aug 11-18 Hike (ages 12-16)

Teen and Young Adult Programs

July 8-21 Cayce Fellows

Family Retreats – all ages

July 22-July 28 Session 2

Aug 12-18 Session 3

Adult Programs

Aug 19-25 Adult Retreat

WASHINGTON

Seabeck • July 4-8 ☎

Discover the Seven Steps to Your Intuition: Access Your Gifts and Heal Your Life

Linda Schiller-Hanna

Yakima • Sep 22

Overview of the Edgar Cayce Remedies: Including Tips and Tricks for the Cold and Flu Season

Claudia Carraba and Gary Schoonveld

Dawn Fulton 509-925-5552

WISCONSIN

Brookfield

Kevin Reger 262-547-3262 (vf Fuller@wi.rr.com)

CANADA • EdgarCayceCanada.com

BRITISH COLUMBIA

Comox Valley • Monthly

Metaphysical Exploration Group

Anjali or Norman Thomas 250-338-1690

Nanaimo • 1st and 3rd Thursdays

Nanaimo Metaphysical Network

William and Judith Munns 250-753-2110

(nmn05@shaw.ca)

Visit nanaimometaphysicalnetwork.org for the latest schedule for Sep-Oct 2012

Vancouver • Monthly

Mutual Interest Group/Movie Night

John Golka 604-736-7762

NEW BRUNSWICK

Sackville • July 6-8

Annual Atlantic Fellowship Conference

The Art of Spiritual Mechanics:

Daring to Live What the Soul Already Knows!

John Heney

Danks Cole, 902-405-0578

(corgano@eastlink.ca)

ONTARIO

Huntsville • Aug 16-19

ECC Youth and Family Outdoor Retreat

Portage Inn on Peninsula Lake

Erika Allen: (erwassif@gmail.com)

Peterborough

Helene Thibert 705-745-7188

(helene_thibert@hotmail.com)

Aug 12

Annual Summer Picnic

Monday nights

Study Group Meetings

QUEBEC

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Healing and Meditation Group

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GUATEMALA

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November 9-17, 2012

Optional Copan Extension
November 17-19



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THE READINGS

Say

BY EDGAR CAYCE

Interpreting the Signs and Omens

... As in relationship to changes—these are indicated not only through prophecies but through astrological aspects, as well as the thought and intent of persons and groups in high places; bringing about these things, these conditions, in what might be said to be the fullness of time.

However, since the advent of the Son of Man in the earth, giving man an advocate with the Father, there has been an influence that may counteract much of that which has been indicated that would come as retribution, or in filling the law of an evolution of ideas and the relationship of material things to the thoughts and intents of individuals and groups.

Then, as to whether the hearts and minds of individuals or souls (who were given authority concerning the laws of the universe) are fired with the thoughts of dire consequences or those things that bespeak of the greater development of a spiritual awakening, is still in the keeping and in the

activities of individuals who—as this entity—have caught a glimpse, or an awareness, of that which is in the making, in the affairs of state, nation, and nations, and the universe, as related to the condition upon the face of Mother Earth.

There enters much, then, that might become questions as respecting that which has been foretold, or prophesied, as well as respecting the activities of groups and individuals who have acted and who are to act as a counterbalance to these happenings in the earth.

In the first premise—know what was the cause of indifference, or sin, entering material manifestations. Was it the purpose by God that such should be, or by the Godhead? Or was it that this force or power seeking expression found—with the expression—that there came the forces of positive and negative?

And with same the awareness of one influence or force, taking certain courses or directions, became negative. The others became the greater positive.

Thus in the experience of souls through their evolution in the material things of the earth, there has been brought just that same effect in the material affairs of the souls active in expressing or manifesting at this particular period or sphere of development.

Much of just this comprehending is indicated in some of those records that are now becoming more and more a

part of man's experience, or awareness; in that the cosmic or universal or spiritual laws are bringing same into that category or phase of experience where they become a part of individual experience.

This may be indicated from the records in the rocks; it may be indicated in the pyramids—man's attempts to leave a sign to those who, in the spiritual comprehension of material associations in spirit, would interpret that which had been, that which is, and that which was to be.

Hence it is seen that there are interpretations that become a matter of the consciousness of the individual so making same.

Or, to return to the first premise, it depends upon which line is taken by such an individual making such interpretation; whether a pessimistic or an optimistic, or a positive or a negative; or (by negative we mean) one that sees the world, as related to the earth and its position in the universe, being damned irrespective of what souls do about same, taking little or no account of the words, the promises, yea the activities of Him. *He* manifested in the earth that as would bring to the seeker an awareness of the constructive influence of same.

This may be indicated or seen in the record according to the Book—which is as a sign, a guide to those who seek to know His ways, His purposes to man.

These interpretations of the promises, the pledges taken and given in the lives and activities—or during the phases of a sojourn of an individual soul, must be taken into account.

And then these indicate as to what is to come to pass, even through these periods of the earth's journey through space; “catching up,” as it were, with Time.

And then the soul realizes—in his search for his Maker—the patience that was, is and will be manifested in Him; He that is the way, the truth and the light.

Again the interpretation of the signs and the omens becomes an individual experience. And each soul—as this entity—then is given the privilege, the opportunity to live such an activity in its relationships to its fellow man; filling, fulfilling, and interpreting that which has been indicated, in such measures and such manners as to bring hope and not fear, peace and not hate, that which is *constructive* and not *destructive*, into the lives and minds and hearts of others.

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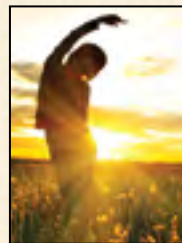
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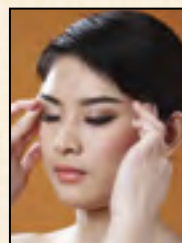
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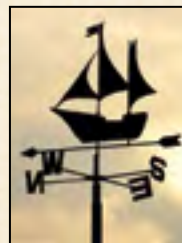
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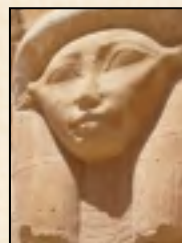
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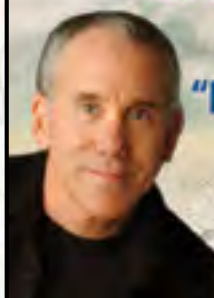


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