



APRIL | MAY | JUNE | 2011

Venture Inward

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

Secrets of the Lost Ark 22



**Inspirational Writing:
Tool for Transformation 16**

Lessons from the Fire 53



**Finding the Hall of Records
with Astronomy 10**

JOIN THE A.R.E. STAFF IN MEDITATION

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

APRIL AFFIRMATION

Desire

Father, let Thy desires be my desires. Let my desires, God, be Thy desires, in spirit and in truth.
(262-60)

MAY AFFIRMATION

Destiny of the Mind

Lord, thou art my dwelling place!
In Thee, O Father, do I trust!
Let me see in myself, in my brother,
that Thou wouldst bless in thy Son,
Thy gift to me that I might know
Thy ways! Thou hast promised, O
Father, to hear when Thy children
call! Harken, that I may be kept in
the way, that I may know the glory
of Thy Son as Thou hast promised
in Him, that we through Him might
have access to Thee! Thou, O God,
alone can save! Thou alone can keep
my ways!
(262-73)

JUNE AFFIRMATION

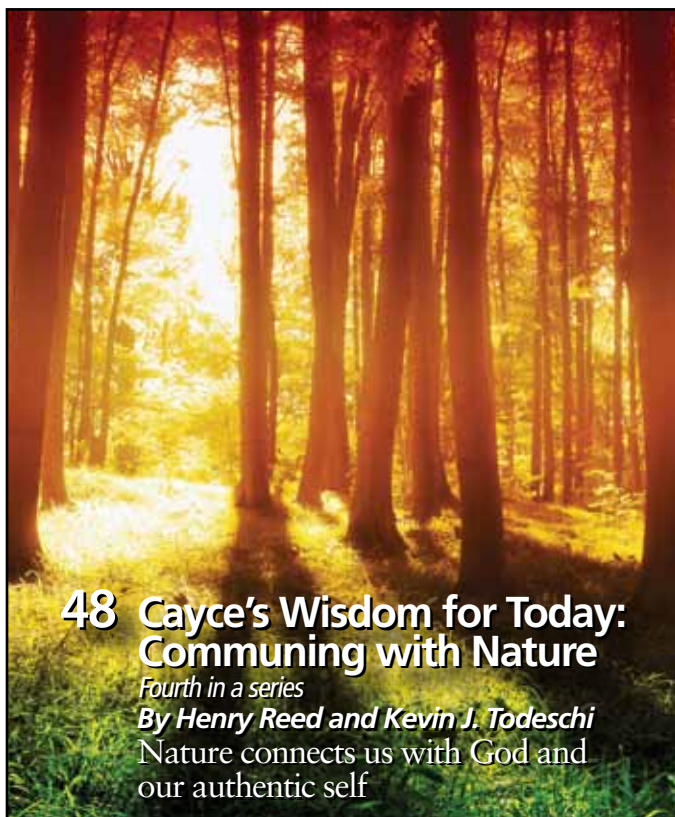
Destiny of the Body

Lord, use me in *whatever* way or
manner that *my* body may be as
a living example of Thy love to the
brethren of our Lord.
(262-84)

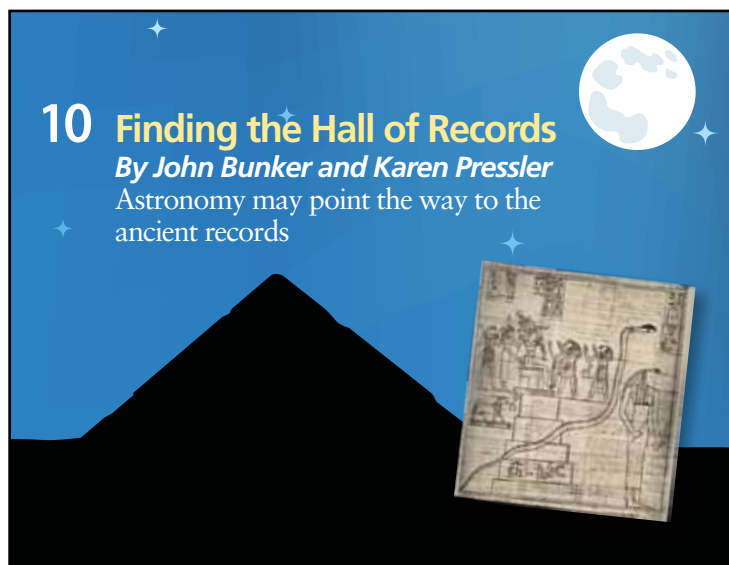
GET INVOLVED! Join our international prayer list, request prayer for yourself or a loved one, become a pray-er for those in need, host a prayer healing group in your area, or simply request our booklet: *Guidelines of Prayer and Meditation for Help and Healing*.

A.R.E. Prayer and Meditation Services
215 67th Street, Virginia Beach, VA 23451 • 757-457-7190
prayer@EdgarCayce.org • WorldPrayerGroup.org

FEATURES



48 Cayce's Wisdom for Today: Communing with Nature
Fourth in a series
 By **Henry Reed and Kevin J. Todeschi**
 Nature connects us with God and our authentic self



10 Finding the Hall of Records
 By **John Bunker and Karen Pressler**
 Astronomy may point the way to the ancient records



22 Secrets of the Lost Ark
 By **Barbara A. Robinson**
 Meeting God in the Ark of the Covenant




16 Inspirational Writing: Tool for Transformation
 By **Joanne DiMaggio**
 Techniques for safe and direct guidance

37 Guest Column: Just What Is Health and Well-being?
 By **Peter Schoeb, DC**
 Edgar Cayce's principles on healing from within

38 Scleroderma: Cayce's Treatment for an Incurable Disease
 By **Gladys T. McGarey, MD**
 Another disease is ameliorated holistically

53 Lessons from the Fire
 By **Joan Borysenko**
 Rekindling your life-force after emotional burnout

Venture Inward

APRIL-JUNE 2011
 VOLUME 27, NUMBER 2

Susan A. Lendvay / *Senior Editor*
 Todd Burgin / *Associate Editor*
 Henry Reed / *PSI Research Editor*
 Kim Cohen / *Design and Layout*

June Bro, Simone Gabbay, Doug Knueven,
 Jerry Lazarus, Raye Mathis, Gladys T. McGarey,
 Henry Reed, Peter Schoeb, Kevin J. Todeschi,
 John Van Auken / *Contributing Writers*

• VISIT OUR WEB SITES •
 A.R.E. Homepage: EdgarCayce.org
 A.R.E. Member-Only: EdgarCayce.org/members
 Atlantic University Homepage: AtlanticUniv.edu

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT
 Chartered by the Commonwealth of Virginia in 1931
 Kevin J. Todeschi / *Executive Director and CEO*

BOARD OF TRUSTEES
 P. Lawrence Hester / *Chairperson*
 Dan DeMar / *Vice-Chairperson*
 Charles Thomas Cayce / *President, Edgar Cayce Foundation*
 Gorgiana Alonzo, Cheryl Birch, Pat Bishop, Mary Ann Bossetta, William R. Brown, Charlene K. Buford, Vickie Church, Richard Hopkins, Eileen Malo, Mercy Martinez, Andrea Singer, Arthur Strickland, Christopher Yee / *Trustees*
 Edgar Evans Cayce / *Trustee Emeritus*
 Ruben Miller / *Trustee Emeritus*

COLUMNS AND DEPARTMENTS

| | | |
|--------------------------------------|----------------------|-----------------------|
| 4 From the Desk of Kevin J. Todeschi | 20 In Your Dreams | 42 Book Highlights |
| 5 Letters | 25 Holistic Pet Care | 44 AU Bulletin |
| 6 PSI Research | 27 Ancient Mysteries | 52 The Readings Say |
| 9 Astrologer's Corner | 33 A.R.E. News | 54 Calendar of Events |
| 14 The Art of Living | 41 Women's Wellness | 58 Online Connection |

EIGHTY YEARS AND STILL GROWING STRONG!



KEVIN J. TODESCHI
Executive Director and CEO

the readings described as follows: "...for it, the work, that accomplished, is to be first of all an educational factor in the lives of those that are contacted through the efforts of the Association." (254-42) To be sure, education occurs in so many ways—whether it is learning how to deal with a challenging personality through the Study Group program; being inspired to follow your own life's path through the insight from a conference or a book; understanding how to feel the presence of the Divine through meditation; learning to facilitate a personal healing through some of Cayce's health modalities; being reenergized and renewed by working with young people; finding the very answer you sought in the substance of a dream; or coming to terms with a karmic memory that lets you help another with the very same issue—the possibilities are unlimited.

Today, technology has facilitated our educational outreach in ways that were impossible when the organization was founded. When Edgar Cayce was alive, the readings were not even topically indexed, and finding a specific subject was a painstaking task that could take days, weeks, or months; and back then the only copy of the readings resided in the vault in Virginia Beach, Virginia. Today, any

This summer marks an important milestone in the history of the Cayce work as we celebrate the 80th anniversary of the A.R.E.'s incorporation. It is safe to say that neither Edgar Cayce nor his contemporaries ever imagined how this work would grow (and change) over its first eight decades.

One of the essential aims of the A.R.E. has always been educational in nature, which



of the 10,000-plus subjects can be researched in a matter of moments online via our members Web site (EdgarCayce.org/members) or at home via the new DVD-Rom.

In the early days, there was one mimeographed booklet on Cayce's work that gave a brief overview of his life and what individuals might expect from a personal reading. Today, in addition to the membership magazine and newsletters, there are countless articles, databases, and video materials—all available online—in addition to hundreds of books on virtually any topic covered by the readings.

During Cayce's time, one annual conference was held each year in Virginia Beach (the Members Congress). This year—in addition to the very exciting 80th annual Congress and a full year of programs and workshops in Virginia Beach—there are conference programs in hundreds of cities across the country, established centers in Houston and New York, online eGroups accessible from anywhere on the globe, and Edgar Cayce centers in 30 countries worldwide.

Atlantic University (AtlanticUniv.edu) is creating an

additional master's program in parapsychology, with new courses, and new faculty. All of this would have seemed an impossible dream to Cayce and his contemporaries back in the 1930s. And on the horizon there will be a new Education Center, new technologies making this information ever more readily available to the masses, foreign language outreach, and much more.

We have many things to be excited about as we move into the future and our next 80 years, but our essential mission will remain the same: helping people change their lives for the better—physically, mentally, and spiritually. We invite your thoughts, ideas, and prayers, so that together we can keep building on Cayce's dream: making this information even more relevant to those who come after, even to the world-at-large.

Venture Inward (ISSN 0748-3406) is published quarterly by the Association for Research and Enlightenment (A.R.E.) for its worldwide members and affiliates, Edgar Cayce Foundation, A.R.E. Press, Atlantic University, and the Cayce/Reilly[®] School of Massotherapy. Opinions expressed are those of the authors, not necessarily of the Association.

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.

Send inquiries, change-of-address notices, or requests for back issues c/o A.R.E. Membership Services at 215 67th Street, Virginia Beach, VA 23451-2061; e-mail are@EdgarCayce.org; call 757-428-3588 or 800-333-4499; or visit EdgarCayce.org.

Copyright © 2011 by the Association for Research and Enlightenment, Inc. The Edgar Cayce readings © 1971, 1993-2010 by the Edgar Cayce Foundation. Reproduction by permission only.

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.

Letters

LOVING INDIFFERENCE

I am writing in response to the article “Loving Indifference” by Jerry Lazarus that was published in your Winter 2010 issue (*Venture Inward Newsletter*). This article is very timely and addresses the real issue that most people struggle with during the holiday seasons. Dealing with close family members is a major challenge and is the cause of stress and depression in many people. Jerry brings a novel karmic perspective with examples of readings from Edgar Cayce, which is

very critical in the healing process. This article opens many avenues for people to begin healing while learning to maintain physical and psychological distance from their abusers. Thanks a lot for publishing this article.

—SCB, e-mail

COMPLIMENTS TO THE CEO

I have been an Edgar Cayce reader since 1972 and became a life member in 1994. My wife and I first visited the A.R.E. in 1990 and our visit in 2010 was our fifth. We wish

we could visit more often.

We have watched the ups and downs of the organization over the years and now write to say that we are impressed with the good management under Kevin J. Todeschi. His adherence to the Strategic Plan is to be commended. I am a strategic planner and know how organizations can drift from their intended goals. He has kept to the plan and achieved excellent results. His innovation in calling the A.R.E. “Edgar Cayce’s A.R.E.” is inspired because there is a lot in a name and the name is now far more meaningful. And, what an excellent initiative to plan for an education center and a cafe. Similarly, the moves to upgrade links with Atlantic University seem to make good sense.

If you have a CEO who knows how to manage, innovate, raise money, and take the organization forward—support him, so that Edgar Cayce’s A.R.E. has an even better future.

—John Jedryk, Canberra, Australia

ASTRONOMY 2012—PRO AND CON

I read almost all the articles that are published in *Venture Inward*. Some I believe are better than others probably because of my personal biases. The article “The Astronomy of 2012” (Jan-Mar ’11) was the very best I have ever read!

—Marv, e-mail

I read “The Astronomy of 2012” with eager interest, however, my hopes were dashed when I read the error it gives, that “The solstice points mark the time of the year that Earth is closest to, or farthest from, the Sun’s rays, depending where you live.” Although I am not an astronomer, my understand-

ing of solstices is that they are the points where the axis of the earth reaches locations in its orbit that correspond to the maximal and minimal daily influx of sunlight, totally independent of the earth’s being farthest or closest to the Sun.

—Theodore L. Kneupper, PhD, e-mail

Editor’s reply: We apologize for any confusion this wording may have caused. The author did not intend to associate the solstices with any variation in the physical distance of the earth from the sun. Rather, the wording was an attempt to explain, in a simple manner, the effect of the earth’s axial tilt on the intensity and concentration of sunlight.

A MYSTICAL HEALING

I became acquainted with the Edgar Cayce material in the 1950s and have visited A.R.E. Headquarters twice. I really enjoyed “Honoring My Psychic Gifts by Echo Bodine” (Oct-Dec ’10). I first learned of Echo Bodine in the ‘80s and wrote to her to help me in a healing. She responded, and that “condition” was removed. A few years later my foot had a bad injury, which was work-related. One night I was awakened and found my leg held up in the air. Standing at the foot of my bed were Echo Bodine and her “healing guide”—an Indian wearing a beautiful headdress of colorful feathers. They were studying my injured foot and it was healed! What a wonderful experience (thank you both).

—Helen Dunbar, Canton, Ohio



WE WANT YOUR LETTERS!

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

RELATIONSHIPS: WHEN TO LEAVE

I thoroughly enjoyed and appreciated the article, “Relationships, Families, and Soul Mates” (Jan-Mar ’11). I was wondering if the authors, Kevin J. Todeschi and Henry Reed, could elaborate on their comments at the end of the article. Specifically, could they discuss more of what Cayce meant by “that, for their own physical, mental, or spiritual safety, they needed to leave a relationship,” perhaps providing Cayce’s examples as well? Could the A.R.E. elaborate more on what Cayce might have said about the circumstances under which, and reasons why, for our own physical, mental, or spiritual safety, we need to leave a relationship?

—Marcia M. Weeden, Barrington, Rhode Island

Kevin J. Todeschi’s reply:

It is important to point out that there is certainly a great deal more known about abuse and its various physical, mental, and emotional components today than was known during Cayce’s lifetime. That said, the readings are fairly straightforward on what was meant by “physical, mental, or spiritual safety.” Obviously, if someone is in physical danger that would certainly constitute a reason for departure. In terms of mental or spiritual abuse, one of the examples that comes to mind is a reading given to a 36-year-old woman who had married an alcoholic. The husband’s problems with alcohol and his own domineering nature were preventing the woman from fulfilling her own life’s purpose. Cayce counseled the woman to seek divorce or separation and stated: “Self’s own development is in jeopardy. Choose thou.” (845-4) Conversely, there was another couple with longstanding problems. They argued about money; they argued about their relationship; they argued about everything! Each frequently thought about the desirability of getting a divorce. However, when they came to Cayce for advice, the reading suggested that they still had much to learn and work through. In Cayce’s terminology: “Know that this has not been completed in the present, and thus is to be met in each! Then why not now?” (1523-6) In terms of relationships, the readings generally suggested that something challenging was not usually set aside but instead worked through; conversely, anytime someone was in danger or someone was facing serious harm, it was best to end the relationship.



Animals may have spiritual experiences

Humans have spiritual experiences. These experiences originate in the brain. Many animals have brains like humans. Therefore, animals must be capable of having spiritual experiences.



So argues prominent neurologist Kevin Nelson of University of Kentucky, who has conducted a number of neurological studies of spiritual experiences in humans. In his new book, *The Spiritual Doorway in the Brain: A*

Neurologist's Search for the God Experience (Dutton), he includes several arguments for the probability that animals can experience a sense of awe and mystery, and have other experiences that are nonmaterial, intangible, introspective, and comparable to what humans have.

He notes that Jane Goodall, the chimp anthropologist, for example, has observed chimpanzees dancing in rain-engorged waterfalls, as if they were going into ecstatic trance. Although Professor Nelson doubts that most readers would consider his evidence as solid proof, he encourages openness and further research into the possibility of animal spirituality.

Religion's link to politics is hurting churches

As organized religion becomes increasingly involved in politics, the number of folks leaving the church is also increasing, according to research reported in the new book, *American Grace: How Religion Divides and Unites Us* (Simon & Schuster), by Robert D. Putnam, a professor of public policy at Harvard University, and David E. Campbell, a professor of political science at the University of Notre Dame.

One of the trends reported and discussed is the increase in the involvement of churches in politics, which began in the 1980s. Religious concerns about abortion and homosexuality came into political focus. At the same

time, polls indicated an increase in the opinion that church leaders should not attempt to influence how their members voted. Such an opinion has been held much more strongly among those in their 20s and 30s than among senior citizens. The result is that many of the younger generation, who still believe in God, are nevertheless becoming "un-churched" because of the politics.

Altruism can stimulate everyday ESP

Although there's the established belief that humans are basically selfish, news reports abound with acts of altruism. When our "hearts go out" to someone in need, we often spontaneously act unselfishly. Edgar Cayce suggested that ESP experiments would be more effective if they provided an engaging human motivation to stimulate reaching out psychically.

Using altruism as a motivation in experiments resembling real life, Henry Reed, PhD, (*Psi Research* editor and AU faculty member) has published in the journal *ReVision* an article describing his history conducting research within the A.R.E. membership community stimulating ESP by evoking altruism in experiments. You may download a copy of his article at <http://henryreed.com/HeartsJoined.pdf>.

Meditation helps soldiers

Meditation is no longer simply for bellybutton gazers. It is becoming a scientifically validated asset to the fighting soldier. There have been many reports of brain studies of long-term meditators showing their greater resilience to emotional upset and stress. New research has shown that similar benefits, useful in combat, are forthcoming to even beginning meditators.

In this study, funded by the Department of Defense and reported in the scientific journal, *Emotion*, one group of Marines in training participated in the practice of mindfulness meditation, while a control group did not. Researchers measured the soldiers' abilities and mental capacities before and after training. The results indicated that the Marines who had included meditation practice as part of their training showed improved mental capacities, improved athletic performance, relief from anxiety, better sleep, and stronger memory.



Happiness is found in the here and now

The familiar adage “Be here now!” has received its scientific validation. If you are daydreaming about something, chances are you are not as happy as someone else who is merely paying attention to the moment at hand. That’s the conclusion of some recent research conducted at Harvard University.

In this study, published in the journal *Science*, researchers contacted created an iPhone “app” that automatically calls the person at random moments to collect a “happiness report.” The results indicate that when a person is found to be daydreaming rather than being into what they are actually doing, they are less happy. Data analysis showed that it was not unhappiness that led to daydreaming, but the opposite: the daydreaming created feelings of unhappiness. Folks

were most unhappy when resting, when working, and when at home sitting at a computer. They were most happy when making love, exercising, and having conversations. (It takes dedicated research participants to answer their iPhone while making love.)

Thousands of participants have joined in this ongoing experiment (you can too, if you have an iPhone, by going to trackyourhappiness.org) that has proven effective in researching how moments in consciousness impact the quality of our lives.



The future can influence the past

Future events can reach back into the past and influence our actions now. Studying hard for a test after the fact could actually improve your test scores. These are two conclusions from a set of important laboratory studies in precognition conducted at Cornell University and which are to be published in the prestigious *Journal of Personality and Social Psychology*. These experiments are important because they employ tweaking four different traditional psychological experiments, for which the usual results are well known, by introducing the standard manipulation after, rather than before, the behavior the manipulation was intended to affect.

In one such standard experiment, students see a list of words, and then type a few to fix them in memory. Afterwards they attempt to recall all the words on the list. The results invariably show that they can recall the words they typed significantly more often than those they did not type. In the revision of this experiment, the typing exercise comes after the recall test. Yet the results are the same: students recall better the words they will type later. Somehow, the future action of typing the words worked backwards and improved the students’ memory for those words.

There has been a lot of Internet buzz about this, and other labs are attempting to replicate these studies. We’ll stay updated.

Love can be a painkiller

The intense emotional-ity of “being in love” has such a strong impact on those involved that it seemed to researchers at Stanford University that these love feelings might work well as a pain reducer. In the resulting experiment, reported in the online journal *PLoS ONE*, students who were in the throes of “being in love” participated. While the student looked at either a photo of the beloved or a photo of a friend, the experimenters heated the student’s palms to the point of pain. Looking at one’s beloved increased the student’s pain threshold. In another experiment, the researchers tested the effect of distraction on the perception of pain by having the student read aloud while the palm



was heated.

The results indicated that photos of the beloved and reading aloud were equally effective in raising the pain threshold. However, a follow-up experiment involving brain scans showed that although the two strategies had equal effect, they had different methods. The distraction method activated the higher part of the brain—used in thinking. The photo of the beloved activated part of the lower, reptilian brain—involved in urges, cravings, and addictions. The researchers speculated that this research will lead to drug-free methods for pain control.

‘Scenius’ is the genius of creative cultures

British music producer Brian Eno has worked with creative musicians, and has studied “genius” in the process. According to *Enlighten-Next* magazine, he now sees genius to arise from within a creative culture. He’s invented a term, “scenius,” which he defines as “the intelligence and the intuition of a whole cultural scene.”

He found inadequate the traditional view of genius as something pertaining to a few individuals. Instead, he observed, “... sometimes very fertile scenes involving all sorts of people ... created a kind of ecology of talent. Let’s forget the idea of ‘genius’ for a little while. Let’s think about the whole ecology of ideas that give rise to good new thoughts and good new work.”



New medicinal use found for laughter

We know laughter is good medicine and a good workout, too. Some of the physical effects of laughter have been reported here: enhanced immune response, lower cholesterol and blood pressure. Recent research has shown that the exercise effect of laughter extends to appetite; that laughter can be used to boost appetite in the same way that moderate exercise can.

In this study, conducted at Loma Linda University and described in *Discover Magazine*, researchers measured blood levels of a certain appetite hormone before and after students watched a 20-minute comedy show on TV. In a control condition, students watched battle scenes from the movie *Saving Private Ryan*. Those in the comedy group afterwards showed elevated levels of the appetite hormone, whereas the other group did not. Researchers suggested that laugh therapy be investigated for its effectiveness in treating the appetite loss that occurs in certain disease syndromes.

Yoga and Tai Chi helpful for fibromyalgia

Fibromyalgia, a condition of chronic pain and fatigue affects over 11 million Americans. The standard treatment is medication, which is effective as symptom reducer in only 30 percent of the population, according to a press release by Elsevier Health Sciences, and improves function in only one out of five patients. Two recent studies, however, have found that certain non-conventional treatments have more effectiveness than the norm.

Yoga was found, in a study conducted at Oregon Health and Science University and published in *Pain*, to be more effective than medication at both reducing pain and improving mobility.

Tai Chi was found, in a study conducted at Tufts University School of Medicine in Boston and published in the *New England Journal of Medicine*, to be more effective than medication in reducing symptoms and improving mobility, and that these effects lasted for more than six months.

Images define expanded consciousness

What does it mean to feel part of a larger whole? The feeling is a common side effect of discovering transpersonal reality. But what does it mean, really?

A new theory of “nested levels of social identity” has emerged from the Institute of Noetic Sciences (IONS). In an article published in the *Journal of Consciousness Studies*, Marilyn Schlitz, PhD, president of IONS, outlined five levels of expanded worldview:

Level 1: Embedded. Without our awareness, our consciousness is shaped by various factors, and we are “inattentionally blind” to other potential aspects of reality.

Level 2: Self-Reflexive. Through some self-reflection process (12-step program, meditation, etc.) we gain awareness of how our experience is conditioned and unfree, enabling brief disengagements and shifts in consciousness.

Level 3: Engaged Social Consciousness. As we become more aware of the social environment and points of view other than our own, we become more actively engaged in contributing to the well-being of others.

Level 4: Collaborative Social Consciousness. Enhanced empathy for others leads to our participating in co-creative collaborations to solve problems and innovate.

Level 5: Resonant Consciousness. Feelings of deep rapport and compassionate empathy with all of life exist and are shared consciously with others who have this consciousness and by invitation to all of creation.

Dr. Schlitz writes, “...we will never be aware of all the things of which we are not aware. But recognizing this allows us to reflect on our assumptions and to hold them with greater flexibility. In this way, we may become more conscious collaborators in an emerging new story that fully embraces our collective well-being.”



Loud noises depress food's taste

Food has more taste if you eat it in silence. Loud noises can mask the taste of food. When researchers enabled blindfolded college students to taste a variety of foods while wearing headphones, the taste reports varied according to what was playing over the phones: silence, loud static, or soft static. According to their report in London's *Daily Telegraph*, loud noises made cookies seem less sweet—chips tasted less salty, but seemed more crunchy. Research conducted in the past indicated that the tastes of certain foods can be affected by the playing of a pure tone—at certain frequencies, the food bursts with flavor.

More research is needed to determine if the effect of loud noises is created through a distraction or through a more specialized brain process. Noisy restaurants and airplanes, it seems, are probably not the best places to enjoy your food.



For related Web links or more information, go to creativespirit.net/psiresearch





Uranus, the Awakener



Uranus's influence tends to awaken you in areas where your thinking has become limited and rigid.

*Where are you making for? It takes
So many thousand years to wake
But will you wake for pity's sake?*

—Christopher Fry

ON MARCH 11, 2011 Uranus began its 6-7-year transit through Aries. This Air/Fire combination brings forth images of “hot air,” an astrological combination that indicates very creative and abundant, but not always well-grounded, ideas.

Uranus attempts to awaken you to the possibility of a more expansive existence where you discover the unique contribution you can make to life. It is like a sounding alarm clock. Some of you will jump out of bed to embrace a new day while others will roll over and pull the cover over your heads. Which response you choose may describe how you will experience this archetype. Cooperate, open the door, and Uranus can reflect exciting times. Bar the door, and Uranus can symbolize disruptive influences. “...when the cycle rolls around the influence is there!” (452-6) You cannot stop the cycle from occurring, but how you use the influences of Uranus will be dependent on your using the Will to choose.

Uranus's influence tends to awaken you in areas where your thinking has become limited and rigid. It can reflect sudden and unexpected changes to your plans or you may begin to feel a need to make changes in your life. As Uranus approaches an aspect in your horoscope, you may feel some situation—a relationship, a job, etc. is restricting you. As Uranus makes its aspect, you might feel the need to make sudden and sweeping changes, not always considering unintended consequences.

Richard Tarnas, in *Prometheus the Awakener*, has suggested that the planet, Uranus, carries the archetype of Prometheus who stole fire from the gods and was subsequently punished. Uranus symbolizes that part of you that wants something better for your life—to expand and become more than who you are—but generally, as with Prometheus, those in authority don't want you to expand outside of the already entrenched system. Therefore, Uranus sometimes reflects rebellious activity.

Uranus is sometimes referred to as a “higher octave” of Mercury (the conscious mind), and

represents your ability to connect with the universal

mind. You can become the agent for new insights and exhibit creative genius for solving problems. On the other hand, there can be the danger of ego inflation, believing you know God's will. This can be extremely destructive if you force your will on others, thinking you are doing God's bidding. All kinds of atrocities have been enacted in the name of God.

Look to the house where Aries is located in your personal horoscope to discover the area of your life where you will need to awaken. The last time Uranus was in Aries was 84 years ago. This cycle is returning and in the next 6-7 years there will be opportunities for new levels of expansion in areas that were prominent during 1927-28.

Uranus rules Aquarius and “...as the earth and the peoples of same enter Aquarius, the air, we find that the electrical forces, electronics and energies are to be the ruling influences...” (3902-2)

According to Wikipedia.com, there were major events in technology in 1927: the first transatlantic telephone call was made from New York City to London; the first experimental electronic television pictures were transmitted; Lindbergh's first solo non-stop trans-Atlantic flight; the Holland Tunnel opened; the first Japanese metro line in Tokyo opened. The year 1928 saw the animated feature *Steamboat Willie*, one of the first sound films; aviator Amelia Earhart became the first woman to cross the Atlantic, etc.

There will probably be new ideas and inventions related to and on the cutting edge of advanced technology. There may also be disruptions in technology, especially if the predicted increase in sunspot activity happens. Whenever Uranus is active, it is important to continually back up your computer.

With Uranus energy emphasized, it will be important to keep a balance between needed expansion and the urge to overthrow structures that may still be useful. On the other hand, you will need to apply and use the new insights and ideas that arise in your life.

Remember Cayce's admonition: “...knowledge not applied in the daily life easily becomes sin.” (5254-1)

Raye Mathis will mentor the online eGroups **Explore Your Relationships Using Astrology as Your Guide** June 22-July 19, and **Life Purpose Astrology**, Sept. 7-Oct. 14. 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 a distance-learning course, “Introduction to Transformational Astrology.” Call 800-428-1512 for information.

FINDING THE HALL OF RECORDS THROUGH ASTRONOMY



BY JOHN BUNKER AND KAREN PRESSLER

The tomb of Osiris was at the top of the pyramid, guarded by a great serpent god.

The following hypothesis reveals that alternative interpretations may still be developed from the records of the ancient Egyptians, which are among the oldest records on Earth.

The information presented here is a brief summary of 16 years of investigative research. By necessity, much important information had to be excluded to condense it for this article.



Somewhere in remote antiquity, long before recorded history, there was a civilization in Africa that built a city and monuments. Because of geological changes, the continent was submerged for a quarter of a million years, but then gradually resurfaced. As the slow emergence continued, people entered what is now known as the Nile Valley and settled there. They gradually witnessed a great mound rising from the waters and it became known as the primeval mound.

More time passed and people from the north invaded the country. This included Araaraart, who later became king, and his clan. These invaders mingled with the inhabitants of the Nile Valley and evolved into the Egyptian civilization. Even then there was archaeological research: they excavated the primeval mound and built a temple on top of it (5748-6). The time of its completion was 10,390 BC.

Within the temple, they sealed their most valuable possession: a written record of the history of mankind from the beginning. When King Araaraart died, his body was also interred in the temple. Comparing the story of ancient Egypt as revealed in the Edgar Cayce readings with the traditional Egyptian legend of Osiris, it appears there was a fusion of the lives of Araaraart and Ra-Ta, the first Egyptian High Priest. Together they became known as the god Osiris.

In the readings, the Khafre pyramid is sometimes referred to as the first pyramid and other times as the second pyramid.

The base, the lower part constructed in remote antiquity, was the first pyramid constructed at Giza, so it makes sense that it is referred to as the “first pyramid.” However, in the accepted academic sense, the Khafre pyramid is referred to as the *second* pyramid. This explains why it is sometimes referred to as the “second pyramid” in the readings.

That is the story, pieced together from the Cayce readings, of how the pyramid (traditionally called the Khafre pyramid) came to be. Using astronomy¹, ancient writings and tomb drawings, and with guidance from the Cayce readings, the story of the original Giza pyramid comes to life, and points us to the location of the hall of records.

ASTRONOMY AND THE EGYPTIAN MIND

Before anyone could discover the tomb of Osiris and the location of those records of ancient history, they needed to understand this clue: “With the storehouse or record house (where the records are still to be uncovered) there is a chamber or passage from the right forepaw to this entrance of the record chamber, or record tomb. This may not be entered without an understanding, for those that were left as guards may *not* be passed until after a period of their regeneration in the mount.” (5748-6)

Our interpretation of this cryptic phrase is this: there is a record chamber in the mount (the pyramid). There is a way of passage from the right forepaw (of the double lion constellation)

to the entrance of the chamber of records. To find it, a certain (astronomical) understanding is required.

The Egyptian priests were astronomers. They used star constellations that were *generated* by nature in the sky (Centaurus, Hydra, and Leo) to identify and preserve the location of the entrance to the chamber of records; these constellations were the guardians. To locate the entrance, the images had to be recognized and *regenerated* in the pyramid (mount), in the same positions which they had occupied on the autumnal equinox of 10,390 BC, the date the records were sealed into the record chamber.

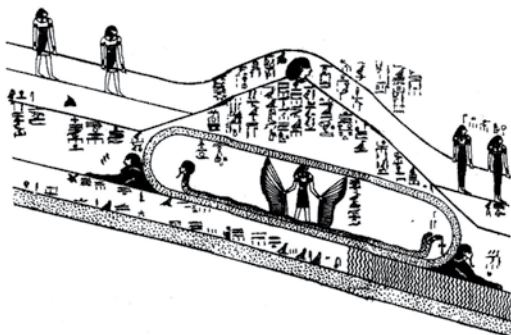
The Leiden Papyrus reveals: *Their forms are secret and without this secret knowledge you will not see the image of this god above. These images are the likeness of the image in paintings of Ament of Tuat.*



Painting of Ament from the tomb of Ramesses VI²

The above illustration from the 5th Division of Am Tuat holds a wealth of information. To appreciate what it represents, we must think like the priest astronomers. Their texts say that their painted images are images found in the sky. When they preserved information, in both written and visual representation they used the symbolism of astronomy. This science was understood by the privileged priesthood, but not by the general population. They recorded information so that only an “initiate” who was educated in astronomy might understand. To interpret it, we need to think skyward.

Hieroglyphic texts from the book Am Tuat in the Tomb of Seti I indicate that these images originated with the stars in the sky at night³.



The lines below are a partial translation of the hieroglyphic text that starts in front of the man-headed lion on the left side and continues above the oval.

- These images are in [the] designs [of] deepest darkness. *This implies that the images are star constellations, because they are designs that are found in the darkness of the night sky.*

- This god in [the] horizon [is] connected to dawn. *This gives the time of the appearance of the constellation, just prior to dawn.*
- The images above are the radiant, brilliant great god Af himself. *This explains that the images of Af (the two man-headed sphinxes from the 5th Division of Am Tuat) are brilliant and radiant.*
- Legs in [the] great double god guard [the] body. *This explains that the legs of the double lion god guard a body.*
- After this hour this great god passes by above. *This explains that the constellation is only visible for a short time, because as the sun rises, the stars disappear.*

THE PRE-DAWN SKY

What follows is a painting of the double lion god, found in radiant form in the ancient Egyptian Book of Aker. Since the sun is just below the horizon, it indicates that the appearance of the double lion constellations takes place during the last hour of night, just before dawn.

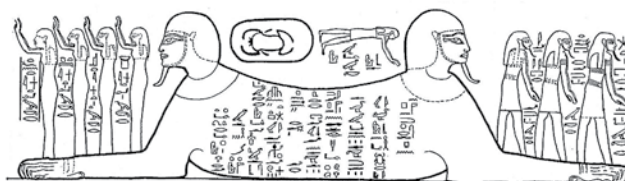


The hieroglyphic text over the paws reads: (left side) “The appearance of Aker . . . (right side) which is in the double god Aker.”

Inside the double lion it says “Aker,” accompanied by an image of a double sphinx.

In a different illustration from the Book of Aker, the double sphinx constellation rises on the horizon. Just below the horizon the sun is about to rise, represented by a winged disk⁴.

The double sphinx below comes from the ancient Egyptian Book of Caverns. The image of the double sphinx on the horizon, combined with hieroglyphic inscriptions above the right paw, conveys this message: *When the double sphinx god is on the horizon, go forth from the star in the right paw.*

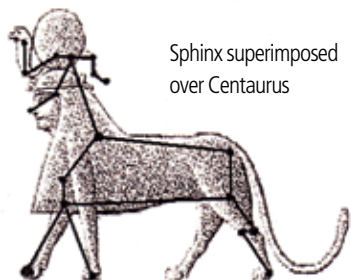


Double Lion God on the Horizon

THE STAR IN THE RIGHT PAW



In the above illustration⁵, the star Alpha Centauri rises at 114 degrees ESE at 4:50 a.m. on the autumnal equinox of 10,390 BC in the paw of the constellation of Centaurus. Let's look at why this is relevant.



Alpha Centauri was a significant star in ancient Egypt. In the zodiac of the Grand Temple of Hathor, the sphinx is portrayed in the position of the constellation Centaurus⁶.

When we superimpose the sphinx over the constellation, the star in the

right or foremost paw is Alpha Centauri.

Sir Norman Lockyer (1836-1920), one of the major English astronomers of his time, became interested around 1890 in a problem which had also attracted Newton: that of using astronomy to assist in determining the chronology of history. In 1894 he published his study of temple worship and mythology of the ancient Egyptians, which explained the significance of Alpha Centauri.

Richard Hinckley Allen, in his book, *Star Names Their Lore and Meaning*, stated:

“Alpha’s splendor naturally made it an object of worship upon the Nile, and it’s first visible emergence from the sun’s rays, in the morning at the autumnal equinox, has been connected by Lockyer with the orientation of at least nine temples in northern Egypt dating from 3800 BC”⁷

Lockyer proved that certain temples were oriented to the stars on the autumnal equinox. These stellar temples were constructed so that each axis (the alignment of the main corridor) captured the beam of starlight and focused it into the central passageway.

For this reason, we believe the passageway at the top of the pyramid, leading to the hall of records, may be aligned from SE to NW. Its entrance was probably located at the level where the construction changed near the top, at the position of 114 degrees ESE; the point on the compass connected with the rising of Alpha Centauri.

THE CONSTELLATION HYDRA

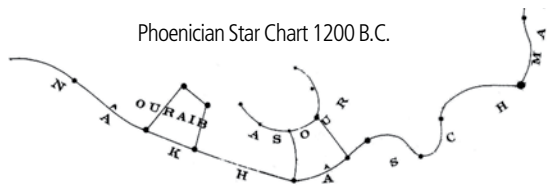
The largest constellation in the sky is Hydra, the water serpent. In remote antiquity the ancient Egyptians portrayed Hydra as a winged serpent.



Various stellar cartographers, including Flamsteed and Hevelius in the 17th century, broke the old Hydra constellation into Sextans (the sextant), Crater (the cup), Corvus (the crow) and a new, reduced Hydra.⁸



Phoenician Star Chart 1200 B.C.



Long before Flamsteed and Hevelius dissected it, the Phoenicians imagined the constellation of Hydra as it appears above.⁹

Over 800 years earlier, in 2084 BC, the Babylonians charted Hydra with two wings (illustrated in red).¹⁰



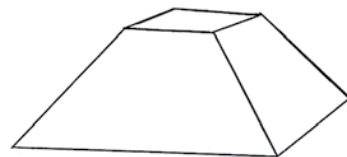
Although Hydra has been separated from its wings by modern cartographers, it still bears a distinct resemblance to the serpent in the artwork of the 5th division of Am Tuat, with its lion guard on either side.



UNIQUE CONSTRUCTION STYLES

Archaeologist Mark Lehner noted the difference in building styles between the top of the pyramid of Khafre and its lower portion:

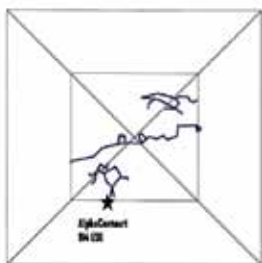
“Just beneath the lowest surviving course of casing stones, a band of regular stepped core stone is visible, the rest of the surface down to the base—the greater part of the pyramid—consists of very rough, irregular, loose stones.



What is this loose, lower band? Is it packing between core and casing, exposed when the casing was torn away? That seems likely until, climbing the corners of the pyramid, one sees that this irregular masonry seems to continue for some depth into the pyramid body. The discontinuity might indicate different building styles, perhaps even a hiatus, then a resumption of building.”¹¹

It now becomes easier to conceive that the lower part of the pyramid may have been built long before the later pyramid-on-

top was constructed. This agrees with the Cayce reading, which says that, in those ancient times, “they began to build upon those mounds that were discovered through research.” (5748-6) These ideas also provide an explanation for the appearance of two different construction styles.



North

Top View

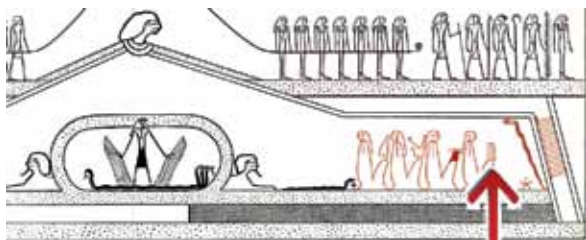


Side View

The drawing on the left above is of the pyramid of Khafre, with its distinctive line of demarcation between the construction of the upper and lower sections. Superimposed (regenerated) over the upper portion are the constellations of the flying serpent and two lions, from the Fifth division of Am Tuat. The photo on the right clearly shows a level horizontal band where the newest construction was added. Does the star Alpha Centauri indicate where an opening to a passageway might be found?

TABLETS BURIED AT THE TOP


Now let's look at the Fifth Division of Am Tuat from the tomb of Thutmosis III, as illustrated by Piankoff. In the lower right, there are four red sitting figures.



Right, in the tomb painting from Seti I, the same sitting figure is holding an object shaped like inscribed stone tablets or memorial stele.

When Cayce was asked where the tablets of that time might be found and studied, he replied:

In the Tomb of Records, as indicated. For the entity's tomb then was a part of the Hall of Records, which has not yet been uncovered. It lies between—or along that entrance from the Sphinx to the temple—or the pyramid; in a pyramid, of course, of its own. (2329-3)

The tablets or records are in a pyramid, which has not yet been uncovered. The casing stone cover has not yet been removed from the upper portion of the second great pyramid at Giza. In the following image the head ( = tep or tepi: “top.”) is attached to the pyramid, suggesting the concept of “top pyramid.”

The readings say the Hall of Records is “in a pyramid, of course, of its own.” This very well could be a smaller pyramid



God holding Tablets¹²

Inscribed Stone Tablets




The Pyramid on Top¹³

that was built upon the top of a more ancient mound; for the readings state: “When there was the entrance of Arart and Araaraart, they begin to build upon those mounds which were discovered through research.” (5748-6)

It should be remembered that Cayce had previously incarnated as a high priest in ancient Egypt. When he gave readings about ancient Egypt, it seemed that his mind traveled back in time, or connected to a universal consciousness containing memories of that remote era. Since many records from ancient Egypt still exist, it seems logical to look for correlations between those ancient texts and the Cayce readings.

CONCLUSION

Lockyer seems to have been correct in thinking that astronomy is an effective tool that might be used to help more accurately date events in time and provide a connection to civilizations that flourished in remote antiquity. The tomb of Osiris, if it does in fact still exist, may be a repository of artifacts and records from mankind's ancient past. It may serve as a testament that mankind is of one origin, and thereby promote peace and brotherhood among all people. This may be the greatest treasure of all. 

A special thanks to Edgar Evans Cayce for helping us throughout our research. His questions and advice provided great guidance.

FOOTNOTES

- 1 The Skyglobe shareware program was used to recreate ancient stellar images.
- 2 Piankoff, *Egyptian Religious Texts*, II, The tomb of Ramesses VI, plates, number 86, XL 1.
- 3 Budge, *Egyptian Heaven and Hell*, I, 99-103.
- 4 Hawass, *The Royal Tombs of Egypt*, 188.
- 5 Aufrere, *Description de l'Egypte*, Plate 79, Esne (Latopolis) - A vol. 1.
- 6 Aufrere, *Description de l'Egypte*, Plate 79.
- 7 Allen, Richard Hinckley. *Star Names: Their Lore and Meaning*. (New York: Dover Publications, 1963) 153; also Lockyer. *The Dawn of Astronomy*, 308-309.
- 8 Dolan, Chris. “The Constellations and Their Stars”, Hydra, <<http://www.astro.wisc.edu/~dolan/constellations/constellations/Hydra.html>>
- 9 Brown, Robert. *Researches into the Origin of the Primitive Constellations of the Greeks, Phoenicians and Babylonians*. (London, [etc.]: Williams and Norgate, 1899) Vol. 1, Map of the Northern Hemisphere as viewed from Phoenicia (Tyre) B.C. 1200, between pages 118 & 119.
- 10 Brown, *Primitive Constellations*, Vol. 2, Chart of the Northern Hemisphere between pages 148 & 149.
- 11 Lehner, Mark. *Complete Pyramids*. (New York: Thames and Hudson, 1997) 122.
- 12 Budge, *Egyptian Heaven and Hell*, I, (from the Tomb of Seti I), 111.
- 13 Piankoff, Alexandre. *Egyptian Religious Texts and Representations*, The Tomb of Ramesses VI, Plate no. 86.

ABOUT THE AUTHORS



JOHN BUNKER is a successful business owner who discovered Edgar Cayce in 1994 and has been a serious student ever since. KAREN PRESSLER works as a cataloger at the Allen County Public Library in Fort Wayne, Indiana. Together they published Edgar Cayce and the Urantia Book. Their ongoing research can be found on their Web site: <http://sites.google.com/site/edgarcayceandthehallofrecords>. They also welcome e-mail discussion: BunkerPressler@gmail.com

The Awesome Presence of Archangel Michael



I think the archangel Michael was saying to us, "This work is so important, please do everything you can to get the situation under control."



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.

ALTHOUGH IT HAPPENED ONLY on rare occasions, there was another aspect of the Creative Forces that turned up at critical times in the Edgar Cayce readings. It was the presence of the archangel Michael. For Study Group #1, it was the gentle voice of encouragement:

Come ye, my children, in that ye have all been called unto that way which would show forth to thy neighbor, thy brethren, that the father loveth His children. Who are His children? They that keep his commandments day by day. For unto him that is faithful and true is given the crown of life. The harvest is ripe, the laborers are few. Be not weary because there has been that which has seemed to trouble thee, for the ways are being opened to those that show themselves faithful and true. Faint not, for the day of the Lord is near at hand. (262-47)

For the office staff in 1944, it would come as the stern voice of warning and rebuke.

Soon after my husband Harmon¹ and I arrived in Virginia Beach in the fall of 1943, A.R.E. Headquarters was in turmoil. Hugh Lynn, Edgar's elder son, who had been serving as manager of the Association, was now overseas serving his country. Harmon had been hired to help in his place. The book *There Is a River* by Thomas Sugrue, and a *Coronet* magazine article² written by my mother-in-law called, "Miracle Man of Virginia Beach" were bringing in hundreds of requests for readings each day. Most of these letters were stacked knee-high around the main office, in the very bundles delivered by the U.S. Post Office. Gladys Davis Turner had scheduled appointments for readings two years in advance.

Never in all their years of giving readings, had they been deluged with so many requests.

The Cayces and Gladys were trying in every way they knew to handle the pressure. But there was no quick way to answer all those letters. The office had old typewriters, one mimeograph machine, and Gladys with her sure, swift shorthand. There were no computers, no machines to record Edgar's readings for posterity, no copying

machines to reproduce them and send them out quickly.

Edgar dictated as many of the letters as he possibly could to Gladys and a few stenographers. Other letters he tried to answer himself on the typewriter in his office. We knew he was carrying all those people in his heart, and his heart was breaking. He decided to go against the advice of his own readings, which had told him to keep a balance of one or two readings at each morning and afternoon session. He began to give six or eight readings at a time. In the process, he neglected to do those things that would refresh and heal his depleted body and spirit. He was no longer fishing or gardening, those activities that always brought him refreshment and joy. You can imagine the weight on Edgar's shoulders as he walked past those stacks of letters every day, most of them saying that Mr. Cayce was their last hope. Edgar began to lose his voice, his strength, and his sunny disposition.

Those of us who worked in the office didn't think about the burden on Edgar. We were working frantically to help handle the overload. The day came when Edgar could no longer give readings. Out of the blue, he invited Harmon and me to go with him to New York to see a physician he trusted, Dr. Harold J. Reilly. The time we spent with Edgar on the long train ride and in the hotel is certainly one of my dearest memories of our time with him. He told us story after story and shared his deepest hopes for the work. After a week or so of treatments, he felt somewhat better, so we left for home. Gertrude and Gladys thought he was well enough to give a reading. The whole office staff was invited into the reading room to hear what the information would say about Edgar's health.

It began with Edgar speaking in a hoarse whisper. We could barely hear him. It was a very gentle reading, offering helpful suggestions for Edgar's return to full health. Suddenly the loudest voice I have ever heard came through Edgar's weakened vocal cords. The voice said:

Bow thine heads ye children of men, [All heads went down!] I Michael, Lord of the Way, would have words with thee. Ye generation of vipers, Ye adulterous generation, be warned! Today there is set before thee, good and evil! Choose thou whom ye will serve! Walk in the way of the Lord

¹ See p.43 for excerpt from Harmon Bro's book *A Seer Out of Season*.

² See the original article at the [Venture Inward](http://VentureInward.org/members) page at EdgarCayce.org/members.



Harmon Bro and Edgar Cayce, 1943.



Harmon and June Bro at the 1944 A.R.E. Member Congress.

Michael is an archangel that stands before the throne of the Father. The Christ is the Son, the way TO the Father, and one that came into the earth as man, the Son of man, that man might have the access to the Father; hence the way. Michael is the lord or the guard of the change that comes in every soul that seeks the way, even as in those periods when His manifestations came in the earth. (262-28)

or else there will come that sudden reckoning, as ye have seen! Bow thine heads, ye who are ungracious, unrepentant, for the glory of the Lord is at hand! The opportunity is before thee! Accept or reject! But don't be pigs! (294-208)

Suddenly Edgar's voice went back to the soft, gentle one we had heard at the beginning. After the reading no one said a word. Harmon and I went out to the ocean and walked and talked for hours, trying to digest what the archangel had just said.

When Michael said there could come that sudden reckoning, it was his way of saying that Edgar could die. That thought had never entered our heads. Edgar's readings had healed many people and surely the readings would save him, too. Since Edgar was doing God's work, we reasoned nothing could happen to him.

For years afterward Harmon and I struggled with what the archangel Michael had said to us. What had we done? I think a better question would have been, what had we not done? In retrospect, I think the archangel Michael was saying to us, "This work is so important, please do everything you can to get the situation under control." We were trying very hard to hold it all together,

but obviously something was missing.

I think Michael wanted us to know that the work of Edgar Cayce is part of "the way" God has set for us and it must go on. I am only now feeling the whole import of the work of Edgar Cayce, and I have lived with it for 67 years! He was trying to make us understand that Edgar was stretched to the limit of his human capacity, and that we needed to make a quiet, loving haven for him. We needed to pray more for him and the work, say no to his excesses, and assure him that everyone in those letters stacked around the library would be taken care of if we stayed focused, prayerful, and patient.


The truth was that we were all caught up in the thrill of so much interest in the readings. We were confused as to what to do first, second, and third.

We should have been thinking about making a harmonious, healing setting that would allow Edgar to do his best work. We should have led him, by the hand, out to the pond and handed him his fishing pole. Instead, we were compounding Edgar's concerns by running around like chickens with our heads cut off, trying desperately to deal with the sudden pressures.

The office's usual quiet routine was in chaos. Edgar, Gertrude, and Gladys had

never before faced more requests for readings than they could handle. Now they had to hire several new secretaries, and most of them were navy wives who would leave when their husbands were transferred. There was none of the modern technology as we know it today to bring order quickly. The phone company was complaining about the volume of calls coming in.

Most of us in the office were young and fairly new to the work; Harmon and I in our early 20s, Gladys in her early 30s. We didn't know that Edgar sometimes got an idea into his head when he was tired and just followed through without talking to anybody. A reading had said that the A.R.E. Board should choose a physician for him, but Edgar chose his own—an osteopath in Roanoke. While with him, Edgar had several strokes, and finally Mae St. Clair, whose life he had saved, went to Roanoke and said, "Mr. Cayce, I'm taking you home." He died a short time later.

In the final analysis, I believe Edgar wanted to help as many people as he could in whatever time was left to him. He simply decided to go ahead and do that until he dropped. We didn't pick up the danger signals, since none of us could imagine a world without Edgar Cayce. 



Inspirate Writing: Tool for Transformation

BY JOANNE DiMAGGIO

Edgar Cayce said it is our birthright to communicate with our Source and listen to that still small voice—a voice that guides and inspires us to find the answers that lie within. Through the ages, souls have sought ways to initiate that longed for, two-way conversation. Inspirational writing is one such method—a tool, as Cayce put it, "... of individuals grasping for attunement to the divine." (3653-1)

ional

When I enrolled in the Masters Degree program at Atlantic University, being a writer, I was excited to see that AU offered a creative writing track. When it was time to declare my Culminating Project, it seemed only natural to explore inspirational writing as a transpersonal tool. I had no idea that at the end of my year-long research project, I would discover the power of this form of divine communication and witness firsthand its potential for transforming lives.

Inspirational vs. Automatic Writing

What exactly is inspirational writing and how does it differ from its more widely known counterpart, automatic writing? Inspirational writing is a form of channeling—a method of communication that accesses information from a Higher Source emanating from one’s soul. Some people believe that Source is God. Others credit guardian angels or spirit guides, while still others believe it is higher self or subconscious mind. It doesn’t really matter what you call it. In the end, it is a connection to the Infinite—to the All That Is.

While working on my Culminating Project at AU, I discovered there was widespread confusion and misconceptions about the dynamics of the processes of “automatic” vs. “inspirational” writing.

To understand the difference between the two, we need look no further than the Cayce readings. Many writers came to Edgar Cayce asking how to improve their craft. More often than not, they referred to doing *automatic* writing. Cayce made it clear that the difference between the two was in their purpose. He considered inspirational writing as coming from the Source within, thus a means for soul development. Automatic writing, on the other hand, came from an outside source, often composed of low influences whose intent is not always for one’s highest and best.

When asked if the development of automatic writing would establish a better contact with God, Cayce answered, “For this body, we would not give automatic writing as the channel. Rather the intuitional, or the meditation and then writing—knowing what is being written, if it’s chosen to be inscribed in ink.” (440-8)

He consistently drove home the message that inspirational writing was the preferred method of communication with Spirit.

Do not attempt to write as one who would do automatic writing. Do attempt to write as one who would be directed by inspiration, but let that inspiration come from Him, who is light, and the course of knowledge; and thus may the individual in its choice and in its activities be so surrounded by the Christ-consciousness, manifested by and through Jesus of Nazareth, that there will be ever helpful forces. (5277-1)

Writing with the Muse

Writers have been using the process of inspirational writing for centuries. The Bible, the Koran, and the Torah are all said to be written in this manner. These spiritually enlightened works are not written *by* any one person, but are said to come *through* that

person. By entering an altered state of consciousness—whether through prayer, trance, or in a dream-like state—the writer becomes the vessel through which Spirit shares its message.

Many famous artists, writers, and composers often identify a moment of inspiration when they gain an insight that is different from anything in a waking state. While in this reverie, elevated to the place where universal wisdom resides, they produce extraordinary work, yet struggle to name the source of their inspiration.

English poet Percy Shelley acknowledged his inspiration came from beyond his conscious state. Rudyard Kipling accessed his inner helper by a form of meditation he called “drifting.” Madame Blavatsky claimed that the great Masters helped her write *The Secret Doctrine*. German poet Goethe said he wrote the novel *Werther* unconsciously, as if he were asleep. English poet William Blake felt as if he had written *Milton* from dictation without premeditation. And the list goes on.

Endless Options

In inspired writing sessions, some writers “ask” questions that pertain to their Earthly existence—the *why*, the *how*, the *when* of everything. From why one is suffering from a particular illness to understanding the pain of a broken heart, these questions are typically asked in prayer.

Because inspirational writing is a form of prayer, it can be applied to all aspects of life. The answers are expansive, going beyond the simplicity of the question to a higher understanding. Asking about an illness may bring an answer that a doctor cannot give, such as the root source of the circumstances that brought about the illness. This deeper knowing of *why* something has happened often has little to do with one’s conscious thoughts. Inspired writing creates an entirely new perspective, gently prompting the writer to peel away the layers of the obvious to the more obscure origins of an issue.

There are so many ways that inspirational writing can be a tool of transformation. Cayce said, “To know the truth is to make you free.” (323-2) In searching for the truth about my possible 18th-century past life, I used inspirational writing as a way of allowing my subconscious self to reveal the issues and circumstances I faced then, and I compiled a 600-page manuscript outlining details of my life in 1802!

As a mode of healing, inspired writing can be used in service to others. Meditation, relaxation, and creative visualization are essential elements in the process of inspirational writing, enabling the writer to achieve a transcendental state of mind, which can lead to awakening psychic abilities. The same process used in writing can be applied to other art forms, such

Inspirational Writing Techniques

Getting Started: Establish a Writing Ritual

- With practice, nearly everyone succeeds at doing inspirational writing. Based on the advice given by Edgar Cayce, and on my own 25-plus years' experience, here are the steps to gain optimal results.

Find a Sacred Place

- Quiet, privacy, soft lighting, and a comfortable place to sit are the primary requirements for doing inspirational writing. When looking for that ideal space, feel out the energy of the place you are in. Sense where you feel peaceful and centered, and then claim that space for your own.

Set the Stage

- Once you have the right space, surround yourself with items that enable you to go into a deeper state of meditation. In a reading, Cayce said, "Here is one entity who may write, not automatic but rather inspirational writing, shutting itself away and attuning itself by very distant music, and especially bells." (3653-1) You may find that aids—like music—will remind you of your sacred journey and deepen your connection with Spirit.

Same Time, Same Place

- With our busy schedules, it is difficult to connect with Spirit at the same time and place each day, but Cayce suggests doing just that:

First, under the circumstances and conditions that surround the body, it would be well that an hour or period be chosen for such activities when there is quiet, and when the mental and material body may become perfectly relaxed . . . And such periods should be chosen as an exact period. Say (as an illustration), 10:00 to 10:30 o'clock in the evening, the period is chosen . . . Enter then in this silence, each evening, at this specific time. (282-5)

Pen vs. Keyboard

- It's a matter of personal preference. Experiment with both. Scribble with different pens and pencils until you find the right one and then write with it over a period of a few days. Then switch to the keyboard, and decide which feels right.

Focus on an Ideal

- Cayce says one must be true to one's convictions. When asked in a reading what could be done to raise the quality of the seeker's writing, Cayce replied:

There is self, there is the force without thee. What

seekest thou? Art thou opening thyself to any, or art thou one that has set a standard, an ideal? Like begets like, whether in the mental, spiritual or physical realm. What seekest thou? Answer that in self, and we may find that as ye seek ye may know. This is to every soul: Once to every soul is given the knowledge that thou hast a definite purpose to perform in everything that has come under thine own consciousness. What hast thou done about it? (317-7)

Meditation Is Key

- Inspired writing is a form of meditation. As with any meditative practice, when doing inspirational writing it is important to find a quiet place to go within. Cayce talked about the importance of finding a quiet time to write with Spirit.

Then, enter into the silence with some form of rote that is rather in the form of a prayer, or as an affirmation to the inner self, that the forces or powers that may manifest through self at such a period may ever magnify the presence of not only constructive influence, but from the throne of grace and mercy itself. (282-5)

Say a Prayer of Protection

- Saying a prayer for protection before working with Spirit is imperative. Everyone should do it—whether you're an established psychic or a novice at metaphysical work. As stated in the quote above, Cayce strongly urged saying a prayer or affirmation to magnify the presence of constructive influences.

[Ed. note: Common prayers of protection include the Lord's Prayer and the 23rd Psalm. The A.R.E.'s noon staff-led meditation uses this prayer, adapted from Cayce reading 262-3: As I open myself to the unseen forces that surround the Throne of grace, beauty, and might, I throw about myself that protection that is found in the thought of the Christ.]

Get Ready to Write

- Inspirational writing is a spontaneous process. For it to succeed you have to get out of the way. If you try to manipulate or force the words, you will disrupt the process. Write (or affirm in your mind) the intent for the session. Open your eyes halfway so you can see the paper or screen in front of you. Keep your wrist relaxed. Hold the pen or pencil loosely in your hand. If you are working on a keyboard, poise your fingers above the keys and wait.

Allow the Message to Proceed

- Getting started is always the most difficult part. It is important to be patient; but, most of all, keep the

writing process going. Begin by drawing ovals. Eventually the words will follow. It is important not to get discouraged, but just go with the flow. When I have given classes on inspired writing, those who failed to get a message the first time around admitted they were afraid to let go and get out of the way.

Write the message as it comes, recording the first thought that enters your mind. It is not unusual to get run-on sentences with no punctuation. Do not let your internal editor start to criticize the writing or the grammar.

Remember, inspirational writing is between you and a highly evolved, loving Source that is anything but critical. It does not bully you, nor does it tell you what to do, but instead gently offers guidance on options to consider. It does not challenge you or use foul language. If this happens, stop writing, say the prayer of protection again, and reinforce your white-light protection—in Cayce's words: "Surround thyself, ever, with the white light of the Christ-Consciousness, and all of these will pass away." (2559-1)

Wait Before You Read

- Often when you put the writing away and go back to it later, it has a totally new meaning. Cayce strongly recommended setting aside messages to read another day:

What is given, or that [which] as an impelling influence causes to write, write; and do not re-read, but put away for at least the period until it is given from within to review or to go over that which has been given . . . Do not grow weary if in turns with self nothing comes for perhaps days, or that much is given at one period in the beginning and little or nothing later. Be true to self, not to read nor have read that written—until it is given thee to do so. (282-5)

While inspired writing can be fairly straightforward and should not require interpretation, you may want to take a moment to reflect on the message and see if it resonates to you. Does it expand your wisdom? Does it amplify your truth? Does it awaken something deep within? Does it contain that spiritual "AHA" moment? Has Spirit filled in the blanks and given you a deeper understanding of what's really going on in your life? The purpose of guidance is to initiate a shift in your thinking. Ask yourself if the writing has done that for you.

It is not necessary to master all of these steps before doing inspirational writing, but incorporating these practices will help you achieve a deeper level of soul writing.

as music and painting. Because it is an intuitive, stream-of-consciousness technique, it frees the imagination to break loose from an idea and go in a direction the writer or artist may not have considered.

I have applied inspirational writing to commercial ventures as well. I created a line of greeting cards by meditating on a famous quotation and then allowing the response "copy" to come through. Of the five cards I produced, one was cited by the International Greeting Card Association's Award Committee for its "creative excellence" and was one of six worldwide finalists in the sympathy card category.

Inspirational writing is ideal for exploring esoteric philosophies. One summer I asked about the difference between Universal Laws and the Ten Commandments. The experience was astonishing. One of the most memorable quotes I ever received came from one of those sessions. It stated, "There is no Universal Law that begins with Thou Shalt Not." In a conscious state, I never would have written something so profound.

Inspirational writing can be used in psychoanalysis and healing. Many psychiatrists and other health care professionals use a form of inspired writing to enable their patients to access the deep-rooted issues that may not surface during a more traditional therapy session. Writing is cathartic, producing insight and self-understanding. It's a safe avenue to explore truth, leading to a shift in perspective that, in and of itself, can be a powerful tool for healing.

Inspirational writing, as a tool of transformation, is first and foremost an ideal means to initiate soul growth and in that regard, its options are as endless as they are valuable.

Conclusion

Inspired writing is a gift that God tucked into our backpacks when we made our journey to Earth. It is our toll-free, phone-home card that has no limits and no expiration date. For me, it is a never-ending source of wisdom and joy because I know guidance is always available, no matter what my mood may be, no matter what time of day, no matter where I am. There is a sublime comfort in knowing I am never alone. That is something you, too, can experience when you pick up your pen and journal and then knock on Spirit's door. Someone is always home. 🙌

ABOUT THE AUTHOR



JOANNE DiMAGGIO, MA, is coordinator for Edgar Cayce's A.R.E. Charlottesville area and the president of the Atlantic University Alumni Association. She is currently completing work on a book titled *Soul Writing*. You can read more about inspirational writing on her Web site, www.soulwriter.net or inquire with her directly at are.cville@gmail.com.

The report of her culminating project, *Inspirational Writing—Research Project Results*, is available online at EdgarCayce.org/members.

Joanne DiMaggio is mentoring the online eGroup **Inspirational Writing**, June 1-28. Visit EdgarCayce.org/egroups for more information.



She will also speak at the conference **A Spiritual Roadmap for Enlightened Living: Edgar Cayce's Tools for Transformation and Guidance**, August 19-21, at A.R.E. HQ in Virginia Beach. Call 888-273-0020 or visit EdgarCayce.org/conferences for more information.

Why I Use Edgar Cayce's Approach

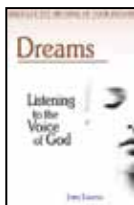


For Cayce, dreams are not mere fantasies, and deal with more than psychological issues. They are a spiritual force.

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



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



OVER THE YEARS PEOPLE have asked me why I'm interested in Cayce's approach to dream interpretation. While I've studied Freud, Jung, and many contemporary dream theorists, none offer the depth, breadth, and scope of Cayce's understanding of dreams.

Cayce started interpreting dreams in 1923, some two decades after Freud published his work *Interpretation of Dreams*. Cayce placed an extraordinary emphasis on dreams, along with prayer and meditation. In reading 3744-2, Cayce said: "In this age, at present, 1923 ... there is not sufficient credence given dreams; for the best development of the human family is to give the greater increase in knowledge of the subconscious, soul or spirit world. This is a *dream*."

Cayce interpreted 1,500 dreams for 69 people over a 20-year period. These dreams were by no means unique; they were the everyday dreams of Everyman and Everywoman. It was his interpretations that set him apart from most dream theorists. Here we find a parallel to Cayce's medical readings. Repeatedly, many doctors completely agreed with Cayce's diagnoses, but they disagreed with his treatment methods.

Such immediate and accurate analysis, whether of dreams or of illnesses, poses an enormous challenge to conventional minds. How can we begin to fathom Cayce's extraordinary abilities to work with dreams? His skills included but were not limited to:


- interpreting anyone's dream with swiftness, surety, and accuracy
- recalling parts of or entire dreams forgotten by the dreamer
- correcting parts of dreams inaccurately recalled by the dreamer
- predicting when a person will dream about a certain topic, sometimes pinpointing the exact night
- interpreting the dream's symbols and message before hearing the dream
- connecting the theme in a current dream with a past one, describing what the dreamer had done or not done about it
- commenting on the dreamer's undisclosed intimate details, including those of dreamers he wasn't acquainted with

A study of the large collection of dreams Cayce interpreted shows that he departs from

dream interpretation techniques embraced by popular culture, including the views of many psychologists and psychiatrists. Dreams are not mere fantasies, and they deal with more than psychological issues. They address and enrich all aspects of a person. Dreams reflect an individual's purpose, makeup, and destiny. This destiny is to become well-rounded and complete individuals, fit to be companions and co-creators with God. Embarking on a spiritual journey and being open to making changes, we can expect much understanding from our dreams. They are telling us about our attitudes and aspirations, characteristics and capabilities, strengths and sincerity. Our dreams address all these in some form, at one time or another, but not randomly, for dreams are perfectly timed and sequenced.

Someone asked Cayce, "What state or trend of development is indicated if an individual does not remember dreams?" His answer was direct and succinct: those who do not recall and apply their dreams show "negligence" in their association with God. The desire to know God and oneself impels an individual to pay attention to his dreams. (5754-3) Even Cayce, with all his psychic abilities, was repeatedly told in the readings to study his dreams—which he did. Cayce encouraged someone, "And too oft, ye disregard them; or too seldom do ye pay any attention to them! They are parts of thy experience. How oft have ye visioned in symbol or in dream those very things that happened to thee later!" (1537-1)

Cayce's interpretations demonstrated his ability to tap into a higher level of knowing: what has been, what is, and what might be for each person. However, narrating facts of past events without reflection and challenge carries little meaning; speaking of current events without regard for their implications has no transformative value; commenting on the future without a spiritual framework for growth and change does not fully engage the dreamer. Dreamers are to work with what they have in hand, within the time, place, and circumstances, applying the highest ideals they know.

A spiritual force operated within Cayce. That force was not merely churning out data about a person or topic; anchored in love, it encouraged everyone to grow to their highest potential. Cayce assures us that we too have the same spiritual force, giving us the ability to interpret our own dreams. 

HONOR ROLL OF DISTINGUISHED DONORS

We are pleased to publish this list of members in the President's Circle (Donors of \$10,000 or more), Crystal Circle (\$5,000 or more), Platinum Circle (\$2,500 or more), and Golden Circle (\$1,000 or more). These donors have contributed at this level between **January 1, 2010 and December 31, 2010**. Your dedication to this Work is an inspiration to many.

The members listed below will receive an invitation to a number of Thank You events, including our Donor Appreciation Dinner at the Cavalier Yacht & Country Club on June 19. There we will show our gratitude to our Golden Circle and members of the Edgar Cayce Legacy Society. If you join the Golden Circle before June 1, 2011, you will receive an invitation to this distinctive occasion as well.

Donations from these **475 members provided 90% of all funds** donated toward the programs of the A.R.E., Edgar Cayce Foundation, and Atlantic University in 2010. Without our donors, this life-changing work would not be possible. We treasure your support at every level. **Thank you.**

GIFTS OF \$100,000 OR MORE

Richard Copeland*
Donald de Laski*
Law of One Research Foundation
Ruben Miller*
Peter Newman (dec'd)

PRESIDENT'S CIRCLE

A.R.E. of California
A.R.E. Mid-Atlantic Region
A.R.E. Southwest Region
Ronald Bilyk
Carol A Broussard
Erma Cook
Jeanne C Davis*
Daniel and Candice DeMar*
John and Donna Dugan*
Joe Fiutko (dec'd)
Rosewood Foundation
Ruth Perez Gonzalez
Laurie Sands Harrison
Larry Hester*
Ilene Isaacson*
Rebecca P Evans and Russell Downs*
Ann Jaffin*
Susan Johnson*
Raymond and Rosemary Joyce
Paul and Ann Maser
Richard and Anita Peterson*
Sharon Ray
Michael Anthony Reidy
Linda and Rick Rohrer
Barbara Schob*
Elizabeth Simms*
Arthur and Diane Strickland
Temple of Spiritual Vision
Chris Vaughan*
Sherry Ward
Larry and Eunice Welch*
Christopher Yee

CRYSTAL CIRCLE

Anonymous (1)
Betty and Clyde Avery
Terry W Bennett
Doris H Bogart
Charlene Buford*
Cuilly Burdett Trust
Bill and Bette Byrne
Gary Cohen
Gisela Demore (dec'd)
Gretchen Douthit
Joseph A Fleck
Marjorie Gage (dec'd)
Promethean Genesis
George Clark Foundation
Shirley Gray
Douglas and Nancy Hilton
Doris A Hoffman*
Irene Johnson
Tom Johnson & The Heritage Store
Sidney Kalugin
Andrew Kavula
Rachel Kendal*
Alison Mills Long
Eileen Malo*
Michael C Crabtree Foundation
Barbara and David Miller
John Pascoe
Jack A Ring
Serving the Spirit Foundation
Ruth Smith*
Sarah and Louis Tateosian
Jim and Janet Thornton

PLATINUM CIRCLE

Jamey and Sara Aebersold
Wilton J Aebersold
Michael Zivic and Sylvie Auger
Cristael Bengtson

Cheryl Birch*
Dave and Susan Birr
Barry and Melody Borland
Blanton Brown
Robert Bulla
Nancy C Burke
Donald Carroll*
Kevin Clakley
Cindy and Jim Commander
Bernard and Nancy Comes
Monica Courtney
Marion J Crump
Don and Anita Dickinson
Robert Dirksen
Tracy L Duran
Nancy S Edwards
Catherine Elwell
Rowland W Faust
Arla and Craig Gaines
Ray and Barbara Green
Jon Holzgartner Gumina*
Marianne U Gustafson
Charles and Anna May Hall
Kevin Healy
Cheryl M Hodgeson
Ray and Janice Howell
Mary Humphrey
Chela Jones*
Kelly Jones*
Skip and Sandra Kelly
Doug and Judy Kneeven
David and Trish Kukor
Lake Oswego, OR SFG #1
Carol Lesh*
Randolph Long
Maria E Lunger
Heinz and Kathleen Manske*
Jacqueline C Mathurin
Clarence Fowler Mobley
Molloy Dolen Murphy (dec'd)
Alexander and Linda Nelson
Roland Oden
Doris and Ken Oestreicher*
Chuck and Pam Opferman
Timothy and Leora Paulick
Richard Poen
Elizabeth R Porcello
Carol N Poss
Jean Claude and Maria Potin
Bobbie and Nolan Price
Connie and Dean Rowan
Karen Diane Shaw
Andrea Gordon Singer
Alan Smith (dec'd)
Sally Spencer
Walter H Stover
Lauren Suarez*
Kevin Todeschi and Mary Roach
Douglas and Darian Torrance
Miriam T Tracey
Patricia and Bill Versteegen
Song Videtta
Dalyn Joanna Wells
Lila A Willis
Anne Wohlford

GOLDEN CIRCLE

Anonymous (3)
Richard and Patricia Abrams*
Armella Adams
Walter and Gloria Adams
John and Patricia Adamshack
Cynthia Agle
Peter Allar
Paulette Allemand
Gorgiana M Alonzo
Edward Anzis
Ellen and Joseph Areminski
David and Linda Armstrong
Joyce Arnborg

Marilyn A Ashley*
Arthur and Catherine Austgen
Bert and Grace Bannink
Stephen and Lynda Bany
Nancy and Robert Barth
Lynn Basselan*
Rella and Alan Bates
Susan Bauer
Dorothy and Karl Baughman
Irene Baydarian
Allan Bazzoli
Marilyn and Donald Bechlem
Fred and Mary Becker
Marilyn Rose Belasco
Patrick and Jane Belisle*
Rose A Belk
Diana Berchioli
Dean and Barbara Bernett
Bruce and Elizabeth Bickham*
Evelyn Billingsley
Irene Bischof
Pat Bishop
Roger and Joy Bloom
Jim and Leeza Bloomquist*
Edward Bock
Darlene Bodnar
Maryanne Borden*
Albert B Borys
Nancy J Bourgeois
Evelyn and Louis Bousquet
Mary L Bramlet
Renee Branch
Annette Bray
Virginia R Brendlen
Carol J Bright*
Joseph Broderick
William and Valerie Brown
Margaret Brownell
Judith B Brunson
Cynthia Buser
Justin Bush
Brenda Butler
Glen Caldwell
Brenda H Canedy
Arthur and Sharon Carrizales
Stephen L Carter
Kat and Edgar Evans Cayce
Leslie and Charles Thomas Cayce*
Barbara A Cefalu
Catherine Chapman
Sylvia Chappell
Patricia Charlton*
Frickie Church
Nancy R Clark
Candis Collins
John Conway
Rory and Kim Copeland
Hal and Doris Costley*
Ellen Cotton
Mary Ellen Coyle
Bruce Crager
Cathie Craigmiles
Donna and Alexander Cruzis
Kenneth Daley
J. K. Daniel
Rosanna Davis
Peggy Deaderick
Carl W Deiters
Vivella and Melvin Denwiddie*
Frankie DePonte
Pamela G Devaney
Verlynda Dobbas
David E Dodge
Phyllis A Dolin
Marlene Doyle
Terry and Jerry Doyle
Nona Rae Driscoll
Marlene S Duet
Russell Dyke*
Bernadette and Doug Dyrda

Marianne Eckert
Kathleen Eldridge
James J Erdman
Judy Eubank*
Davona Filby
Juanita Flagler
Ed and Marilyn Foote
Norma Fruechte
Denise Furgason and Ellen Selover
Joan A Gadek
Chris Garbutt
Reed Geertsens
Geoffrey & Susan Schmidt Foundation
Colleen George
Roberta George
Horst Adolf Goede*
Kathy Gonzalez
Carol Ann Grace
Joan P Grassie
Frances and James Griffith
Emily Grossman
Janie E Grueneberger
Werner A Gubelin (dec'd)*
Elaine Guilfoyle*
Ashok Gurmani
Beverly Hafemeister
Joan Hagerty
Nancy Hallingse Smith
Dale and Sandra Halverstadt
Lori Hamann
Howard and Rita Hamilton*
Laurence Hammer*
Lois Ann McGee
Philip and Sandra Hasselback
Nancy J Hastings
Kevin Hay
Jim Hayden
Neil and Fonya Helm
Irene Helms
Gene and Rose Hendrix
Bebe Anderson Hennessy
Lou and Judi Henry
Erik F Herbermann
Constance Hershberger
Carol Hicks
Lorraine Hicks
Robert and Dora Hill
Beverly J Hoadley
Susan C Hoch*
Constance Hoffacker
Thomas Hollinger Jr.
Nancy E Holstein
Lottie C Honea
Rich and Karen Hopkins
George Houdeheshel
Houston, TX SFG #8
Vaun Hunt
Adrian A Hunter
Harry Hunter
Leslie and John Inkster
Shirley M Jackson
Dragan Jambrisk
John and Suzanne Jedryk
Ina M Jekel
Charles Johnson
Kelly and Keith Johnson
Mack Johnson*
Brenda Kennard
Elizabeth A Kenney
Frances Kensingor
Hollis and Susan King*
Kenneth and Cheryl Kirilenko
Nancy Lysen Kirtley
Sonja and Tom Koenig
John G Kontoulas
Juliet B Korst*
Jim Krostgie
Tish Kronen
Richard and Sharon Kugel
Rose Kunder

Ernie and Penny Lakeson
Judith Langenhorst
David Lappas
John and Sandy LaPrelle
Norrene Leary
Zelinda LeBoutillier
Connie M Lee
Pearl M Lefevers
Maria and Paul Lenahan
Claire and Bob Levy
Judy and Fred Lickert
Jean and Pat Linden
Meg Linden*
J. W. Lorentz
Jennifer Lovejoy
Brian Loyse
Lois and Jim Luckett
Paul and Kat MacMurray
Alfred G Madden
Barbara L Magin
Geoffrey and Betty Manack
Elsie Marcus*
Phyllis Maritz
Jack Mark
Marie Marshall
Gertraud Martin
Phyllis Martin
Kathleen Martindale
Joe and Raye Mathis
Gerald and Nancy Matlin
Darrell Matula
Mark McDonough
Lois Ann McGee
Joy McGinnis
Paul E McKinney
Willma S McQuade
Menomonee Falls, WI SFG #1
Brian Meyer
Coleman Miller
Denise and Wayne Miller
Wayne Miller
William Miller
John B Mix
Carol Moore
Valeria Murray
Dana D Myers
Tom Nastoff
Elaine Needham
Jill Neff
Charlyne Nielsen
Anna Belle Nimmo*
Louise E Noble*
Mark Norris
Jerry and DeVerle Oakes
Mary Ann Oberle
Sarah Palmatier
Luce and Samuel Pangle
Linda Parker
Thomas C Parker
Nicole Pawlowski
Catherine Peck
Peter L Pedersen
Terri Petty
Nadean Phillips
Mary Warren Pinnell
Stephanie M Pope*
Donna J Pugh
Qumran Desert Center
Mary Rabe
Barbara Rankin
Jack R Reed
Velma and John Reed
Gregory Reichle
Elma Reid
Marcia Reisz
Jane M Rex
Honey Streit Reyes
David Riblet
Wayne and Linda Rich
Gary M Robertson

Barbara and Stephen Robinson*
Elizabeth Robinson
Mrs. Arton Roch
Rocket Direct Communications
John and Roberta Rogerson
Gilmer Fred Rohde
Patricia Rosenblad
Kristy Rowan
C Edward Russell Jr.
Zygmund and Cheryl Saher
Glenn Sanderfur*
Sawa Family Charitable Fund
Gay Schaudies
Linda June Schiller-Hanna
Gary Schoonveld and Claudia Carabba
Brian Schuller
Barry and Sharon Schuller
Ramona Sherwood
Barbara Lee Shiroma
David and Carol Shoultice*
Elaine Joyce Singer
Frances Ann Jones Slaughter
Elsie K Slusser
A. Robert Smith
Catherine R Smith
Lowell K Smith
Cathy Sneed
Valerie Spangenberg*
Margaret R Stahala
Dale T Stalter
Irmira Stalzer
Dianne Stanford
Ruth Starr*
Ida Stebbins*
Richard Stone
Sylvia Strickland
Dennis and Andrea Strong*
Mary Lou Swartz
Emilia S Luitgall*
Jan Taylor
Virginia M Teixeira*
Eugenia Than
Betty Tice
Willis Topping
Charles W Tittle
Carolyn Tugwell
Nicole and Gene Tutko
Linda Blackwood Uglean
Lou and Rick Umscheid*
Fredrick and Sally Vallongo
Colleen Van Voorhis
Elaine Viguierie
Lorelle L Vowler
Elnora Wade
William Carlton Wade
Sam Waldenberg and Shirleen Weese
Timothy J Walsh
Victoria Walsh
Carolyn R Ward
Dorothea Ward
Marianna Ward
Phyllis and John Wassenberg
Ralph and Joan Weiler*
Patricia Ann Weis*
John and Thelma Wheeler
Clark Wicker
Patrick Widerman
Frances M Williams
John L Williams
James Wilson
Jonathan A Wilson
Steve and Pollyanne Wilson
Sophie Wojtysiak
Mary and Geoffrey Wold
Bruce Woodruff
Carmela Worthington
Betsy Cordova York
Bruce and Peggy Young

For more information about joining the Golden Circle, making a leadership gift, or if we have mistakenly left your name off this list, please contact Patrick Belisle in the Office of Development at 757-457-7126 or pat@EdgarCayce.org.

*Also a member of the Edgar Cayce Legacy Society by naming A.R.E./A.U.E.C.F. in their will, trust, retirement account, insurance policy, by investing in an A.R.E. Charitable Gift Annuity or cumulative lifetime giving of \$100,000 or more.

SECRETS OF THE LOST

The Cayce readings not only confirm the existence of this famous relic, but reveal its relevance for us even today.



The Ark of the Covenant, a revered Jewish treasure, is mentioned over 200 times in the Old Testament (under various names as The Ark, Ark of Witness, Ark of the Lord, etc.), and alluded to in the New Testament as well. This wooden box, overlaid in gold, with rings on the side to accommodate long carrying poles, held three sacred objects and emitted an energy force capable of electrocuting those who touched it. Not only did it travel with the Israelites during their 40-year journey to the Promised Land, but Solomon later honored the Ark of the Covenant (hereafter referred to as the “Ark”) by building a Temple and housing it in a sacred area, the “Holy of Holies” (I Kings 8:1-21). When Jerusalem was invaded and the Temple destroyed, the Ark disappeared and theories still abound as to its current resting place. The Cayce readings not only confirm the existence of this famous relic, but reveal its relevance for us even today.

and receive the Ten Commandments, as well as other laws and regulations necessary for guidance and to foster obedience. Moses was also directed to build the Ark, a mobile center of worship, which would accompany the people on their journey: “And let them make me a sanctuary; that I may dwell among them.” (Ex. 25:8)

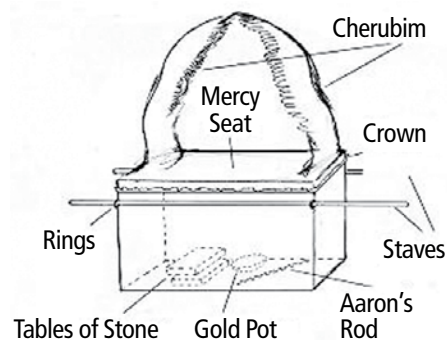
God’s pattern for the Ark instructed that it be made of shittim wood (believed to come from a variety of acacia tree)—two-and-a-half cubits long, one-and-a-half cubits wide, and one-and-a-half cubits deep (45 inches by 27 inches by 27 inches, based on an 18-inch cubit)—and plated with pure gold inside and out. (*Editor’s note:* The cubit was the first recorded measurement for length, which was used until at least the Middle Ages. Though the actual length changed over time, the general consensus for biblical times is that

the cubit was about 18 inches, which was based on the average length of the forearm from elbow to fingertips. Edgar Cayce gave a length of 27.5 inches for a cubit in reading 281-25, regarding the ancient Egyptian Temple Beautiful and Temple of Sacrifice.) On each of the two sides of this chest, two gold rings would accommodate gold-covered poles used to transport it. On the lid, or Atonement Cover, two golden cherubim, their faces turned toward each other with outstretched wings touching, formed the throne of God (the “mercy seat”). (Ex. 25) In this area, God promised that he would interact with Moses: “And there I will meet with thee . . .” and give all commandments for the children of Israel. (Ex. 25:22) Skilled craftsmen, Bezaleel and Aholiab, were selected to build the Ark and to prepare the Tabernacle (portable tent) which would house it when the people were not on the move. (Ex. 36)

Stored inside the Ark initially were the two stone tablets inscribed with the Ten Commandments; Aaron’s Rod, which had budded, representing God’s authority; and a golden bowl holding manna, symbolizing God’s providence. (Heb. 9:4)

THE CREATION AND PURPOSE OF THE ARK


The story of this relic begins with the Israelites (descendants of Abraham who honored one God), who were mandated to leave bondage in Egypt and seek a land of their own. Moses, chosen by the Lord to be their leader, made seven trips to the upper heights of Mt. Sinai to communicate directly with God (Yahweh)



ARK

BY BARBARA A. ROBINSON

THE POWER OF THE ARK



The Bible and other sources make it clear that the Ark was a powerful source of energy, which I believe could create an electrical charge powerful enough to electrocute people. Many different theories exist to explain what the source of the Ark's energy was. I believe that the Ark may have acted as an electrochemical battery cell powered by the fermentation of manna, which comes from the ash tree (*Fraxinus ornus*). The fermented manna breaks down into a form of acid that could be stored in the Ark's gold metal bowl. Electrical energy

may then be produced by the chemical reactions contained within—the same principle behind the early galvanic and voltaic batteries, from the late 18th and early 19th centuries. Although silver and copper are superior conductors of electricity, gold is also highly rated because it almost totally resists the formation of non-conductive compounds, primarily oxide, on its surface.

Regardless of the exact source of its power, the Bible implies that the Ark has the power to kill or cause destruction for those who defy God's will. Among the Ark's "victims," a man named Uzzah "...put forth his hand to the ark of God, and took hold of it...and the anger of the Lord was kindled against Uzzah; and God smote him there for his error; and there he died by the ark of God." (II Sam. 6:6-7) Uzzah had failed to honor two of the Lord's firm stipulations regarding the Ark. First, since this renowned box contained the presence of God, it was a sacred object carrying the direct warning "...they shall not touch any holy things lest they die." (Num. 4:15) He also erred in allowing the Ark to be transported on a cart. God had specifically ordered that the long carrying poles never be removed from the

Ark, "The staves shall be in the rings of the Ark; they shall not be taken from it." (Ex. 25:15) This was so the poles would rest on the shoulders of men, allowing the Ark to be safely transported over rough terrain. Cayce refers to this incident in reading 262-72: "Be not overanxious; for he that is overanxious, even, is as Uzzah." This reading reminds us that Uzzah was in the wrong primarily because he was "overanxious" and thought he could shortcut God's will. He had not yet learned to "Trust in the Lord with all thine heart and lean not unto thine own understanding..." (Prov. 3:5)

During their journey, the Ark was always carried at least 2,000 cubits (or paces) in front of the Hebrew people (Joshua 3:4). One Jewish interpretation of the biblical text, the midrash, explains that the energy emanating from it cleared the way of snakes, scorpions, and thorns (T.VaYakhel,7). When God ordered the Israelites to capture the walled city of Jericho, specific instructions were provided which involved carrying the Ark around the city accompanied by the blowing of trumpets. The Bible affirms that on the seventh day of this action, the wall *did* collapse, allowing entry. (Joshua 6:1-21)

In a heated battle with the Philistines, the Israelites were defeated and their enemy seized the Ark and moved it into their community. Immediately a large statue of their god, Dagon, toppled over and eventually broke, and other misfortunes followed. After seven months of suffering, the Philistines returned the Ark to Israelites living in the community of Beth-shemesh. Although the people there rejoiced, they "looked into the Ark..." (an act forbidden by God) and over 50,000 died. (I Sam. 4-6) In another example of the Ark's power,

two men, Nadab and Abihu, took it upon themselves to bring a "strange fire" to offer a sacrifice at the throne of God on the Ark and died there by a "fire from the Lord." (Lev. 10:1-2)

Though not specifically referring to power emanating from the Ark, Cayce explained, "... all vibration becomes electrical in its action and effect." (2492-5) "Electricity or vibration is that same energy, same power, ye call God. Not that God is an electric light or an electric machine, but that vibration that is creative is of that same energy as life itself." (2828-4) (See *Vibrations: Spirit in Motion* by Kevin J. Todeschi).

Oral tradition refers to "sparks," or a dynamic radiance, arcing between the two golden cherubim on the lid of the Ark, possibly acting as positive/negative terminals. And as recorded in scripture, "There ... between the two cherubims which are upon the ark of the testimony," the Lord told Moses, "I will give...commandment(s) unto the children of Israel." (Ex. 25:22)

This sacred box was covered with linens and animal skins when traveling, and surrounded by curtains when stationary. Renowned electrical engineer, Nikola Tesla (1856-1943), "the father of electricity," speculated that the Ark was "a machine in which electricity was generated by friction of air against silk curtains, and stored in a box constructed like a condenser," a type of static electricity or an electromagnetic accumulator. Tesla, who had tremendous respect for the Bible, wrote: "...Moses was undoubtedly a practical and skillful electrician far in advance of his time."

Static electricity was successfully produced in the "Baghdad Battery" (Sumeria, about 2500 BC), and experiments with an ordinary glass container, the Leyden Jar,

CAYCE ON THE ARK: "There is much, as indicated, that is of a high *sensitive* nature; much that pertains to what many call ethereal or dreamy or not practical. But with an ideal the entity may go far. It may be set in the study of those things pertaining to the manner of presenting the beauties in decorations and architectural forces within and without. Or it may be set in the study of the *why* of those things presented in Exodus or Leviticus, as to the manner of building the covenant—ark of the covenant, or the tabernacle, and especially as to the manner of decorations; also the manner of decoration in the temple first built by Solomon and then that represented especially by that written in Hebrews, as to how all of these are but the patterns, the expressions of the emotions from the body of man himself, and how that *One* represents an ideal to the world, to the earth in all forms." (1123-1)

demonstrated that electrical energy may be generated fairly simply. (Perhaps the Ark vibrated at a low intensity of static electricity on a regular basis, but was infused with a higher energy force when the Holy Spirit of God directly conveyed messages through it.)

Legend has it that when the Ark was housed in Solomon's Temple in the "Holy of Holies," the priest who entered that area to offer sacrifices had a rope tied around his leg; in the event he died as a result of the intense energy, he could be pulled out without risking harm to anyone else.

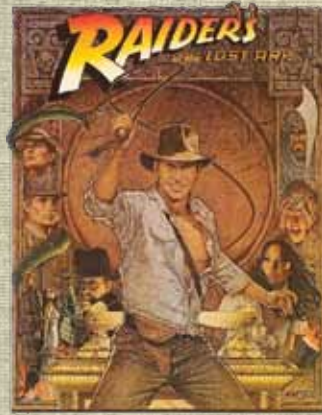
THE ARK AND THE READINGS

Cayce supports the Old Testament account of the construction of the Ark. At least seven individuals who received life readings were told that they had participated in either the building, decorating, or transporting of this famed golden chest. These people were known in this earlier incarnation as: Belda, who had been "an attendant in the activities about the temple service itself," and "in the preparations of hangings about the Ark" (1000-14); Jehochean, "aided those in setting about in Gilgal...the Ark of the Covenant..." (1033-1); another, Arel, assisted in decorating the Ark (1123-1); Barthuel, worked "with metal as well as with wood," participating in the initial construction of the Ark (1747-3); Abiden, was known "for the drawing especially of the Ark, its contents, its manner of workmanship, the hangings for the holy place" (2398-2); Shaib, "prepared the hangings" during the building of the Ark (3706-2); Emiel, was acknowledged as being one "who bore the Ark" (5275-1).

These specific Cayce readings for individuals who had lived in Old Testament times not only affirm the concept of reincarnation, but are a reminder of the strong possibility that we also lived in that era. Consider, therefore, that the trek through the "wilderness" to the "Promised Land" by those people with strange-sounding names *could be our own stories!*

WHERE IS THE LOST ARK TODAY?

Among the Dead Sea Scrolls found at Qumran (1952) was the Copper Scroll listing the holy treasures saved from Solomon's Temple. It said that "all the gold and silver with the *Great Tabernacle* [author's empha-



Affirming the Ark's mystique, movie-maker Steven Spielberg produced *Indiana Jones and the Raiders of the Lost Ark*. In this fictional account, immoral Nazis planned to confiscate the Ark and dominate the world with its miraculous power. Hero Indiana Jones, bravely facing this determined enemy and other dangers, ultimately prevailed and brought the Ark to safety, after the villains were destroyed by their own greed and wicked intentions. This blockbuster film was not only entertaining; it renewed mainstream interest in the Ark.

sis] and its treasures..." were hidden in the Valley of Anchor "under the hill that must be climbed..." Another source stated that the prophet Jeremiah "found an hollow cave, [in] which he placed the tabernacle, and the ark, and the altar of incense, and so closed up the opening." (II Maccabees 2)

The Cayce readings clarify, "Why—why has there been so little considered of how, with the return, there was so little thought expressed as to where was the ark of the covenant, that was to remain ever in the Holy of Holies? It [the Ark] had *not* been destroyed, and was not destroyed, nor removed, until the Prince of Peace came, wherein there was the declaration that 'neither in this city nor in this mountain, but in the *hearts* of men will there be the meeting in the Holy of Holies.'" (1000-14)

Consequently, though the (hidden) Ark still exists, God no longer communicates through it. Instead, the Christ Consciousness is the "greater and more perfect tabernacle, not made with hands..." (Heb. 9:11) "I will put my laws into their hearts, and in their minds will I write them..." (Heb. 8:8-13)

Cayce advised, "Do stay close to the Ark of the Covenant which is within thee, knowing the Father, the Son, the Holy Ghost must move within and through thee if ye would bring thyself closer to the full-

ness of thy purposes in the earth." (5177-1) Therefore, that same energy which once pulsed between the outstretched wings of two golden cherubim on the Ark now moves within each of us—arcing between our pituitary and pineal glands—when our spiritual nature awakens and quietly seeks communion with the Lord.

In closing, we can speculate that the concept of the Ark of the Covenant gradually evolved into church buildings where people met to praise and to maintain contact with God, ever soliciting his intervention in their lives.

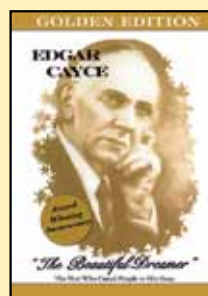
But whether manifesting from a golden box, a mighty cathedral, or from within ourselves, the Creator has *always* remained close to His children providing guidance, reassurance, hope, love, and forgiveness. 🙏

ABOUT THE AUTHOR



BARBARA A. ROBINSON, MS, associated with A.R.E. since 1953, has written numerous scholarly articles for *Venture Inward* based on Old and New Testament subjects. She welcomes short e-mail exchanges discussing this article: cloudrd@cox.net.

Renew for Two Years and SAVE 20%,



PLUS we'll send you
The Beautiful Dreamer
Golden Edition DVD
—FREE—

Traditional Members (benefits by mail)
Inside U.S. Regular price \$96 **NOW \$76**
Outside U.S. Regular price \$140 **NOW \$112**
Online eMembership (benefits online)
Same great price worldwide
Regular price \$80 **NOW \$64**

Visit EdgarCayce.org/renewfor2 or call Customer Service at 757-428-3588 and mention code **J2INTBD**. This offer is limited to the first 300 responders.



Spinal Adjustments Benefit All Pets



I think chiropractic is essential for any organism with a spine to achieve the highest level of health and performance.

Q: *My cocker spaniel has recurrent back pain. My vet gives him cortisone shots, which make him better for a while. Do you think chiropractic adjustments could help? Can you explain how chiropractic works?*

A: Chiropractic care can be a very effective treatment for back pain. In fact, I think chiropractic is essential for any organism with a spine to achieve the highest level of health and performance. The Cayce readings recommended manipulations of the spine to improve many conditions in people.

The spinal cord is the channel for information between the brain and the organs and tissues of the body. It is made up of millions of long nerve fibers that carry electrical messages like a living telephone cable. This precious pathway for bodily communication is totally encased in bone.

The bony spine is a mechanical marvel. It supports the skeleton, acts as an attachment for many of the body's muscles, protects the internal organs and protects the spinal cord. At the same time, it allows for incredible flexibility.

The spine owes its suppleness to the fact that it is made up of a series of small bones called vertebrae (plural of vertebra). There are 27 vertebrae in all from a dog's head to his pelvis. These 27 bones are joined together by a series of over 150 joints. All of these joints must move in a coordinated fashion for proper locomotion of the entire body.

Furthermore, there are small openings on both sides of the spine, between the vertebrae where each bone joins to the next. Spinal nerves travel through these openings carrying information between the body and the spinal cord. Any malfunction of the 150 vertebral joints can constrict the openings and disturb the spinal nerves.


The word "subluxation" is used by chiropractors to denote an abnormally functioning spinal joint. A subluxation is not so much a bone that is out of place as it is a joint that is not moving properly. Even slight glitches in spinal joint motion can cause the surrounding

tissue to swell and muscles to spasm. This can lead to pressure on the spinal nerves as they exit the spine. A 1986 University of Colorado study demonstrated that the amount of pressure equivalent to the weight of a dime on a spinal nerve was enough to cause it to malfunction in as little as 24 hours.

The job of the veterinary chiropractor is to locate and correct spinal misalignments. Several techniques exist for adjusting animals. Fortunately, none of them involve laying the dog down, belly up, on a chiropractic table and wrenching his neck from side to side. Most commonly the animal is adjusted while standing. The doctor gently presses on one vertebra at a time to locate any joints that are not moving appropriately. When a subluxation is located, a quick, accurate thrust is delivered to correct the problem.

Subluxations have numerous causes. Trauma is the most obvious. This includes not only severe trauma but also more subtle disturbances such as slips, falls, and missteps—basically living life. In fact, birth itself sometimes causes damage to the spine, starting the poor dog off on the wrong foot. Plus, some pets have been bred for certain traits, such as long backs and short legs, which predispose them to back problems. Finally, performance dogs are especially prone to back-jarring incidences. Jumping, racing, and lead jerks can all knock the neck and back out of whack.

Spinal problems can manifest in many ways. Subluxations may cause neck or back pain and sensitivity to touch. Pacing or other gait abnormalities might be signs of a back issue, as well as weakness or stumbling. Finally, stiffness, lameness, and a decreased range of motion can all indicate the need for an adjustment.

When taking your pet for a chiropractic treatment, be sure to seek a professional with proper training. Your chiropractor may do a great job on you, but because of anatomical differences between people and animals, without special training a chiropractor is not the ideal candidate to treat your pet. American Veterinary Chiropractic Association (AVCA) certification assures education and skill in the specialized field of animal chiropractic. For a list of local, certified animal chiropractors log on to animalchiropractic.org. 



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





A.R.E. Camp

RURAL RETREAT, VA

FOR KIDS, TEENS, FAMILIES, ADULTS

**BRING YOUR FAMILY,
SEND YOUR KIDS,
TREAT YOURSELF.**

ALL THE JOYS OF SUMMER VACATION...



"A.R.E. Camp is a place for new experiences, awesome friends, great counselors, and tons of fun!"

—M.M., Arlington, TX

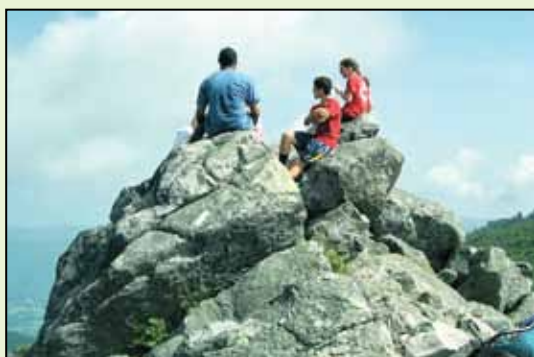
"It's a community based on love instead of fear. It's a place where we are all accepted and loved unconditionally."

—A.D., Santa Clara, CA

"A.R.E. Camp is the BEST!"

—All of us who have been there. Come join us.

**WRAPPED IN THE PRISTINE NATURE
OF THE BLUE RIDGE MOUNTAINS...**



**AND INFUSED WITH THE DEEP MEANING
OF EDGAR CAYCE'S SPIRITUAL IDEALS.**



WE OFFER:

Children's Sessions

- July 10-23
- July 31-August 13

Week-long Hikes (for children)

- July 23-30
- August 13-20

Cayce Fellows (older teen session)

- July 10-23

Family Sessions

- July 3-9
- July 24-30
- August 14-20

Young Adult Retreat

- June 17-21

Adult Retreat

- August 21-27

Construction Camp (FREE volunteer session)

- June 3-18

**YOUR SUMMERS
WILL NEVER BE
THE SAME.**



EdgarCayce.org/SummerCamp
A.R.E. Camp Manager: 800-333-4499, ext. 7162
E-mail: arecamp@EdgarCayce.org
Find us on Facebook: ARE Camp Rural Retreat



The Egyptian people hold a vigil for democracy.

ARABIA ARISING Egyptians Seek Better Government

are instituted among men, deriving their just powers from the consent of the governed. That whenever any form of government

these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness.

Mubarak and his government lost sight of the ideal to help the people secure life, liberty, and the pursuit of happiness. Now the people have taken to the streets demanding leadership and governance that is more attentive and responsive to their needs and unalienable rights.

But democracy is not easy and it takes time to build and must be maintained with diligence and constant involvement of the citizenry.

Although it is widely believed that democracy began around 500 BC in the city-state of Athens, there is evidence that proto-democracies existed in ancient times. The evidence suggests that once a populace reaches a level of writing and reading, develops a social consciousness, and villages or tribes begin to cooperate, a form of democracy naturally arises.

For example, in ancient Sumer, known as “the

land of the civilized lords,” (4100–2900 BC) the kings such as Gilgamesh did not rule autocratically but governed in cooperation with a council of elders composed of men and women from the various communities in the central city of Uruk, which was among the first urbanized cities in history. The early Sumerian kings had to consult these councils on all major issues, and the councils had final political authority. These oligarchic councils were an early form of proto-democratic governances of concentrated populations. Uruk had over 50,000 inhabitants at the time of Gilgamesh. (See illustration below of the Epic of Gilgamesh, recorded on stone in Akkadian Cuneiform writing.)

The Gana-Sangha of India from the sixth to the fourth century BC, derived its name from the word *gana* meaning “equal” and



The Epic of Gilgamesh

THE WORD *DEMOCRACY* comes from the Greek words *demo* for “people” and *krates* for “rule,” thus democracy is rule by the people. The spirit of liberty and democracy is rising among the autocratic Arabian countries, including our beloved Egypt with its ancient pyramids, temples, and art.

During the past several years of touring Egypt I could feel the growing frustration of the Egyptian people toward their president. Mubarak was lost in international activity and the recognition he was receiving, while back home he didn’t see the suffering of his country’s people. A shift came when Egyptians began talking to me openly about their frustration with the regime, which used to be taboo and punishable. The numbers of people hurting reached a tipping point that Mubarak and the world did not see coming. Tunisia’s uprising was all the Egyptians needed to push them to stand up and yell, “Enough!”

Liberty is contagious. Self-determination, or at least self-participation, in their lives is a divine right of every soul. At some point, people are going demand this, despite our dangers. Consider these words in our Declaration of Independence:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness. That to secure these rights, governments



sangha meaning “assembly,” and was an early form of independent republics. This was not a true democracy because families (rajass) ruled—not the general populace. Even so, the monarch was elected by the families and coordinated his activities with the families and councils.

Of course the first true democracy was in Athens, Greece in the sixth century BC. All adult male citizens were life-long members of the *ecclesia*, or assembly, the state’s decision-making body, and were expected to attend public debates, make speeches, and vote on government decisions. Excluded were women, slaves (even freed slaves), and foreigners.

The Roman Republic effectively came into being in the fifth century BC with the election of Tribunes officials voted into power by the *plebs*, (ordinary Roman citizens). In 287 BC the decisions of Tribunes in the people’s Assembly gained the force of law.

In the eighth century AD, after the Roman Empire relinquished its grip on Europe, free men of local communities in Scandinavia gathered in meetings called “things,” to discuss public issues, administer justice, and amend tribal laws.

And though we called them the “Dark Ages,” Christianity was widely followed. Thus many democratic ideas were understood and followed by many of the people, because Christianity taught that all men were created equal. The Feudalism of the time stressed that all people had certain rights and developed a system of courts to defend those rights.

In 1215 English nobles forced King John to sign the *Magna Carta*, or “Great Charter,” creating the forerunner of the English parliament and subjecting the king’s will to constitutional law.

In 1758 in Nova Scotia, an elected assembly of 22 men gathered in Halifax to debate issues and pass local laws for the then-British colony. Although representative assemblies already existed in the 13 American colonies, this was the first formally elected assembly in what later became Canada.

And of course, in 1788, the newly formed United States of America adopted a constitution that created the world’s first modern democratic nation.

Fascinatingly, especially when you consider that Edgar Cayce pointed to the Iroquois as remnants of the Atlantean

people, the Six Nations Confederacy, composed of the Mohawks, Oneidas, Onondagas, Cayugas, Senecas, and the Tuscaroras, comprised the oldest living *participatory* democracy in North America. The Iroquois tribes originally called their confederacy *Kanonsionni*, which means “people of the longhouse.” Today they call themselves the *Haudenosaunee* or *Six Nations*. The original United States *representative* democracy drew much inspiration from the confederacy of the Six Nations.

In 1870 the 16th amendment to the constitution granted voting rights to all



Egyptians celebrate their new-found freedom.

male citizens regardless of “race, color or previous condition of servitude.” But it came about only after the American Civil War and the abolition of slavery, in which many gave their lives for this change.

In 1869 the new U.S. territory of Wyoming, in its first charter, gave women the right to vote in all elections. And in 1881 the legislature of the Isle of Man became the first national parliament in the world to give women the right to vote. This right was extended to women in 1893 in New Zealand, 1902 in Australia, and 1918 in the United States. I can remember leading A.R.E. tours through Egypt when women were not allowed to drive cars, let alone vote! Now they are licensed to drive and they serve in The People’s Assembly (*Maglis El-Shaab*).

Even with this improvement, Egypt has been a presidential-republic in which the president is head of state and head of government, and there is only one political party to vote for, of which the president is the only candidate. All those who speak against this government or president are considered treasonous—usually jailed, often tortured; and sometimes disappear,

never to be heard from again.

We are seeing today that the people of Egypt and Arabia are feeling the need for some degree of democracy. After so many generations of autocratic rule it will not be easy to develop and maintain a form of democratic rule—especially since there are several factional elements within their populace. We had the same situation with the American colonies. Forming a “more perfect union” wasn’t easy for America, and it won’t be easy for Arabia. Even today it isn’t easy to maintain a cooperative democracy in America with so many varying interests and opinions, and so much passion behind these.

When Mubarak finally let go of power, on Friday, February 11, the military took control of Egyptian governance. Nobel Peace Prize winner Mohamed ElBaradei, who called for a military takeover, described the change as the liberation of the Egyptian people. “We have a lot of daunting tasks ahead of us. Our priority is to make sure the country is restored, socially cohesive, economically vibrant, politically democratic,” he said. “My message to the Egyptian people is you have gained your liberty, the right to catch up with the rest of the world. Make the best use of it.”


As of this writing, Feb 11, Egypt will be governed by a military council led by the Defense Minister, Field Marshal Mohamed Hussein Tantawi, who is not a known reformer.

Our prayers should be with the Egyptian people and Arabia. 🙏

[Ed. note] At press time, events in Egypt and the rest of the region were moving very fast and the situations were constantly changing. Check the *Venture Inward* page at EdgarCayce.org/members for any updated information or commentary. (Also see [John Van Auken’s update](#) at EdgarCayce.org/blog.)

Take a virtual journey through Egypt with the new DVD **Edgar Cayce’s Tour of Egypt**, guided by John Van Auken. Visit ARECatalog.com or call 800-333-4499 for information or to order.

INTRODUCING

A black and white portrait of Edgar Cayce, an elderly man with glasses, wearing a suit and tie, resting his chin on his hand.

THE OFFICIAL
EDGAR CAYCE
READINGS

DVD-ROM USING
SONAR SEARCH

Your DVD-Rom Includes:

- 14,306 Edgar Cayce Readings with text, background, reports
- Advanced search capabilities
- 10,000+ topical index database at your fingertips
- Cayce health database
- Disease overviews
- Research reports and therapies
- Plus, bonus media!

FOR USE ON MAC OR WINDOWS

EXPLORE
INSIDE



Unlimited Access to Edgar Cayce's Life-Changing Information

*Imagine Owning All 14,306 of Edgar Cayce's Readings
on a Single Computer DVD-Rom*

What Is Sonar Search?

The Sonar program offered on this new DVD-Rom is **the most advanced search capability of any readings database A.R.E. has ever published. In addition, for the first time in history, you will have the 10,000+ topical database as search parameters at the touch of a finger. It is just like having the readings' card catalog, which is located on site in the A.R.E. Library, on your own computer.**

Sonar's search offers both simple and complex options and is not dependent upon your browser. It can be used on either a Mac or a Windows-based computer (see system requirements on facing page).

The program has search capabilities that can be used by the beginner as well as options and resources which may appeal to the more advanced users who are doing extensive research of the readings.

How Does It Work?

The opening screen of your readings search software contains navigation menus and buttons along the top, two search boxes on the left, four tabs with the contents of the reading being displayed to the right (Index,

Background, Text, and Reports), and the Cayce health database menu options in the bottom window. All of this information is available in the Quick Start Readings and Users Guide in the HELP section of the program.

Bonus Resources and Media Files

These are just the basics of what *The Official Edgar Cayce Readings on DVD-Rom* can do. There are dozens and dozens of other features and capabilities that make your access to the Edgar Cayce readings unlimited. In addition, here are some highlights of the bonus resources and files available at your fingertips:

- Quick-start video tour
- How to Study the Readings PDF
- The Cayce Herbal
- The Cayce Health Database
- Historical articles from the vault (more than 20 documents)
- *The Photographic Legacy of Edgar Cayce*
- Audio files featuring Hugh Lynn Cayce, Edgar Evans Cayce, Gladys Davis Turner, Ann Lee Clapp, and Elsie Sechrist
- Video files of *The Legacy of Edgar Cayce* (length: 29 minutes) and *Medical Research Report* by David McMillin (length: 1 hour, 8 minutes)

“The Sonar program offered on this DVD-Rom is the most advanced search capability of any readings database A.R.E. has ever published.”



System Requirements:

Windows: 32-bit or 64-bit, Windows 2000, XP, Vista, Windows 7

Macintosh: Intel-based Macintosh with OS X (Mac OS 10) or later

PREVIEW A COPY OF THE
DVD-ROM AT

www.OfficialEdgarCayceReadings.com



The Official Edgar Cayce Readings on DVD-Rom

In the early days of the Cayce work, the only readings that individuals had access to were their own personal readings from Edgar Cayce. The readings were not available to the public in a central location nor were they indexed and cross-indexed as a means of finding specific subject matter—a task that would take decades to complete!

When you purchase your readings DVD-Rom, you will have immediate access to what has been called the most comprehensive collection of psychic information that has ever been obtained from a single source and access to the 10,000+ topical index. In addition, we've pulled together a comprehensive User's Guide that includes an instruction video to help get you started.


We hope you'll find many hours of fulfillment, inspiration, knowledge, fascination, and information in this wonderful wealth of material!

System Requirements:

Windows: 32-bit or 64-bit, Windows 2000, XP, Vista, Windows 7

Macintosh: Intel-based Macintosh with OS X (Mac OS 10) or later

**TO ORDER CALL
TOLL FREE:
1-800-333-4499, or
VISIT
ARECatalog.com**



THE OFFICIAL
EDGAR CAYCE
READINGS

DVD-ROM USING
SONAR SEARCH

Your DVD-Rom Includes:

- 14,306 Edgar Cayce Readings with text, background, reports
- Advanced search capabilities
- 10,000+ topical index database at your fingertips
- Cayce health database
- Disease overviews
- Research reports and therapies
- Plus, bonus medial

FOR USE ON MAC OR WINDOWS

A.R.E. Members meet Copeland Matching Challenge

In the summer of 2010, A.R.E. Life Member Richard Copeland offered a Matching Challenge as an incentive for fellow members to contribute to the A.R.E.'s new Building Fund. He offered to match, dollar-for-dollar, any gift of \$10,000 or more, up to a total of \$200,000, made by December 31, 2010. According to Development Director Patrick Belisle, Mr. Copeland's challenge was met and surpassed. "Fifteen people or groups made qualifying gifts of \$10,000 or more," Belisle reported. "Combined with Richard's contribution, we raised a total of \$440,000 toward our Building Fund goal."

According to Belisle, the 15 donors included Laurie Sands Harrison, who contributed \$50,000 to help renovate the A.R.E. Health Center and Spa; Ray and

Rosemary Joyce in Florida who "love the A.R.E. and want it to continue to thrive and grow"; and individuals in three A.R.E. Regions pooled their contributions in order to reach the \$10,000 threshold. The California Region gave \$23,500; the Southeast Region gave \$20,000; and the Mid-Atlantic Region contributed \$10,000. "We are grateful to everyone who participated in the Copeland Matching Challenge," Belisle said. "We are especially grateful to Richard for stirring up all this excitement."

Executive Director and CEO Kevin J. Todeschi added that the A.R.E. had a very successful fundraising year in 2010. Ruben Miller invested \$1.1 million in an A.R.E. Charitable Gift Annuity that will help build the new Caycefoods café on the Virginia Beach campus; Don de Laski gave \$125,000 to Atlantic



The future campus and new Education Center with renovated Wynne building.

University and pledged another \$500,000 toward the new Education Center; and A.R.E. members overall combined to contribute well over \$1 million to annual operations. With the gifts made in response to Copeland's challenge, the A.R.E. has now raised over \$1 million of its \$2 million goal for the new Education Center,

and \$1.75 million toward the overall \$5 million Capital Projects goal. "I want to thank everyone who has contributed to this point," Todeschi added. "And I hope this success inspires others to help make this dream come true."

The Education Center will replace the existing Carriage House building and will be the new home of Atlantic University, the Cayce/Reilly® School of Massotherapy, and the Edgar Cayce Foundation. Other capital projects include creating the Cayce-Miller Café on the first floor of the Cayce Hospital building, renovating the Spa, paving the upper parking lot, and renovating each of the other buildings on campus. The A.R.E. will begin preliminary work on phase one of the overall project, building the Education Center, as soon as the \$2 million goal is reached. "The time is here, now," Todeschi said. "We are all creating A.R.E.'s future. Together."

Charitable IRA donation received

Doris Oestreicher, a long-time A.R.E. member from Watertown, Wisconsin, recently agreed to donate \$85,000 via a charitable IRA rollover. "The A.R.E. has meant more to me than any other source of information in my life," she said. "When the law changed so that a person could give IRA money to a charity without paying taxes on it, I wanted to give to an organization that means the world to me."

The tax law, passed in December 2010, extended the charitable IRA rollover opportunity for donors who wish to make a gift directly to the A.R.E. from their traditional or Roth IRA. This type of donation transfers funds directly from an IRA to the A.R.E., and usually produces a more favorable tax outcome than simply withdrawing funds to make a gift, according to the A.R.E. Office of Development. Donors must be 70 ½ to qualify, and they may transfer up to \$100,000 and have it count toward their yearly required minimum distribution. The extension lasts through December 31, 2011.

In other financial news, the minimum investment for an A.R.E. Charitable Gift Annuity (CGA) increased from \$5,000 to \$10,000 on March 31. CGAs provide a tax break for the donor as well as guaranteed income for life at between 5 and 9.5 percent (depending on age—minimum age is 60 to qualify). For more information on IRA rollovers, CGAs, or for a free personalized report, contact Marianna Theo at Marianna@EdgarCayce.org or 757-457-7126.



MEMBER APPRECIATION

Betsy York

Alexandria, VA

Member since 1989 (Life Member since 2005)



WHY I GIVE BACK TO THE A.R.E.: *"I decided to give back to the A.R.E. because the A.R.E. has meant so much to me over the years. I have read and studied the Edgar Cayce readings and related materials for 25 years. They have enriched my life, giving purpose and meaning for being here on Earth. I also have a son—Michael—who has grown through the relationships he has developed with A.R.E. members."*

BACKGROUND/PROFESSION: Betsy is a retired Federal Bureau of Investigation (FBI) Special Agent. "I spent the majority of my work life interviewing and helping other people. Service to God and country has been a major focus for my life's mission."

SPECIAL A.R.E. MEMORIES: "I enjoy the A.R.E.'s conferences—both national and local. My entire family has traveled with A.R.E. Tours, which has led to some of my best memories. The trips to Egypt, Ireland, Peru, and the Mayan Yucatan area are some of my favorite experiences. I participate in a local *Search for God* study group on a regular basis and have gained wonderful insights and friendships through that."

PERSONAL ACTIVITIES: "I am currently doing a life review: evaluating my personal soul-development contract and assessing how my conscious life matches up with my dreams, expectations, and spirit connectivity. Thoughts are things. Mind surely is the builder. And meditation is very useful. Thank God for Edgar Cayce and the A.R.E."

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

Wellness intensive marks 15th year

A.R.E.'s annual Wellness and Rejuvenation Retreat celebrates its 15th anniversary, May 21-27 at A.R.E. HQ in Virginia Beach. This week-long, all-inclusive program immerses attendees in an intensive, Cayce-centered retreat experience focused on each participant's individual body-mind-spirit wellness, and includes: Cayce/Reilly-based health assessments and therapies; remedies training intensive; massages and steams; small group work and dream study; meditation; and exercises.

Participants stay on the A.R.E. campus, where they share Cayce-based meals prepared fresh daily by former A.R.E. Camp kitchen director and author Carol Baraff. Popular speakers Mark Thurston, PhD; Mary Elizabeth Lynch, MA, JD; and others share decades of living and applying the Cayce readings with attendees, providing tools and techniques to overcome impediments to spiritual and personal growth. "Wellness Week brings together in one comprehensive experience the very best of the Cayce material—body, mind and spirit," Thurston,

a long-time presenter at this program said. "I think it is the finest program offered by the A.R.E. because it truly serves to help people make transformational changes in their physical health, their emotional well-being, and their spiritual growth."

Additionally, Peter Schoeb, DC, CMT, who trained with Dr. Harold J. Reilly, provides health assessments and guidance on living a holistic lifestyle; Sandra Duggan, a presenter since the original program in 1997, shows how to make informed food choices; and Peter Van Daam leads gentle Cayce-based exercises designed to enhance vitality. Another highlight is a social dinner with program presenters and A.R.E. CEO Kevin J. Todeschi.

Past attendees—who have come as individuals, couples, and family groups—have ranged in age from college students to 98 years old. This limited-enrollment program has sold out for 2011, but plans are underway to continue this event for a 16th year in the spring of 2012. Visit EdgarCayce.org/conferences or call 888-273-0020 for details.

Psoriasis book now available in French

World-renowned psoriasis treatment pioneer, and 50-year A.R.E. member, John O. A. Pagano, DC, announced that his book *Healing Psoriasis: The Natural Alternative* was recently released in its sixth language: French. The book combines Dr. Pagano's own research with information from the Edgar Cayce readings to describe the root causes of psoriasis and outline dietary changes and holistic remedies to treat it drug-free.

He is also the author of *One Cause: Many Ailments—The Leaky Gut Syndrome* (A.R.E. Press). For more information visit psoriasis-healing.com. Dr. Pagano will be a featured speaker at A.R.E. Congress, June 19-24, in Virginia Beach.





Former president to become Life Member



President Jamil Mahuad at A.R.E. Headquarters, with CEO Kevin J. Todeschi, the day he signed up for Life Membership.

Former Ecuadorian president, Jamil Mahuad, is becoming a Life Member of A.R.E. He has been a member previously, and said he decided to become a Life Member to help further support the Edgar Cayce work. “I am very familiar with the A.R.E. and have found depth and seriousness to the work,” he added.

He first became acquainted with the A.R.E. through Josefina Alzamora, the founder and director of the Edgar Cayce Center in Guayaquil, Ecuador (site of the Latin American Congress, April 18-20, 2008), and a graduate of the Cayce/Reilly® School of Massotherapy. “The results after Josefina gave me a series of massages made me feel that it would be great if I could give the same benefit to other people,” Mahuad said. He enrolled in the school, graduating in 2006. “The school helped me become more aware of the body-mind-spirit connection. I remember thinking at the time, ‘I don’t know what I’m going to do with this, but I know what this is doing to me.’” He added, “I am grateful that I can now give Cayce/Reilly massages to my family and close friends.”

He has also taken classes at Atlantic University, and plans to complete the coursework for a Master of Arts in Transpersonal Studies in the near future. He has par-

ticular interest in the areas of consciousness and conflict transformation, and said he sees “real leadership connections” at AU.

Mahuad served as president of Ecuador from 1998-2000, capping a career of nearly 20 years in Ecuadorian politics. He is a recipient of the World Wild Fund Gift to the Earth Award (1999) for his policies on environmental protection and is a Nobel Peace Prize Nominee—along with Peruvian President Alberto Fujimori—for the signing of a definitive Peace Treaty with neighbor country Peru (1999). He currently lectures on negotiation, leadership, and the challenges facing struggling democracies in the age of globalization at universities across the world, and is the Co-founder and Senior Advisor of the International Negotiation Initiative, at Harvard Law School. He holds an MPA from the Kennedy School of Government, where he was a Mason Fellow, and a JD from the Catholic University of Ecuador.

A.R.E. Life Members receive special discounts on books, conferences, camps, and other activities. In addition to these regular membership benefits, each year Life Members are invited to attend one of A.R.E.’s specially selected Life Member Headquarters Conferences at no charge. Life Membership remains in effect for the lifetime of the member as well as the lifetime of their spouse or partner. Life Membership is \$2,400, which can be done as a single payment or with a partial payment option of \$100 per month for 24 months. Call 800-333-4499 or visit EdgarCayce.org/life for more information.

A.R.E. Library seeks to preserve historic media

The A.R.E. Library is creating a digital archive of its collection of historic media, including video and audio recordings, but is still in need of the proper equipment to complete the transition, Library Manager Laura Hoff said.

This collection includes audio, VHS, and Beta tapes; slides; 8-tracks; and reel-to-reels. Lectures by famous A.R.E. speakers, including Hugh Lynn Cayce, Gladys Davis Turner, Shirley Winston, and others; slides from past Tours; and artifacts from some of the first A.R.E. Congress meetings are among the items found in this collection. The quality of some of this material is deteriorating due to age, and the Library is trying to preserve it all through digitization.

Over 3,000 photographs and slides have already been archived into the database,

over 15,000 lectures have been transferred to a digital format for preservation, and hundreds more of the various media have been found.

“All the progress on these projects, which are invaluable to future generations for research, has been made possible by our members’ ongoing support and assistance,” Hoff said. “We thank you for your continued kindness and generosity.”

Some examples of the media equipment the Library needs to acquire to continue the transition include a Beta SP machine (\$1,500), a two-track or “stereo” reel-to-reel (\$400), and an Allen and Heath sound mixer (\$2,000). For more information on the recently-launched Virtual Library and ongoing archival projects, visit EdgarCayce.org/library or call 757-457-7223.

Massage school to head task force



The Cayce/Reilly® School of Massotherapy has been selected by the Virginia Health and Medical Emergency Response Team to spearhead the creation of a Massage Therapy Emergency Response Task Force. This task force, still in the early planning stages, will coordinate massage therapists to support emergency medical workers in response to disasters and states of emergency. According to Cayce/Reilly Education Services Manager Dawn Hogue, the hands-on

therapy that massage provides is important to help medical workers rest when needed, relieve the stress they are enduring, and help with injury recovery. “This is an extremely valuable community service activity and we are very proud to coordinate this state-wide project,” she added. For more information or to become part of the task force, e-mail Dawn.Hogue@EdgarCayce.org or call 757-457-7270.

Candidates sought for A.R.E. Boards

The Boards of Trustees are seeking A.R.E. members who are 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.



A.R.E. to celebrate 80 years of Congress

This year's annual A.R.E. Members Congress, *Honoring the Past, Celebrating Today, Creating the Future*, June 19-24, will honor the 80th anniversary of Edgar Cayce's A.R.E. The week "promises to be filled with excitement, fellowship, and renewal," conferences manager Allison Parker Hedrick announced, and "is filled with an unprecedented gathering of past and present A.R.E. speakers, plus dynamic workshops, traditional favorite social activities, and insightful glimpses into the inner workings of the organization."

Holistic health pioneer John Pagano, DC, renowned for his ground-breaking treatment for psoriasis, based on the Cayce readings, was recently added to the speaker line-up that already includes Edgar Evans Cayce; Charles Thomas Cayce; Edgar Cayce biographer Sidney Kirkpatrick; Mark Thurston, PhD; Lynn Sparrow Christy; Kevin J. Todeschi; and Peter Schoeb, DC.

Congress begins Sunday with an A.R.E. Press Author Showcase, followed by a "Cayce Salad Bowl and Smoothie Bar" picnic. One of the most anticipated events of the week is a special panel featuring people who received readings from Edgar Cayce. Other events include sharing groups, workshops, staff and Board of Trustees reports, daily live music, a "fun"-raising auction, and the talent night and social. There will be optional activities such as a guided labyrinth meditation, a Glad Helpers gathering, and archives tours. Workshops include explorations of the roles of ideals and life seals to our spiritual development, among other topics. A separate Youth Congress is held concurrently,

with tracks planned for teens and for young adults.

Congress Co-chair Toni Romano said, "It was our intention to create a celebratory event that honors the legacy of the A.R.E. and its members, from the early pioneers to today's most influential speakers. This will be a real homecoming, and we hope to see familiar faces and welcome the newer generations of A.R.E. members and friends that we've come to embrace as our true spiritual family."

A separate pre-Congress conference event with its own registration, *Mastering Your Life's Mission: Using the Universal Laws and the Power of Thought*, on Saturday, June 18, will feature A.R.E. Tours leader and speaker Peter Woodbury, MSW. In this one-day program, attendees will learn to "understand and embrace the unbreakable master spiritual laws," and will explore "the power of thought to shape and transform daily life."

To keep the Members Congress open and affordable for all, tuition for the week is just \$75. The Congress planning team relies on fundraising to help cover the expenses this program, and they encourage everyone to "unclutter" their shelves and cabinets for items to donate for the auction. Unique items, jewelry and gemstones, collectibles, and Cayce memorabilia are especially welcome. Items should be sent to Kristie Holmes, Conferences Coordinator and Congress Co-chair, in care of the A.R.E. The deadline for auction donations is Wednesday, June 22, at noon. Commemorative Congress t-shirts will also be available for sale in the A.R.E. Bookstore.



Glad Helpers workshop, Congress 2010.

The 80th Anniversary A.R.E. Members Congress is a Life Member benefit program. For information or to register call 888-273-0020 or visit EdgarCayce.org/conferences for the latest updates and a downloadable daily schedule.

2011 CONGRESS SCHEDULE OF EVENTS

MONDAY-FRIDAY

- 8:00-8:45 a.m. Exercise the Cayce Way with Peter Van Daam
- 8:00-9:00 a.m. Youth Fundraiser Breakfast
- Noon Meditation with A.R.E. Staff or VIP Lunch*
- 12:30-2:00 p.m. Lunch and Free Time
- 5:00-7:00 p.m. Dinner and Free Time

SUNDAY, JUNE 19

- 10:00 a.m. Donor Appreciation Brunch (by invitation)
- 2:30-6:30 p.m. Registration
- 3:00-4:00 p.m. A.R.E. Press Author Showcase
- 4:00-5:45 p.m. Meet and Greet Picnic
- 6:15-6:45 p.m. Orientation and Welcome Toni Romano
- 6:45-7:00 p.m. Welcome Kevin Todeschi
- 7:00-8:30 p.m. Growing Up in the Cayce Fold
Edgar Evans Cayce and Charles Thomas Cayce

- 7:00-8:30 p.m. The New "New Age": Rediscovering the Cutting-Edge Qualities of the Cayce Work
Lynn Sparrow Christy

WEDNESDAY, JUNE 22

- 9:00-10:20 a.m. Speaker TBA
- 10:40 a.m.-noon Legacies Panel: Edgar Cayce Readings Recipients and Their Stories
- 2:00-5:00 p.m. Optional Activities
- 7:00-10:00 p.m. AUCTION hosted by Paul MacMurray

MONDAY, JUNE 20

- 9:00-10:20 a.m. History of Educational Outreach and the Edgar Cayce Materials
Mark Thurston, PhD
- 10:40 a.m.-noon Staff Reports
- 2:00-3:45 p.m. Workshops Spiritual Crisis: Raye Mathis or Library of Alexandria: Pat Barnett
- 4:00-5:00 p.m. Sharing Groups
- 7:00-8:30 p.m. Edgar Cayce: The Man and His Legacy
Sidney Kirkpatrick

THURSDAY, JUNE 23

- 9:00-10:20 a.m. Vision for this Work
The A.R.E. Board
- 10:40 a.m.-noon Creating the Future of the Cayce Work
Kevin J. Todeschi/AU Directors
- 2:00-3:45 p.m. Workshops Ideals: Peter Woodbury or Life Seals: Elizabeth Waitokus
- 4:00-5:00 p.m. Congress Planning and Elections
- 7:00-9:00 p.m. Talent Night
- 9:00-11:00 p.m. Social and Dance

TUESDAY, JUNE 21

- 9:00-10:20 a.m. A.R.E.'s Holistic Health Legacy
Peter Schoeb, DC
- 10:40 a.m.-noon Staff Reports
- 2:00-3:45 p.m. One Cause, Many Ailments: Cayce's Natural Approach to Eczema, Psoriasis, and More
John Pagano, DC
- 4:00-5:00 p.m. Sharing Groups

FRIDAY, JUNE 24


- 9:00-9:40 a.m. Astrology of the A.R.E.
Lauren Suarez
- 9:45-10:20 a.m. Numerology of the A.R.E.
Marianna Theo
- 10:40 a.m.-noon Closing Ceremony
Ellen Selover and Denise Furgason

*"VIP" Fundraising Lunches: Donate \$25 and sign up in advance for a special lunch with Sidney Kirkpatrick, John Van Auken, or Kevin J. Todeschi.

Just What Is Health and Well-being?



The healing path is also an inner journey of spiritual practice, positive thinking, prayer, and meditation.

Dr. Schoeb is available for Cayce-based health consultations by phone or in person at the A.R.E. Health Center and Spa. To book an appointment, purchase a gift certificate, or for more info about the Spa, visit EdgarCayce.org/spa or call 757-437-7202. 

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 works as a chiropractor and therapist at the A.R.E. Health Center and Spa in Virginia Beach, where he won a 2010 Readers' Choice Award from *The Health Journal*.

COUNTLESS WORDS HAVE BEEN written about health and well-being. Many paths have been recommended, sometimes as an exclusive approach. Many supplements and nutritional venues have come and gone, while some have exceeded and proven to be excellent. Where then, the question might be asked, is the appropriate course for the seeker of health, well-being, and body-mind-spirit integration?

Confucius, the Chinese sage, said, “The reward is the journey”; thus, the healing path needs to be walked by each individual. However, a truly holistic health care provider can be a tour guide in the land of health and wellbeing and help the individual to find and walk this healing path. Simultaneously, this is also an inner journey; a journey of spiritual practice, positive thinking, prayer, and meditation—this essential skill of listening to the all-important voice from within. What has been perceived from within, then, needs to be applied and put to practice with patience, consistency, and persistency—that is from whence the healing change comes. The key process is to transform and transcend, and not to merely replace old patterns with similar “new” ones.

From the Edgar Cayce readings: “For, as has been indicated so oft: In each body, no medicine, no mechanical appliance *does* the healing. It only attunes the body to a perfect coordination and the Divine gives the healing. For Life is divine, and each atom in a body that becomes cut off by disease, distrust or an injury, then only needs awakening to its necessity of coordination, cooperation with the other portions that are divine, to *fulfill* the purpose for which the body, the soul, came into being.” (1173-7)


Certain minor, occasional imbalances within the human body can be corrected easily and lastingly, such as the rare headache, the seldom-occurring digestive dysfunction, or an occasional misalignment of a joint in the body. Thus it is advantageous, as a preventative measure, to perform some herbal or hydrotherapy detoxification and a balancing and alignment of the human frame through massage and manipulation at the change of each season. This, along with an appropriate lifestyle and nutrition, a happy mind, and a heart-based spiritual practice

of prayer and meditation helps to maintain a healthy functioning of the body.

Chronic dysfunction and lasting pain caused by “disease, distrust or an injury,” require necessary changes of some or all aspects of life. The “correction” with purely external means, such as medication, does not provide healing or a lasting restoration of health: it forces the body into an unnatural form of homeostasis to reduce symptoms and often causes dependency on such forms of intervention. While medication and other forms of conventional treatment may be necessary to maintain life-sustaining body functions, they often do not trigger healing or restore subsequent independent, healthy body functions.

The Cayce readings suggest the application of an *individualized combination* of numerous holistic therapies, aiming at providing physiologic circumstances for restoration of healthy body function. These include: massage therapy; osteopathic and chiropractic manipulation; balanced and alkaline nutritional choices; moderate exercise; hydrotherapy to assist detoxification; electrotherapy and energy medicine applications; packs and poultices; herbs, natural remedies, and formulas; and rarely medication, surgery, and radiation. Such intervention serves to improve and normalize assimilation of nutrients on all levels, the elimination of metabolites and toxins, to promote healthy circulation, to assist in necessary relaxation (to reduce stress on all biological and mental levels), and, very importantly, the coordination of all these processes via balancing the different parts of the nervous system.

Another all-important factor in healing is the essential oneness of mind and body: “Yet, as has been indicated, *always* will it be found that the *attitude* of the mental forces of a body finds its inception in those things that come into growth; for what we think and what we eat—combined together—*make* what we *are*; physically and mentally.” (288-31) This historic reading has found merit through evidence in modern research.

In the end, to restore health, coordination and balance of many factors within a person are key: “Remember, healing—all healing comes from within. Yet there is the healing of the physical, there is the healing of the mental, there is the correct direction from the spirit. Coordinate these and you’ll be whole!” (2528-2) 

Scleroderma— Cayce's Treatment for an Incurable Disease

BY GLADYS T. MCGAREY, MD



Remarkable things happen with castor oil...

IN AUGUST OF 1968 I was at the A.R.E. Clinic seeing patients while my partner and then-husband William McGarey, MD, went to Virginia Beach. He was starting to work on the research in the Circulating Files of the Edgar Cayce material dealing with the physical readings. One day Shirley, a 30-some-year-old woman came in to see me. She had been diagnosed with scleroderma and had for the last six months been severely handicapped because the disease was progressing so rapidly. She was a secretary in the Air Force and found that she was unable to type as fast as before because her fingers were getting stiff and hard. She had trouble swallowing and had not been able to eat solid foods for several months; she also had generalized pain.

Scleroderma is a dreadful disease. Sclera means hardening and derma, of course, is skin. The skin of the patient becomes hard and stone-like because of the calcium deposits. It is dreadfully painful and affects much more than just the skin. It is one of the collagen diseases which affect the connective tissues of the body. This disease is a very complicated one and affects not only the skin, but blood-forming structures such as bone and lung tissue itself. [Ed. note: There is currently no cure for scleroderma. Mainstream medicine combats this disease by treating individual symptoms to provide relief for the patient and to attempt to slow its progression.]

I called Bill at Virginia Beach and

asked him to look up what Edgar Cayce had to say about scleroderma. By the time Shirley came back to see me, Bill had sent me the material. I started the patient on a therapeutic regimen of castor oil packs over her liver three days a week for an hour to an hour-and-a-half; castor oil massaged into the hands at night and white cotton gloves worn over the castor oil to bed during the night; full-body massages as often as she could get them, but at least once a week, and keeping the diet as alkaline as possible. Since she was unable to eat solid food this was mostly pureed vegetables, soups, some fresh juice, and plenty of water.

We had our first medical symposium at the A.R.E. Clinic in January of 1969 and at that time presented Shirley's case as a case history because her response to this simple therapy had been so remarkable. She had for the first time in two years been able to eat some solid foods on Thanksgiving Day and when we presented her at the symposium she had been able to move her fingers more readily. A remarkable thing happened after we presented Shirley's case: a physician from San Diego, Allan R. Cantwell, Jr., came up to the podium and said that he had just published a paper in Barcelona, Spain, identifying acid-fast bacillus in the skin of scleroderma patients. In the 1920s Edgar Cayce had said that this type of bacteria is present in the skin of scleroderma patients. The synchronicities of the events were really impressive for those of us who were part of this symposium.



Conventional therapies do not bring about a cure or even much in the way of relief for the patient, whereas the simple methods Cayce suggested actually give relief and, in some cases, a cure.

We followed Shirley for the next seven years during which time she added the use of the wet cell appliance* which Cayce had suggested, used Atomic Iodine* to balance the glandular system, and maintained the regular Cayce diet. When we lost track of her after seven years she was completely well and was teaching yoga.

BILL MCGAREY IN HIS BOOK *Edgar Cayce Remedies* describes the progression of the disease in detail:

Scleroderma is one of a group of what are called collagen diseases or diseases of the connective tissues of the body. In 1968 Alan R. Cantwell, Jr., a dermatologist in California introduced us to the factual information that acid-fast bacteria are present in the skin of scleroderma patients... Cayce said in the 1920s that such bacteria were present in the skin of these patients.

Edgar Cayce however, did not see scleroderma being caused by bacteria. The disease is a process and a complicated one, affecting not only the skin, but the blood-forming structural areas such as the bones and the lung tissue itself. It is the process that produces a hardening or a clotting of the blood mainly as a result of the blood itself attempting to bring about coagulation—that creative process within the body that is the building up of new tissue as old tissue normally dies. This is seen most graphically in the skin

where the superficial circulation to the various layers of the skin itself is involved in this process. Then, nerve endings in these areas become deadened because of their involvement in the process, which in turn results in acute pain and also reflexes to the autonomic nervous system, which then becomes involved itself. In this manner the organs throughout the body become disturbed.

There are glands within the body—in the case of scleroderma, these being principally the thyroid, the adrenals, and the liver—that become deficient in supplying elements that normally would keep all portions of the skin normal. These glandular elements are necessary in the formation of structure out of energy as Cayce described the event many times in his readings. With these hormones absent, the effect on the glands is, apparently, to produce a tubercle bacillus or germ in the lymphatics of the skin as a direct result of the skin being destroyed and becoming hardened more rapidly than it can be rebuilt. This becomes a “consumptive” condition with an inflammation of the lymph in that area between the outer, the inner, and the innermost portions of the skin covering.

Far-advanced cases, of course, have nearly all portions of the body involved. Thus, little of the oxygen needed by the body can be met by a malfunctioning respiratory system, and the entire body is put under a greater strain. As

these conditions progress, assimilation becomes more difficult and less capable and the lack of reconstructive activities in the body progressively becomes more acute. The glands, then, are seen as the primary cause leading to a difficult end unless measures are taken to reverse the trend and rebuild the body.

THROUGH THE YEARS I have worked with many scleroderma patients and have been delighted and excited with the results achieved when the patient follows the regimen as closely as they can. In fact, I almost get excited when the patient comes in with the diagnosis of scleroderma, because the conventional therapies really do not bring about a cure or even much in the way of relief for the patient whereas the simple methods which Cayce suggested, when applied, actually give relief and in some cases a cure.

I remember a 12-year-old girl who came to the A.R.E. Clinic in the mid-’70s with the diagnosis of scleroderma. She had hardening patches on her back and her fingers were beginning to become stiff. She was a musician and loved to play the piano. Her father was a Baptist minister and it was a little difficult for him to accept the concepts which came from the Edgar Cayce material but he was so concerned about his daughter’s health, and the prognosis was so dire, he was willing to actually go along with the therapy. We started with the castor oil packs, with the massage of her hands, with the full-body massage, with the dietary regimen. Almost immediately we began to notice a softening of the skin particularly in the patches that had already formed. Over a period of two years she had improved markedly and by the time she graduated from high school she was playing the piano for school events and had no residual from the scleroderma whatsoever.

Just recently my interest and excitement about the treatment of scleroderma was

A.R.E. Charitable Gift Annuity Rates Increased July 1

Now Earn up to 9.5% Rate of return based on age

- ✓ Secure and stable **lifetime income**
- ✓ Generous **tax deduction**
- ✓ Tax-Free **Income**
- ✓ **Supports the work** and global vision of Edgar Cayce for these times

To learn how you might benefit, contact Marianna Theo at (800) 333-4499 or e-mail her at marianna@EdgarCayce.org for your **free** personalized report.

Member of the American Council on Gift Annuities

re-energized when I was doing a book signing at Changing Hands Bookstore in Tempe, Ariz. A lady came up to the front of the line; at first I didn't recognize her but as soon as she said, "My name is Joan," I knew who she was. Her name was Joan Stanford and I had written her story in the 1997 book *The Physician Within You*.

Joan came to see me in the mid-'80s, two or three years after she was diagnosed with scleroderma. At that time I had not seen her for many years—I had helped deliver her ninth baby 35 years prior and really had not been in contact with her since. She had gone to see a doctor because she was in severe pain all over her body, her energy was greatly depleted, and the difficulty in moving her body was becoming more and more pronounced. The doctor said she was depressed and gave her an antidepressant. She did not like this diagnosis and did not take it. She went to see another doctor who diagnosed her with a collagen disease and then sent her to a rheumatologist who diagnosed the scleroderma. He prescribed an anti-inflammatory drug which she did not take because of the side effects. She was having trouble clenching her hands. She could see the disease creeping up on her whole body. She saw several other rheumatologists and the disease kept getting worse. She was told there was no cure and the disease was terminal. When I finally saw her she was mobile and she was hopeful but her hands were so sclerotic that she could not stretch her fingers out and she could not make a fist. The skin over her hands was shiny and the fingertips broken down with calcium deposits protruding from the tips. Her forearms were very hard and tender. The skin on her face was tight and thin with her lips so fixed that it was hard for her to smile.

We began working with the castor oil, the castor oil packs, and the massage. She was riding her bicycle. She continued to do that. She got back to doing yoga. She was careful with her diet and I followed her for several years until I retired, during which time she progressively improved. Much to my delight when I saw her at the book signing on September 23 she looked very much like she had looked when I had seen her 10 years before. The disease had not progressed, and her right hand was still tight but she could use her fingers, she

"Dr. Gladys" turns 90

By Patrick Belisle

Hundreds of admirers gathered in Scottsdale, Ariz., on October 29 to celebrate the 90th birthday of the indomitable Dr. Gladys McGarey. Edgar Cayce's A.R.E. was a sponsor of the event which paid tribute to this great woman and many A.R.E. members and staff were present. Over her lifetime of involvement with the Edgar Cayce readings and the A.R.E., Dr. Gladys wrote many articles (including her regular *Venture Inward* column Women's Wellness) and books, gave countless lectures, and opened the eyes of many health practitioners to the efficacy of the Cayce health readings. In addition to her myriad other accomplishments, she co-founded and ran the (now-closed) A.R.E. Clinic in Scottsdale as well as the (still-thriving) American Holistic Medical Association. A loving pioneer in human health and spirituality, Dr. Gladys continues to influence the world of holistic health care and loves living near her family in Arizona. Happy Birthday, Dr. Gladys!



Dr. Gladys with A.R.E. CEO Kevin J. Todeschi

could use her left hand, and her smile was genuine. When I asked her how she was, she said, "I love my life." She has continued to help other people. She is loved by many people and has led a life that has been productive and gracious.

WHEN I COMPARE THE STORIES of these three people with other patients who have not been blessed with the Cayce therapies for scleroderma, I understand the importance of the healings that come about when we understand the physiological processes that go on within the body and work with them rather than trying to just eliminate a disease. The cost-effectiveness of using castor oil packs, massages, dietary regimen, exercise, and energy medicine such as the wet cell*, are truly amazing. The "normal" patient requires therapeutic interventions, medications, and ultimately help in just surviving. The pain,

the immobility, and the destruction the disease causes to the functioning organs, such as the intestinal tract, the kidneys, and the lungs is tremendous. On top of all of that is the incredible disfigurement that comes with the hardening of the skin all over the body. Certainly anyone can benefit using the Cayce material when treating scleroderma.

As I practiced my profession, the Cayce readings gave me ways by which I have been able to help people contact the "Physician Within" themselves and age into health rather than decline into a disease. This, then, becomes healing at the level of body, mind and soul and is true healing. 🌐

A Circulating File on scleroderma is available for free download at EdgarCayce.org/members 🖱️

*Available at baar.com or 800-269-2502

Interested in remedies based on the Edgar Cayce readings?



Ask for your **FREE** catalog

Please contact our official worldwide supplier of Edgar Cayce health care products and the Cayce Care line, at:
Cayce.com • Toll-free 800-269-2502
International calls: 610-873-4591
E-mail: info@cayce.com
Address: P.O. Box 60, Downingtown, PA 19335



Letting Your Soul Shine



Karma is the life experience that accumulates on our souls like tarnish accumulates on exposed silver.

WHEN I WAS IN WELLSVILLE, Ohio, during the late 1930s, a friend of mine had a baby around the same time I did, and I gave her a silver baby cup with her child's name engraved on it. She liked it, but a year later she told me that the cup had gone bad. She said, "Well, it all turned black so I threw it away." She did not know that silver needs to be polished and kept from having tarnish accumulate on it if it is going to stay shiny and pretty the way we want silver to be.

I remember in 1969 when we flew into Jerusalem. Just as the sun was going down, we were getting ready to land and looked down on the city. The center of our view was the Dome of the Rock, a beautiful golden dome that is sacred space for Jews, Christians, and Muslims. Over to the side was St. Ann's Church, a silver dome that was much, much smaller than the golden Dome of the Rock. It was like a view of the heavens with the Dome of the Rock as the sun and St. Ann's Church as the moon.

We all recognize the fact that the sun and the moon each have power that is central to life on this earth. The sun is golden and the moon is silver. The sun emits its own light. The moon emits no light from within itself. Its light comes solely from the reflected light of the sun.

Metals gold and silver reflect the qualities of the sun and the moon. Gold does not tarnish. Its shine remains clear and pure no matter how much it is exposed to the elements. Silver, on the other hand, reacts to exposure to the elements by creating a chemical reaction that causes it to tarnish. Silver reflects the light. The tarnish hides its radiance so that it no longer shines, but becomes first gray and then black, and can no longer reflect light. It takes work to keep silver shiny. It needs to be polished and protected from the elements or it will turn black and seem worthless.

In our lives the sun as gold and the moon as silver are reflected in our life patterns. The sun becomes the symbol of grace, and the moon becomes the symbol of karma. The sun has within it the power, the glow, the light that

shines and brings life, love, and healing into our human lives—and that is grace. The moon's light comes from the sun. Karma is the life experience that accumulates on our souls like tarnish accumulates on exposed silver. When that happens, the karmic patterns frequently stop the reflected light of the sun. As we live through lifetimes we accumulate karmic patterns, habits, and thought forms that are so attached to how we respond to our life experiences that they can actually tarnish our soul in a way that keeps the light of the sun from penetrating.

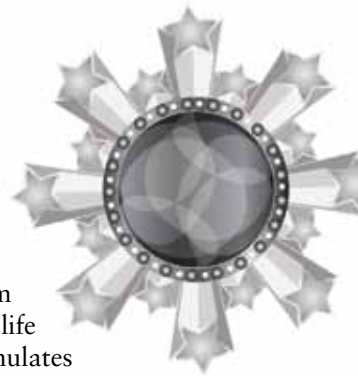
When we begin to recognize that our light is not shining and/or that the light of God is being interfered with by our responses to our environment (life situations and life experiences), we have a choice. We can work toward cleaning up these old, tarnished patterns and allow the light to shine through, or allow the tarnish to accumulate and keep us in darkness. The polish that we use to clean off this tarnish is directly associated with the "fruits of the spirit"—love; generosity; caring; little deeds of kindness; the act of forgiveness; the reality of hope. Our soul wishes to shine through with its clear pure light. It just has been clouded and covered over by our responses to life's experiences.

In reality we have many tools that work as a polish to clean the tarnish off. Meditation, prayer, music, dance, massage, paying attention to diet; all of these things where we are consciously working with our body, mind, and spirit help us to remove the tarnish and allow our souls to really shine forth.

In Cayce's words:

Then, as there has been and is the passage of a soul through time and space, through this and that experience, it has been and is for the purpose of giving more and more opportunities to express that which justifies man in his relationships one with another; in mercy, love, patience, long-suffering, brotherly love.

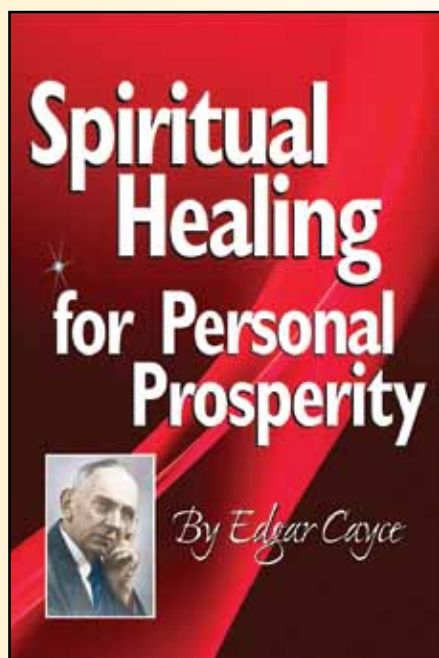
For these are the fruits of the spirit, and they that would be one with Him must worship Him in spirit and in truth. (938-1)



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

Spiritual Healing for Personal Prosperity By Edgar Cayce

A.R.E. Press \$15.95 (P)



The Edgar Cayce Series of books examines some of the most common and most popular recurring themes from the more than 14,000 Edgar Cayce readings. Each volume contains a selection of verbatim readings on that topic.

This book teaches the Cayce readings' view on how to put material things into their proper perspective; the importance of ideals and faith when working with financial issues; the value of service to others; how and why one should put to use what they already possess; and, ultimately, how to overcome financial challenges.

Excerpt from the Introduction By Kevin J. Todeschi

CONSIDERING THE FACT that Edgar Cayce lived during a time of global uncertainty, the Great Depression, personal and economic hardship, and the world at war, it may not be surprising to learn that nearly 200 of Cayce's psychic readings mention the topic of personal financial problems and economic healing. . . .

What may be surprising is that the information in the Cayce files on personal financial problems is about much more than money. Ultimately, material gains cannot be an end unto themselves. Instead, Cayce's premise is that any economic challenge faced by an individual is inextricably

connected to a personal lesson or an opportunity to apply spiritual or universal laws in everyday life. Rather than seeing financial hardships as some sort of punishment or mistakenly assuming that the experience of poverty can somehow make someone more spiritual, the Cayce readings suggest that—seen correctly—the process of achieving economic healing can embody a worthwhile experience in personal growth.

Ultimately, everything we think we possess is in fact lent to us by God for the purpose of stewardship and service. Forgetting or ignoring or remaining ignorant of this premise is frequently one of the reasons that we encounter challenges in our personal finances. However, it is not that we are asked to give away everything we have. Instead, we are encouraged to become cognizant of the fact that personal success is best measured in terms of how we use our success to assist others. In terms of giving money away, Cayce specifically recommended giving a tithe of 10 percent to charity, service activities, or to an individual in need.

Another issue that sometimes leads to financial lack is fear. Whether fear of the future, fear of monetary problems, or fear of situations that arise from personal challenges—such as the loss of a job—all of these things can work contrary to the flow of universal abundance. In the case of fear, Edgar Cayce often encouraged individuals to have faith and to use what they had in hand in order to draw to themselves additional opportunities and financial assistance. He often reminded individuals of economic healing principles from Scripture, including Matthew 6:28-33, which is not an encouragement to sit idle and do nothing but rather an admonition to make certain one's focus is in the appropriate direction:

Consider the lilies of the field, how they grow; they toil not, neither do they spin . . .

Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

. . . for your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be

added unto you.

In addition to overcoming fear, cultivating faith, using what you have in hand, and practicing stewardship and personal tithing, the readings provide a number of suggestions for improving financial well-being. These include working with spiritual ideals, becoming cognizant of personal lessons needed by the soul (and attempting to learn them), living your soul's purpose, and being of service to others. . . .


Some of the exercises and disciplines undertaken by various groups and individuals have included the following:

- Daily prayer and meditation, not only to facilitate personal attunement and getting in touch with one's spiritual core but also to assist in overcoming any fear of lack.

- Ongoing work with personal relationships—at home, school, work—wherever they may be. Rather than seeing people as personal challenges that have to be put up with, the Cayce readings encourage us instead to approach all of our relationships with the ideal of "What am I supposed to be learning from this person?" or "What is this person trying to teach me about myself?"

- Being a good steward of the resources that have been entrusted to you. This includes paying bills promptly, not overspending or overindulging, giving yourself the freedom to buy what you need (although not necessarily everything you want), and tithing of both money and time without thought of receiving something in return.

- Finally, it is also a good idea to keep an ongoing chart of your progress. This chart can include your daily prayer and meditation time, the success of paying off your debts, the notation of any surprise economic assistance that has come your way, personal tithing, positive experiences with improving your relationships, and so forth.

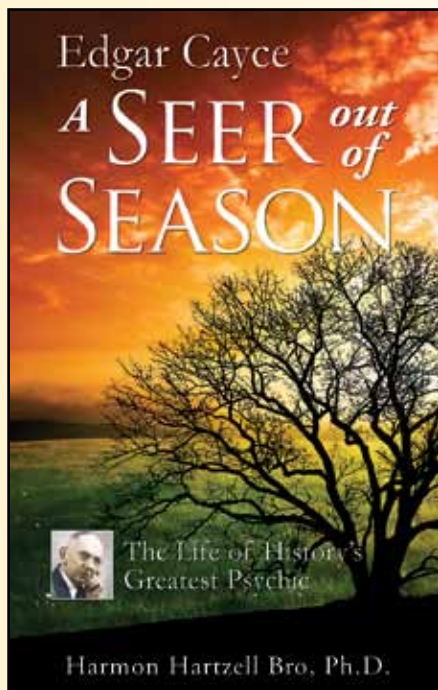
By working with these ideas, many individuals and groups have found the Edgar Cayce information extremely helpful. This book of verbatim excerpts from the Cayce readings has been compiled to provide an understanding of economic healing and personal prosperity, and suggestions for improving personal financials by working with universal laws and spiritual principles. . . . 

See a selection of readings on this topic on p.52, The Readings Say.

Edgar Cayce: A Seer out of Season

The Life of History's Greatest Psychic *By Harmon H. Bro, PhD*

A.R.E. Press \$8.95 (P)



The late Harmon Bro, PhD, spent years working with Edgar Cayce during the time he was giving

his readings, and offers an insider's viewpoint to the life of Cayce.

Harmon's wife June Bro, who wrote the introduction to this book, also worked with Cayce and currently lives near and volunteers at Edgar Cayce's A.R.E. She is the Art of Living columnist for Venture Inward.

Excerpted from Chapter 3: When I Am Absent from the Body

THE CAYCES SPOKE of his readings as an active agent, which they called "the information," though it provided as much judgment as data, as much values as facts. They appeared to do this in humility, not wanting to claim overmuch for the presence in

their midst. It was indeed a presence for them, almost another character in the drama of their lives, and often the protagonist. Dependable yet never fully predictable, compassionate yet never indulgent, and lawful yet not to be manipulated for private gain—it was familiar, but it was always awesome. For it showed flashes of such purity, goodness, and staggering helpfulness as to leave all of us uncertain of our worthiness to be there. ...

Some of our sense of humility and awe of course came from the awareness that "the information" would be accurate on items we could verify. We had the sense of staring over Cayce's shoulder into an abyss of final reality, where being and non-being were divided and apportioned. If he said someone would soon die, then we could expect it to happen. If he promised that careful treatment would produce relief or even a cure for a seemingly hopeless condition, then odds were that the treatment would work, if it were fully carried out. If he rebuked someone for a corrosive temper that spoiled a marriage, then that temper would prove to be the problem, although it had never been mentioned in the correspondence. If he ascribed to a youth a talent as a pianist which could stand out in his generation, then that talent would prove to be there, though the youth might choose not to cultivate it far. If (on rare occasions) he counseled someone in such detail as to specify that the best companion to marry would appear in a certain year, then such a person could be expected to show up, with the qualities he described. And if he commented, as he did, that the war would end suddenly and by unexpected means in the Orient, we had reason to think it would, though none of us knew at the time what was being prepared in the Manhattan Project.

Were we ... hearing more accuracy than was actually there? On one of the first days I went into the study for readings, he advised a 20-year-old Army Air Corps cadet in Texas to use an Elliott machine every other day for three to four weeks as part of the treatment for a debilitating catarrh. When Gertrude Cayce asked where the young man could have access to one, her husband responded instantly that there were three near to him in San Antonio. I set out to verify this small item, and discovered that in fact there were three, and only three, of the colonic irrigation machines in that area,

since the prescribed model was newly available. One was in a civilian hospital and two at military bases; none of the institutions knew of the other locations' use. This was impossible. This was unthinkable. My professors at Chicago would deny it, and who could blame them? ... But Cayce was doing it anyway.

The manner in which he addressed those who sought his aid added gravity to the encounter. He spoke to or about each one only by name, never using a title, no matter what degrees or positions distinguished the inquirer in daily life. There was a Quaker-like simplicity in this usage. He flattered none and he belittled none, though he challenged many. He did not exaggerate, though he used irony and wit. Such unaffected discourse was at first unsettling to hear, and then reassuring, as he seemed to plant himself before the absent person called to his attention with a forthrightness which invited more than it accosted. His speech was not sententious or pompous, just serious. In later years, when I sought out mediums and studied them in trances, I would find their speech dramatic or chatty, as the case might be, but rarely so unadorned and direct as here. ...

Was this the same man as the one with whom we had been talking in the office, or running an errand to buy supplies, or having coffee with guests just a short time ago? He spoke in trance as someone on important business, and typically used an editorial "we" instead of I. These were times when his face and speech outside of trance were close to the even discourse of his altered state. The man awake looked and sounded similar when teaching the Bible, whether on Sunday mornings at church or on Tuesday evenings at home. There serenity and depth marked his face, so that he was immensely appealing. Some of that same self, so like the person giving readings, came to the fore when he prayed aloud at table graces, or at the break every afternoon at two when the entire office stopped for 15 minutes of Bible-reading aloud, prayer, and quiet sharing. And just after he emerged from taking some troubled visitor into his office for an hour of counseling while wide awake, his face was as peaceful and shining as during readings. 🌿

Books available at ARECatalog.com or 800-333-4499. **A.R.E. members receive a 20% discount.**





Atlantic University

Begin Your Next Journey Today

I Create What I Believe

By Debra Bailey, MA

"The emotions of the body, as here, are as electronic energies."
(Edgar Cayce reading 263-13)

All of us are familiar with the emotional feelings that run through our bodies at times. In order to grow as individuals we must learn to understand these energies. My classes at Atlantic University have been invaluable in helping me deal with my feelings. Whether I was studying transpersonal psychology, the Edgar Cayce readings, meditation, dream interpretation, or many others, I was learning to recognize and understand my bodily energies. I was growing in self-awareness.

I am a sixth-grade public-school science teacher, and have always felt that students in our public schools need more opportunities to engage in creative activities that improve self-awareness. When I learned of the *I Create What I Believe Self-Awareness Art Program* (ICWIB) Pilot Study through the Intuitive-Connections Network (<http://intuitive-connections.net>), I became interested in the study for my Atlantic University Culminating Project. The creator of the program, Nancy Marie, was looking for public-school teachers to implement her art program in the classroom to determine its impact on students.

As the media continually points out, public schools are not meeting the needs of our students. My intuition and 23 years of teaching experience tell me that the data-driven solutions favored by most education specialists will not be the answer to the problems in public education. The ICWIB program takes a different approach to raising test scores: by using a right-brained, energy-based approach to help children learn to recognize their bodily energies and give them creative ways to deal with those energies. Then they will be able to concentrate on learning. I was anxious to test the program in the classroom.

I was accepted into the study and implemented it throughout the 2009-10 school year. I collected classroom data in the form of grade point averages, absences, and number of suspensions. I also completed a classroom observation form weekly, recorded personal observations and student comments throughout the year, and the students completed self-evaluation forms at the beginning and end of the year (no individual students were identified in the study). My students eagerly participated in each week's *scribble art* activities. The activities were fun and most

students were genuinely interested in discovering more about the patterns and "false beliefs" they may have learned in early childhood. I found that students were reluctant to discuss personal false beliefs in front of the class; however, they were quite open about sharing false beliefs sixth-graders in general might hold. Some of their answers included: a sixth-grader might believe they can't pass, can't play sports, are fat, need to be a bully, are ugly, are going to die today, monsters are real, can't do anything right, and no one likes them. Some of these answers were repeated many times. Without the ICWIB program we may never have discussed these false beliefs.

The ICWIB program provided many creative activities for the students. Sometimes we scribbled with our eyes closed, sometimes we used our non-dominant hands. At times we drew only circular shapes, at other times only lines. We extracted images from others' scribbles. We drew smells, sounds, and tastes; music and memories. With each activity, I tried to help students notice how their bodies were feeling. I wanted to help them understand that paying attention to their feelings could help them make better decisions and help them know what is right for them. It took a few lessons before my students accepted that everything they created was good, that there was no wrong way to do scribble art. Before long, I heard comments like, "You can't mess up; this is scribble art."

The art activities gave me an opportunity to get closer to my students. They realized we were doing something for their benefit, not for a curriculum goal. The activities provided an entertaining, non-threatening way for students to experience and discuss their feelings and allowed me to see student vulnerabilities in a way that I could not have done otherwise.

The ICWIB program did not result in a significant improvement in science grades or a significant reduction in absences or suspensions. I feel students would need more exposure to the program in order to achieve these goals. I was only able to provide the art activities weekly or biweekly. However, even with the limited exposure, I did perceive an improvement in the climate of all of my classes. My personal observations and student comments also showed a positive impact from this program. I hope that public education will begin to move in the direction taken by the ICWIB program. Our students want to learn to understand themselves better as individuals, not just as an academic test score. We can't continue to ignore the hearts of children and expect them to reach their potential as adults. For more information, contact me at fuzzy22@frontier.com.



An example of "scribble art"

Debra Bailey is a December 2010 graduate of Atlantic University.

First Annual Atlantic University Conference

Parapsychology and Consciousness

Atlantic University (AU) will be holding the first of its new series of Annual Conferences, **Parapsychology and Consciousness, October 14-16, at Edgar Cayce's A.R.E. Headquarters** in Virginia Beach. Designed to celebrate the development of the new Master of Arts in Parapsychology program, this year's conference will include a number of noted researchers in scientific parapsychology and AU faculty members, including Carlos S. Alvarado, Loyd Auerbach, Nan Zingrone, Henry Reed, Doug Richards, Christine Simmonds-Moore, and Bob Van de Castle.

THE CONFERENCE WILL BEGIN AT NOON on Friday with an opening reception and registration followed by welcoming remarks by A.R.E. CEO and AU graduate Kevin J. Todeschi, AU Academic Affairs Director Nan Zingrone, and AU Scholar in Residence Carlos S. Alvarado. The first paper of the conference will be given by Christine Simmonds-Moore, who will discuss her work on synesthesia and ESP. The second paper will be given by the well-known physicist, Edwin C. May, who managed the Department of Defense's remote viewing project for 20 years. After the dinner break, on Friday evening, the fourth lecturer in the Atlantic University Visiting Scholar Lecture Series, Dr. Roger Nelson of the Global Consciousness Project, will be introducing the crowd to his work: a fascinating study of research into the interconnectedness of all of us, especially during tragedies that hold the attention of people all over the world.

ON SATURDAY, Doug Richards will review the history of parapsychology at AU. After the coffee break, a panel discussion led by Nan Zingrone will introduce AU's upcoming Master of Arts in Parapsychology Program. Three of the AU faculty who will be teaching in the parapsychology program (once it's accredited) will describe their courses: Doug Richards on "Parapsychology 101"; Carlos S. Alvarado on the history of the field; and Christine Simmonds-Moore on the psychology of psychic experiences. After lunch on Saturday, in a session called "Parapsychology and Psychology," Henry Reed will lead the session with a presentation on "ESP and Intimacy." John Palmer, a senior scientist at the Rhine Research Center in Durham, N.C., will talk about personality and cognitive

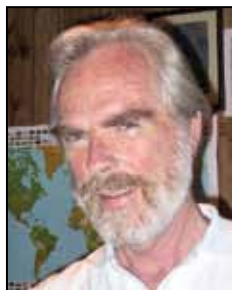
variables related to psychic functioning. James Carpenter, a psychologist in private practice in Chapel Hill, N.C., and past President of the Board of Directors of the Rhine Research Center, will present a theory he developed after decades of research in to the psychology of psychic ability. Frank Pasciuti, a psychologist with a private practice in Charlottesville, Va., will talk about the connections between parapsychology and clinical psychology. In the evening, Dean Radin, the Senior Scientist at the Institute of Noetic Sciences in Petaluma, Calif., will draw on his own decades-long research experience in a lecture open to the public as a separate event.

ON SUNDAY, the conference day will start off with Nan Zingrone reporting on a research project she conducted with Carlos S. Alvarado that focused on adult memories of childhood imaginary companions and psychic experiences. Loyd Auerbach will follow up with a fascinating look at a haunting case he investigated. A panel discussion on the future of parapsychology will follow. Bob Van de Castle will give his recommendations on the research that should be done on dreams

and ESP. Carlos S. Alvarado will talk about the importance of investigating the features of different types of psychic experiences; Ginette Nachman, a physician and scientist from North Carolina will talk about medicine and its relationship to psychic experiences; and Ed May will review his theory of precognition.

After the lunch break, the final session of the conference, "Psychics and Mediums" will be held. Stephen Braude, a philosopher from the University of Maryland, will lead off with a talk about why large scale psychokinesis is so important. David McMillin, a long-time student and researcher of the Edgar Cayce readings, will review Cayce's ESP experiences. Loyd Auerbach will follow with his thoughts on psychics and mediums in the study of hauntings. The conference will close with an invited address that will also be open to the public as a separate event. Julie Bieschel, the director of the Windbridge Research Institute in Arizona, will review several of her important research projects with some of the best of today's mediums.

To register or receive more information e-mail registrar@atlanticuniv.edu or call 800-428-1512.



Roger Nelson, PhD, long-time member of the Princeton Engineering Anomalies Research Unit at Princeton University and head of the Global Consciousness Project (<http://noosphere.princeton.edu/>)



Dean Radin, PhD, Senior Scientist, Institute for Noetic Sciences and author of several books including *Entangled Minds* (<http://www.deanradin.com/NewWeb/bio.html>)

Photo by Jim Johnson



Julie Bieschel, PhD, Director of Research, The Windbridge Institute (<http://www.windbridge.org/investigators.htm>)

Remote viewing lecture continues visiting scholar series



The Atlantic University (AU) Visiting Scholar Lecture Series continues Friday, April 8, with well-known remote viewer and researcher **Joe McMoneagle**. He will deliver his talk, **What Remote Viewing Is and Isn't**, in the main auditorium in the Visitors Center of Edgar Cayce's A.R.E. in Virginia Beach.

McMoneagle has 35 years of profes-

sional expertise in research and development in numerous multi-level technical systems, the paranormal, and the social sciences. During his career as Remote Viewer #001 for the Department of Defense's Project Stargate Remote Viewing program, Joe provided professional intelligence and innovative informational support to the CIA, DIA, NSA, DEA, NSC, FBI, Secret Service, US Customs, and to major commands within the DoD. Through his company, Intuitive Intelligence Applications, Inc., he has provided remote viewing support to hundreds of other individuals, companies, and corporations. He is the only person who has successfully demonstrated remote viewing more than 80 times live, under strict scientific control and double-blind, while on-camera for national networks in five countries. He is a full-time Scientific Research Associate with The Laboratories for Fundamental Research, Cognitive Sciences Laboratory, in Palo Alto, Calif., where he has provided consulting support to research and development in remote viewing for more than 17 years. As a consultant to SRI-International and Science Applications International Corporation, Inc. from 1984 through 1995, he participated in protocol design, statistical information collection, research and development evaluations, as well as thousands of remote viewing trials in support of both experimental research as well as active intelligence operations. "Joe W. McMoneagle is the real deal," AU Academic Affairs Director Nan Zingrone, PhD, said. "He is a fascinating, down-to-earth speaker and his talk promises to provide an informative and engaging evening."

McMoneagle will review the origins of the remote viewing program, how viewers were selected and trained, and how and when remote viewing really works. He will also cover the origins and procedures of the protocols used in the laboratory and in the field, as well as where the research has been done and what the researchers are really interested in. After examples of successful remote viewings, a description of the Russian RV training program, and more, he will open up the floor to questions.

Admission is \$25 in advance, \$35 at the door. To register or for more information e-mail registrar@atlanticuniv.edu or call 800-428-1512.

Fall Convocation honored AU's 80th anniversary

Atlantic University's Fall Convocation, held November 20, 2010, at A.R.E. Headquarters in Virginia Beach, honored two significant anniversaries for the school—the 80th anniversary of its original founding as a residential college, and the 25th anniversary of its re-launch as a distance learning institution. (For more about the history of AU, see From the Desk of Kevin J. Todeschi, Jul-Sep '10.)

Five students presented their culminating projects, on topics such as "Trust and Transcendence" and "Cancer—A Way of Growing." Following a reception, honorary degrees were given to former AU administrators James Windsor, Herk Stokely, Mark Thurston, and Susan Foley, to honor their contributions to the evolution of the school. The ceremonies concluded when Joanne DiMaggio was presented with the charter for the new AU Alumni Association (atlanticunivalumni@gmail.com), to serve as its first chairperson.



Graduating students with AU faculty and honored guests.

ATLANTIC UNIVERSITY EVENTS CALENDAR

(all events held in Virginia Beach unless specified otherwise)

Apr 8
Visiting Scholar Lecture Series
What Remote Viewing Is and Isn't
Joseph W. McMoneagle

Apr 16-18
Ideals, Intuition, and Guidance (TS572)
Mary Elizabeth Lynch, JD
Fairfax, Va., with follow-up distance learning modules

May 7
Spring Convocation

May 19-21
Integrated Imagery—Regression Hypnosis
TIER 2/3 (TH506)
John Amoroso, PhD
Residential, with follow-up distance learning modules

Sep 29-Oct 2
Integrated Imagery—Regression Hypnosis
TIER 2/3 (TH506)
John Amoroso, PhD
Residential, with follow-up distance learning modules

Oct 14-16
Parapsychology and Consciousness Conference

Oct 28-30
Women's Retreat (TS572)
Mary Elizabeth Lynch, JD

Nov 5
Fall Convocation

Dec 9-11
Healing the Courageous Heart (TS582)
Mary Elizabeth Lynch, JD
Residential, with follow-up distance learning modules

Achieve Your Dream



Envision Your Future

**Make a difference in the world with your
Master's Degree from Atlantic University**

Enroll now to **Begin Your Next Journey!**



ATLANTIC UNIVERSITY

Visit AtlanticUniv.edu or call 800-428-1512

BY HENRY REED AND KEVIN J. TODESCHI

Communing



In both the psychic and waking states, Edgar Cayce was a strong proponent of communing with nature.

Nature allows us to witness the orderliness of the universe in that we harvest what we plant. It also enables us to experience an aspect of co-creation. The readings contend that nature is an ideal place to learn about God. It is a wonderful school that enables us to learn about ourselves and our connection with the Divine, as well as the rest of Creation. Cayce believed that personal awakening and consciousness growth occurred when one was close to nature. When once asked how young children might best learn about God, his answer was two simple words: "In nature." On another occasion, he stated that within each blade of grass it was actually possible to see the Creator's love.



with Nature



Nature is God's handiwork, of course, and we can perhaps perceive the Creator's mind by studying the designs in nature. But there may be more to it than that. Whatever your own experiences in nature, it may not come as a surprise to learn that in surveys concerning spiritual or similar transforming experiences, nature is always the most frequent context for them. Clearly, nature has something special to offer that we don't always encounter in churches or classrooms.

You may be one of those many folks who feel as if they can be in communication with the trees, like Joseph, a man who likes to lean against a pine tree to "exchange energy and healing vibrations." When especially troubled, or when seeking inspiration, Joseph leans against his favorite pine tree and sends his messages up the trunk. He reports that as he sits in meditation afterwards, he invariably receives guidance from the tree.

Perhaps you can relate to another individual named Mary, who experiences feeling "connected" when she gets to spend some quality time outdoors. She says that after sitting peacefully outside she begins to feel a special resonance, as if she were vibrating in harmony with the scenery. She shares that while doing this she often feels the presence of God.

Chances are excellent that when you think of being outside in nature, it makes you feel good. Chances are almost as good that you can recall a very special nature experience, one that made a big impact on you. One thing's for sure, since Edgar Cayce's lifetime there has been a lot of research on the value of being in nature, or even being exposed to the natural world.

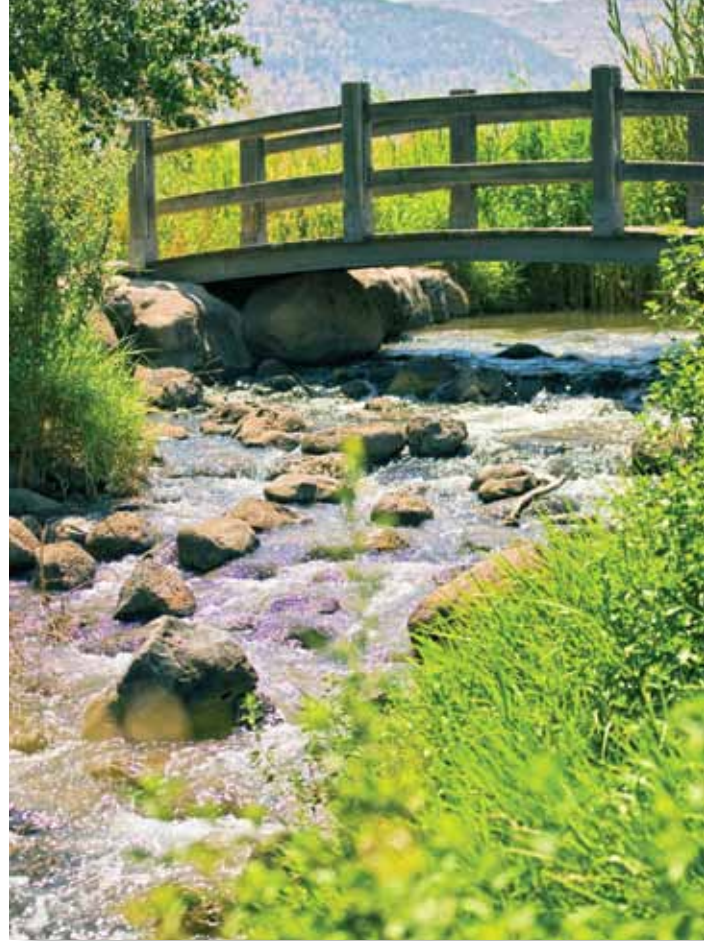
Most of us enjoy a walk through the woods. Turns out, research shows that it's actually therapeutic. In one study, for example, depressed patients were asked to go for a 30-minute walk. One group walked in the woods, while one group walked in the mall. All of those who walked in the woods emerged feeling better about themselves. Among those who walked in the mall, half felt better and a fourth of them felt worse!

Some explain the value of being in

nature in terms of fresh air. As it turns out, however, research has shown that you don't have to be out in nature to benefit, just being able to see it makes a difference. In a study involving at-risk young girls living in inner-city Chicago, researchers found that those girls whose homes had a room with a view of greenery had better grades, showed better concentration, and less impulsive behavior than did those girls whose homes only had views of other buildings.

Simply looking at pictures of nature can also have a positive impact, changing a person's value system in the moments afterwards. In one study, a group of participants viewed buildings, roads, and other cityscapes, while the other group observed landscapes, lakes, and deserts. Participants afterwards took a questionnaire assessing the importance of four life aspirations: "to be financially successful," "to be admired by many people," "to have deep enduring relationships," and "to work toward the betterment of society." The group examining the nature scenes showed an increase in valuing connections and community, while those observing the man-made environments preferred wealth and fame. In another test, those observing the nature scenes were more likely to share money won from a game than were those who viewed the man-made scenes. The researchers speculated that viewing nature helped participants connect with their "authentic self," whereas the man-made scenes reminded participants of the stresses of modern life.

Cayce would agree with these researchers that nature reflects our "authentic self"—our god-like self—more so than do buildings. It is worth exploring how



Simply looking at pictures of nature can have a positive impact, changing a person's value system in the moments afterwards.

that reflection process might operate. Modern brain research has discovered what scientists now call "mirror cells" in the brain that automatically function to stimulate an unconscious mimicry of the visual information the brain is processing. Updating in modern brain technology an old concept of "feeling into," or empathy, researchers now believe that there is a built-in mechanism within the brain for mimicry as a means of understanding. It's as if the mirror cells build upon an old kindergarten truism: "it takes one to know one." It's as if the brain works on the principle, "to know something, become it." That's certainly a variation on using imaginative role playing to become like whatever you wish to understand. Edgar Cayce calls it "attunement." When we make an "at-

tunement” to something, we go through a subtle process of mimicry, of imagining that we are like that something, or that quality of something.

There are a number of ways of intentionally creating attunement with nature; research with students of the Cayce material has demonstrated their value and we’ll describe some of them here.

Meditation in nature would seem obvious. Letting the mind rest upon an ideal such as “harmony,” which is certainly one attribute of nature, would bring the meditator in attunement with a harmonic pattern of the creative forces circulating within the meditator’s own body. It would also place the meditator in attunement with the harmonic relations among the living beings in nature. Meditating in nature seems like such a natural thing to do, no explanation is really needed, yet it is good to remind ourselves of the role of ideals and attunement in even the most natural of the methods of communion.

A practice similar to meditation, but with more of a focus on gaining insight or inspiration from one’s communion with nature, begins again with attunement. First consider this general recommendation Cayce once made that suggests various details of a total attunement process. As you walk in nature, listen to the sounds you hear. Imitate these sounds aloud. Gradually cease the outward sounding, but continue imitating the sounds in silence. Imitating the sounds in silence directs your attention more inwardly. Cayce came out with the surprising assertion that this practice, meditating on your own silent imitation of the sounds in nature, would develop your receptivity to inwardly hearing the “song of the spheres,” which is the auditory version of the creative or unseen forces guiding the physical world. Cayce suggested that a high degree of imitation of nature would help facilitate attunement with it and allow an individual to realize deeper experiences of communion. When we apply this idea, we get some very interesting results.

Suppose a person wished to explore the possibility of gaining insight or inspiration from some aspect of nature, such as a tree. Let’s describe in detail the process implied in Cayce’s suggestions.



Cayce stated that within each blade of grass it was actually possible to see the Creator’s love.

First, find a tree that attracts you and become that tree in your imagination. Begin by approaching that tree respectfully, acknowledging that it is expressing its creative nature with no reservations. Thank it for being willing to share its secrets with you openly—approaching it as a living being puts you into the proper frame of mind. Wouldn’t you be more willing to share with someone who approaches you respectfully than who demands your attention? The Golden Rule applies here, too. Botanical research has demonstrated that plants have ways of communicating with each other, and indigenous peoples claim that plants talk to them. Luther Burbank declared that the way he was able to get plants to grow new features was by his loving communication with them. Edgar Cayce, an avid gardener, also believed that our attitude around plants had an effect on them. He once mentioned that vegetables grown by a grouchy gardener are hard on our digestion. Better, he said, that the gardener tell jokes in the garden, even if they were dirty jokes, than to grumble and grouse!

Approach the tree with the respect

you’d show a learned elder if you were hoping to receive kind and helpful advice. Stand in front of the tree and begin to imagine what it is like to be that tree. Imagine the roots, both those deep underground and those rising from the earth and growing into the visible tree as it branches upward and outward. Imagine growing leaves. Imagine being a new little leaf, reddish purple in color and changing to green as it matures. Imagine growing a blossom that turns into a fruit. Feel what it is like to draw nutrients from the ground, from the air, and from the sun.

Make your pretending active. As you imagine being the tree, allow your images to work themselves into your body. Mimic the feeling of the tree in the position and movements of your body. Empathize with the creative miracle of the tree; spread your feet apart, feeling the earth feed you. Spread your arms out like branches and feel energy rise up through your feet and out through your outstretched hands. Your hands circulate in the breeze and your fingers play with sunbeams. Your body as a tree moves to the cycle of life, relaxing and dropping leaves in the fall,



shrinking during winter, and then experiencing sparks of new life in the spring. As summer brings greater warmth, your leaves radiate, blossoms bloom with wonderful aromas, and your fruit ripens.

As you join your tree in a dance, allow your mood to express itself in sound. Sing the tree's song. It's a matter of improvising in sound to the attunement you feel with the tree. Begin with a silent hum, as you feel the nutrients rising up your trunk and branches. Begin making an "ahhh" sound as the leaves dance in the sunlight. As you imagine beginning to blossom, a smile may accompany the sounds of "ahhh." Give yourself over to the spirit of life flowing in the tree, and express that life in your own way—openly, fully. It's a feeling of quiet exuberance, yet charged with energy.

Now sit quietly with your tree. Just be there with it in the experience of your communion. As you do so, recall the purpose for your visit to the tree. Was there a concern? A question? Listen now, and you will feel, or hear, or otherwise sense the tree's response. It may come as thoughts you find yourself thinking, memories you find yourself exploring, or a daydream that takes you on a journey of discovery. Don't be surprised if you hear the tree talking!

When Judith tried this experiment, she was concerned about some of her personal failings. She shared with the tree her sense of frustrations over her lack of perfection. She found the tree responding to her notion of perfection. After she had made her attunement, she sat with her back against the tree and rested. Soon she was involved in a Disney-esque type of daydream in which the tree had a face and talked to her. The tree pointed out several places

where events had wounded the tree in various ways. The tree showed her where it had continued to grow through these wounds, healing them and moving onward. Although there were scars, they formed part of the natural beauty of the tree. Most important, the tree showed her how both it and she were still full of creative juices. She saw that she, too, was still growing forward and her wounding experiences were adding to her wisdom. She was still "perfect," but in a way she had not seen before because she had based her opinion of perfection upon her expectations and external measures rather than upon the spiritual essence of her being. The tree set her straight.

Talking to trees, communicating with animals, perceiving the unseen forces of creation—all these activities rely upon a measure of intuition, and the Cayce material on working with intuition and intuitive guidance applies here as well. An aspect of intuition that is very important in communing with nature is the imagination. Traditional psychologists know that being in nature excites the imagination, especially of children. What psychology is only recently including in its study, however, is something that is implicit in the Cayce material concerning the imagination—it can serve as a channel of perception of those dynamics in nature that are invisible to the eye: the "unseen," the "creative" and the "imaginative" forces Cayce describes as being the behind-the-scenes shaper of what manifests physically—the stuff we can see with our eyes.

When communing with nature with our hearts, feeling the oneness with all life, certain people are discovering that they become aware of dynamic activity around them. Some, like Edgar Cayce as

a child, perceive the "elementals" that are the spirits of plants. Others may perceive the energy of the creative forces pulsing through and around the trees. One may go on "journeys" with animals. When such a special moment of communion happens spontaneously, amazing us with the seemingly magical appearance of things normally unseen, it is easy to focus on this special phenomenon. In the idealism of the Cayce readings, however, it would be a waste to merely marvel at our perceptions. It is more important to realize that these perceptions arise from our essential unity with nature. Whether these magical perceptions arise spontaneously, or come from a dedication to developing the art of deep attunement, Cayce would render them of little use spiritually unless these moments inspire in us a renewed respect for nature. He would echo the prayers of native peoples who affirm that nature is like a mother to us, and that we need to serve her with gratitude and respect for all that she provides.

Communing with nature for no other reason than to share the love of the Creator is perhaps the best reason of all. 🌿

ABOUT THE AUTHORS

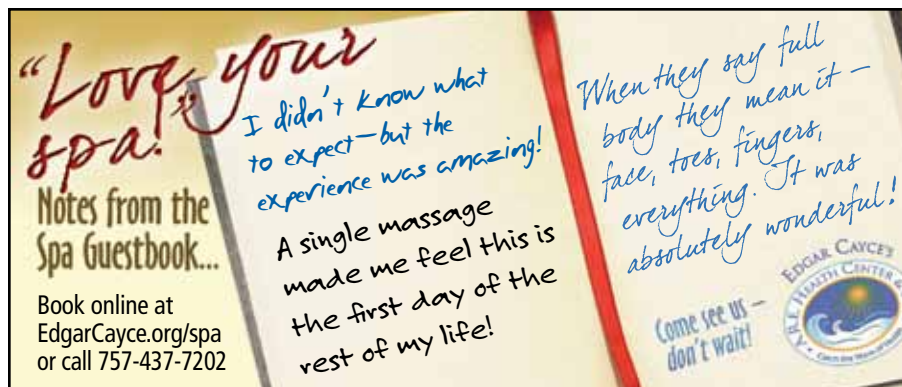


KEVIN J. TODESCHI, MA, is Executive Director and CEO of the Edgar Cayce work, an authority and spokesperson on the Cayce material, and the author of more than 20 books, including *Edgar Cayce on the Akashic Records*.



HENRY REED, PhD, is a research psychologist by training, and the author of several books and scholarly articles describing his research developing ways of applying the concepts in the Edgar Cayce material.

Henry Reed, PhD, and Kevin J. Todeschi, MA, will both speak at the conference **A Spiritual Roadmap for Enlightened Living: Edgar Cayce's Tools for Transformation and Guidance**, August 19-21, at A.R.E. HQ in Virginia Beach. They will be joined by Peter Woodbury, Josie Varga, Raye Mathis, and more. Visit EdgarCayce.org/conferences or call 888-273-0020 for information.





THE READINGS

Say

BY EDGAR CAYCE

Divine Guidance for Economic Hardship

333-1, Male, 49, reading given June 22, 1932

Gertrude Cayce: You will have before you the body and enquiring mind of [333], who is at ... N.Y., who seeks consideration, advice and guidance, from the Master and the Creative Forces, in regard to the worldwide economic problem which confronts himself and family, together with the great masses of common people struggling for they know not what. You will answer the questions which he has sincerely, respectfully and faithfully submitted.

Edgar Cayce: We have the body, the enquiring mind, [333]; also those conditions, economic and otherwise, that confront the body.

In this relation, there are ever those elements, as was given of old, confronting each and every individual: "There is today set before thee good and evil, life and death. Choose thou whom ye will serve," and let the answer ever be, "Others may do as they may, but for me and my house, we will serve the *living* God." Not one that may not listen or harken to the cry of those that are faithful. One that is not unmindful of the fear, the doubt, that stalks abroad in the land at this particular period in the history of the land when greed, avarice, misunderstanding, has taken the judgment away from many and they struggle for that they know not what.

Will all come and—even those that fear—but open their minds, their hearts, their souls, to that cry that has ever been to His peoples, "Will ye be my people, I will be your God"—"Are not two sparrows sold for a farthing? Consider the lilies of the field, how they toil not, neither do they spin, or the grass—that today is and tomorrow is cast in the oven." Whether ye live or whether ye die, ye are in the Lord, and let Him have His way with thee, for He does not suffer even the unfaithful to be tempted without preparing a way of escape. If the righteous shall scarcely be saved, where does the ungodly appear?

Then, use those talents thou hast in hand day by day, and there is given that thou hast need of, will ye but turn your heart, your mind, your soul, to seeking how in loving kindness ye may show in some measure that love, that faith, that confidence, that is aroused in thine own breast with the knowledge that He is in *thine* holy temple; for thine body is indeed the temple of the living God, and let the desires then of the eye, the weaknesses of the flesh, the call for those things that so easily beset thyself, keep silent—*wait* ye on the Lord. Not in some great manifestation that would make for tempestuous doubts in the lives of

many, but here a little, there a little, ye that are the salt of the earth, *preserve* same in thine *own* heart, that the *Lord* may have *His* way; for He has not willed that *any* should perish, but that *all* may present their bodies a *living* sacrifice, holy, acceptable unto Him, for it is but a reasonable service.

That the cares of this world, the deceitfulness of place, position, that is sought oft among men, in the owning of houses, lands, and of those things that would wean men's hearts away from following in the straight and narrow path—but know *He* knows what ye have need of before ye ask Him, and wilt thou keep thine heart He will even open the heavens to pour out a blessing upon thee.

In *this* manner, then, should self meet those conditions that seem to confront self at this time. Not that one takes not thought, but by taking thought let it be rather, "Are the courts of my temple a dwelling place of the living God? Or have I rather set up those idols of the earth that are earthy?" ...


Q. Am I wrong in giving thought to the morrow, when I should be placing confidence in divine influence, or trust in God?

A. Use rather the opportunities day by day in such a manner that the *glory* of the Lord may be shown in the strength of the mind, of the body, to meet the emergencies that arise as concerning the secular things of life; for as these offices may appear to become more slack in this or that direction, the greater *faith*—rather than confidence—in His promises makes for *strength* in body and mind to meet those things necessary. Let the *desires* of the physical grow less, as the desires of the spiritual would make thee strong in His might.

262-109, Study Group reading, for lesson on "Happiness" given June 20, 1937

What matter if there is no new dress, hat, shoes, or even the house rent paid? They are of the moment. If you are happy that you are alive, you still have the opportunity to say, "Blessings be on thee," and these are what live forever. Shadows pass. Only the light and truth lives on. Disturbances and distresses pass. For you say, "God is in His holy temple, let all the earth keep silent." What do you mean? Is it just a saying because you have heard it oft, or do you really believe it?

Then, as His children, *act that way!*

Have an Edgar Cayce
"Thought for the Day"
e-mailed directly to you.
Visit EdgarCayce.org
to sign up. 

Fried: Lessons from the Fire

BY JOAN BORYSENKO

Life really does have an uncanny way of imitating art.

IT WAS LABOR DAY OF 2010. I'd just finished penning the final revisions to my latest book *Fried: Why You Burn Out and How to Revive*. My husband Gordon and I returned from an early morning hike in the front range of the Rockies where we live, and spotted smoke down in the gulch below the house. Within minutes there were flames. Hastily packing up treasured possessions (pictures, family heirlooms, computers, my flannel nightie, and Uggs slippers), we loaded up Sophie the Aussie and our poodle puppy Milo.

A hundred-foot wall of flames raced up the gulch as we said goodbye to our home. The heat was intense and the roar of the conflagration terrifying. We were witnessing the worst wildfire in Colorado history. It burned for almost a week and incinerated 169 homes and more than 7,500 acres of pristine beauty. A wasteland of trees and burned-out foundations remained as a testament to life's impermanence.

"Fried" was suddenly more than a metaphor for human burnout.

We took refuge with friends in Boulder for the first weeks of an exile that lasted for nearly two months. It was several days before we discovered that many of our neighbors' homes had burned down, but that our brave local fire fighters had managed, against all odds, to save our own. We lost an outbuilding, part of a deck, and most of our view, but the house remained, standing proud in the earthly equivalent of a lunar landscape.

At first we grieved its salvation. We didn't want to remain in an area where the magnifi-

cent view of lush mountain ridges had been reduced to a graveyard of snags—blackened skeletons of trees left standing like rows of devil's toothpicks. And so many neighbors had lost everything.

But in the months that have followed the fire, we began to see with new eyes, to look beyond what was, to what is and what can be. That, it turns out, is the same skill set that brings you back to life when personal energy and will are sapped through emotional burnout and you need to remake your life and rekindle your life-force.

Berkeley psychologist Christina Maslach's inventory of the syndrome consists of three scales that measure: emotional exhaustion; loss of empathy (we healthcare providers experience that as compassion fatigue); and loss of confidence and competence.

Burnout is, at its heart, a loss of self and connection to life. Your ability to be present, your creativity, compassion, and humanity simply go missing. It's like someone has stretched a sheet of plastic wrap over the world, sealing away the juice. Life seems parched, dry, and without possibility. Sound like depression? While there are a dozen stages to burnout—beginning with zealous overwork and culminating with emotional and physical collapse—the latter stages do mimic depression. But antidepressants might not help. Instead, you should change your life course drastically and revive the aliveness, curiosity, joy, and pleasure that make life at its best an exciting adventure.

Get thee to a nunnery, a cabin the woods, a place apart to reflect. What gives you life? Where has the joy gone? When did work eat your lunch, and making a living eclipse living a life? Where do you betray yourself and say yes when you really mean no? How did you get into a rut from which escape seems impossible? What do you ache for?

Fried—the book—provides an invitation to dwell in these questions and make life-giving choices. *Fried*—the fire—provided me with new insight about reviving curiosity and seeing with new eyes.

Our neighbor Dave is a wildlife biologist. He's also a volunteer firefighter. Over the years he's done a lot of mitigation work, thinning the forest below our homes, and low-limb-ing trees to prevent the spread of fire. But love of beauty informs his vision as much as necessity.

After the fire we spoke about restoring the land. Which trees are hazards or eyesores that need to be cut down? Which ones might still revive in the spring? Clear-cutting our many acres of contiguous land would be an aesthetic disaster. So what about leaving some of the big burned grandfather trees, noble black giants silhouetted against the sky, for wildlife habitat?

It will be early summer before the landscape reveals itself, and trees with life still in them put out fresh growth. But the question of where life remains, and how best to showcase it, is instructing me in the art of seeing. Rather than lamenting what's dead and fixating on the loss, I'm more curious about what lives and how to encourage it.

I'm now seeing my own life more clearly as a landscape of emergent possibility. What to thin and what to encourage are coming into clearer view. The juice, the joy, the pleasure of this exploration is not in the end product of what I might create but in the very act of creativity itself. We humans are born artists, and when burnout wipes the canvas clean, it is an invitation to pick through the ashes and create fresh beauty from what remains. 🌱



ABOUT THE AUTHOR



JOAN BORYSENKO, PhD, is a distinguished pioneer in integrative medicine trained at Harvard Medical School. She is the bestselling author of *Minding the Body*, *Mending the Mind*. Her Web site: joanborysenko.com

Joan Borysenko, PhD, will present her program, **It's Not the End of the World: Surviving and Thriving in Times of Change**, April 29-30, at A.R.E. HQ in Virginia Beach. John Van Auken will join her on the program. Visit EdgarCayce.org/conferences.



Body, Mind, and Spirit

APRIL, MAY, JUNE 2011 • EdgarCayce.org/nearyou

ALABAMA

Selma • Sep 9-11

Edgar Cayce in Selma

Candace Johnson 800-45-SELMA [73562]
(info@selmaalabama.com)

ARIZONA

Scottsdale • Jun 17-19, Aug 30-Sep 1

Spiritual Healing Sessions

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

CALIFORNIA

Pacific Grove • Jul 14-17 ☎

Summer Asilomar Retreat (see box)

Peter Schoeb, DC and David McMillin

San Francisco area • Jun 14-15, Sep 3-4

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com
Grethe Tedrick 510-234-0415

Santa Monica • Jun 9-12, Sep 8-11

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com
Wilma Jackson 310-829-1425

Sonoma • Apr 9

The Divine Conspiracy

Bob Trowbridge

Mary Ellen O'Meara 707-539-5674

Ventura • Apr 5, Jun 7, Sep 6, Nov 15

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com
Jim or Mary Lou Patterson 805-212-1088

COLORADO

Denver • May 21 ☎

Reincarnation Unnecessary

Charles Thomas Cayce

FLORIDA

Deerfield Beach • Jun 3-5

Gold Coast Retreat—Timeless Gems from the Edgar Cayce Readings

Charles Thomas Cayce
Bob Hardy 561-798-7499

The Villages • 4th Thursdays

Edgar Cayce Film and Discussion Group

Frances H. Rolph 352-753-6079

ILLINOIS

Des Plaines

Edgar Cayce Holistic Center
888-663-0082 or 847-299-6535
areheartland.org/chicago
arechicagocenter@gmail.com

Apr 12-14, Jun 28-30, Sep 13-15

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Apr 16

Vibrations and Soul Growth

Kevin J. Todeschi

LOUISIANA

Covington • Jul 16

Edgar Cayce on the Mysteries of Your Mind

Gregg Unterberger
Marlene Duet 985-893-9025

MAINE

Etna • Jul 1-3

Creative Awakening Weekend

Rev. Robert (Bob) Johnstone
Diane Jackman 305-942-0670
(dianesdetox@aol.com)

MARYLAND

Bethesda • May 14

You Are Your Own Best Psychic

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

MASSACHUSETTS

Braintree • Apr 16-18, Jun 24-26

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com
Aantre 781-848-8860 or Betty 508-673-0477
(bettyp508@aol.com)

Craigville (Cape Cod) • Sep 9-11

30th Annual Retreat

Patty McCarthy 781-878-1974

Lexington • Apr 16 ☎

Medical Intuition

C. Norman Shealy, MD, PhD

Northborough • Apr 30

Who Was Edgar Cayce

Susan Gale
Ruth Mazzeo 978-551-0076 (ruthmazzeo@yahoo.com)

Plymouth • 2nd and 4th Friday mornings

Coffee with Cayce

Presentation and group discussion
Betty 508-673-0477 (bettyp508@aol.com)
or Lois 508-880-7588

Quincy • 3rd Saturdays

Monthly meeting and program

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

☎ For info call HQ toll-free: 888.273.0020

Cayce health experts to headline Asilomar Retreat

A.R.E.'s Asilomar Retreat, now in its 54th year, will be held July 14-17 in Pacific Grove, Calif. **Body-Mind-Spirit Wholeness: Extraordinary Healing the Cayce Way** will feature two pioneering health professionals with over 60 years of combined experience working with the Edgar Cayce readings: David McMillin and Peter Schoeb, DC. McMillin, an author, speaker, and member of the Meridian Institute, brings his years of researching the health information in the Cayce readings to give attendees tools for creating wholeness in themselves and for healing others. Dr. Schoeb trained with Dr. Harold Reilly in 1983 in Cayce/Reilly massage and therapies, and has studied naturopathy and nutrition. He practices holistic health care and integrative chiropractic in the A.R.E. Health Center and Spa in Virginia Beach and in a Cayce-based wellness practice in Phoenix, Ariz. Together they will bring a "Cayce tool box" for integrating spirit, mind, and body to help attendees create and live a holistic lifestyle, reduce stress, and increase energy and vitality.

For more information or to register call 888-273-0020 or go to EdgarCayce.org/fieldconferences.



MICHIGAN

Detroit area

Margaret Dwyer 248-541-0128
(eagle1062@sbcglobal.net)

1st and 3rd Tuesdays (Jan 4-Jun 21)

Tuesday Tune-Ups for Women Who Work
Margaret Dwyer, PhD, Mary Gibbins,
Mary-Alyce Lubiszewski

2nd and 4th Wednesdays (Jan 12-Jun 22)

Pray with the Bible and The Oil That Heals
Margaret Dwyer, PhD, Rev. Barbara Yarnell,
Sandra Conlen

3rd weekends—Fri-Sun (Apr-Nov)

Family Health and Wellness Retreats
Dwayne Saunders and Margaret Dwyer

Apr 13

Are We Our Past Lives?
Marie Gates

May 11

Five Women, Five Journeys
Seema Shah

May 21 ☎

Meditative Path to Illumination
Judith Pennington

Vanderbilt • Apr 14-17

Intro to a Healthy Lifestyle Retreat
Dwayne Saunders, Jan Dube', Aloma Mirjah,
Margaret Dwyer, PhD
Margaret Dwyer 248-541-0128
(eagle1062@sbcglobal.net)

MISSOURI

Kansas City • Apr 16 ☎

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

MONTANA

Lewistown • May 13-15

15th Annual Montana Retreat
Mayan 2012 Prophecies

Raymond Tarpey
Rory and Kim Copeland 406-449-7196

Raymond Tarpey brings his knowledge of ancient cultures to this retreat where he will discuss Edgar Cayce's readings on the spiritual legacies of Mu/Lemuria and Atlantis, and his research on the Mayan Records of Creation. "The Mayan culture was formed at the crossroads between the ancient lost continents of Mu/Lemuria and Atlantis. The spiritual legacies of these two ancient civilizations are thus entwined in the Sacred Mayan Calendar and Mayan prophecies of 2012," he said.

NEW JERSEY

Cape May • Jun 1, Aug 24, Nov 2

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Michael Craig 609-425-9057

NEW YORK

New York City

A.R.E. of NY Holistic Center
212-691-7690 or visit edgarcaycenyc.org

Apr 17

Edgar Cayce as RaTa in Egypt
Jack Rosen

Apr 30

Financial Astrology
Antot Masuka

May 21

A.R.E. Psychic and Health Fair

May 26-31, Aug 18-23, Oct 27-Nov 1

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com

June 18

Summer Solstice Psychic and Health Fair

NORTH CAROLINA

Little Switzerland • Sep 29-Oct 2 ☎

25th Anniversary Wildacres Retreat

OHIO

Cincinnati area • May 14 ☎

Edgar Cayce on the Unseen Worlds: Past Lives, Future Life, and Lives Between
Gregg Unterberger

Columbus • May 17

Emotional Freedom Therapy (EFT)
Marianna Niebauer
Sue Keiser 614-764-9490
(WKeiser@columbus.rr.com)

July 24

Annual Metaphysical Picnic
Darian Torrance 614-332-6214 (Darian.
Torrance@gmail.com)

OKLAHOMA

Oklahoma City • Jul 30

Creating a Pathway to Self-Fulfillment
Janice and Ray Howell 405-525-9030 ext. 11

OREGON

Portland area • 3rd Saturdays

Mutual Interest Group Call for upcoming event schedule—Raymond & Nobie Tarpey
503-697-8341 (nobtarpey@yahoo.com)

☎ For info call HQ toll-free: 888.273.0020

OREGON, continued

June 4

Crystal Skulls and Mayan 2012 Prophecies
Raymond Tarpey
Nobie Tarpey 503-697-8341 (nob-
tarpey@yahoo.com)

PENNSYLVANIA

Enola (near Harrisburg) • Apr 22

The Master and the Essenes
Mark Finnan
Unity office 717-732-9773 (unityoffice@
unitychurchpa.org)

Philadelphia

Jun 3-5, Aug 26-28

Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Linda LeBoutillier 610-363-6279

May 14 ☎

Medical Intuition
C. Norman Shealy, MD, PhD

Pittsburgh • Apr 30 ☎

Mindwalking
Nancy Eubel

TENNESSEE

Memphis • Jun 4 ☎

Transforming Your Karma
Lynn Sparrow Christy

Oak Ridge • Jun 4 ☎

Mastering Your Life's Mission
Peter Woodbury

TEXAS

Austin • Jul 16

Interpret Your Dreams to Enrich Your Life
Janece Hutson
Southwest Region 512-327-7355

Houston

Houston A.R.E. Center
713-263-1006 or visit EdgarCayceHouston.org

May 21 ☎

Awakening the Spiritual Master Within
Tom Baker

Hunt • Oct 6-9

Texas Fall Retreat
Nancy Keef 830-688-3807

VIRGINIA

Charlottesville

Joanne DiMaggio 434-242-7348
(are.cville@gmail.com) arecville.org

Apr 9

Mary Magdalene and the A.R.E.
Ann Jaffin

VIRGINIA, continued

Apr 30

Auras and Spirit Guides

Betty Riley

May 21

Purification, Enlightenment, and Service in Ancient Egypt

Grace Yuksek

Rural Retreat

A.R.E. Camp

Visit EdgarCayce.org/summercamp or see p.26 for a listing of Camp activities

Virginia Beach

Apr 20-21, Jul 2-3, Nov 22-23

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Robert Krajenke 757-470-7767

(rwk.asaph@cox.net)

Youth Programs EdgarCayce.org/youth

Apr 20-23

Spring Break Teen Program (ages 13-17)

Atlantic University

Visit AtlanticUniv.edu or see p.46 for a listing of AU activities

The Forum (hosted at A.R.E. HQ)

Day Schwartz 804-693-5192

edgarcayceforum.net

Apr 27

The Oak Island Mystery: Edgar Cayce and the Search for Buried Treasure

Mark Finnan

May 25

Conversations with the Dead (readings given during the last half of the program)
Annette Gerwitz

Jul 27

The Edgar Cayce Philosophy

Peter Van Daam

See p.59 for a list of upcoming conferences at A.R.E. HQ (EdgarCayce.org/conferences)

WASHINGTON

Kirkland • Apr 30

Revelations of the Crystal Skulls and the Mayan 2012 Prophecies

Raymond Tarpey

Keith Grinnell 253-839-9594 (klgrinnell@aol.com)

Richland • May 7

A Mindwalking Workshop

Nancy Eubel

Pierre Saget 504-588-6546

WASHINGTON, continued

Seabeck • Jul 6-10 ☎

Summer Seabeck Retreat

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

Gregg Unterberger

WISCONSIN

Brookfield • heartlandare.com

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

Apr 16

Dreams: Listening to the Voice of God

Jerry Lazarus

May 14

Nature's Way

Phillip Chard

Whitewater • Jun 10-12

Medical Intuition and Energy Healing Retreat

C. Norman Shealy, MD, PhD

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)

nanaimometaphysicalnetwork.org

Search for God study group every Wed.

Apr 21

Energy Medicine Research

Linda Byrnes

May 5

Sacred Geometry

Tim Findlay

May 19

Mindfulness and Consciousness: How to Live and Be Awake at the Same Time

Kathy Eliassen

June 16

The Power of the Mind to Heal

Germana Rovinelli

Vancouver • Monthly

Mutual Interest Group

John Golka 604-736-7762

May 28 ☎

2012 and Prophecy: Understanding This Time of Transformation

John Van Auken

CANADA, continued

NEW BRUNSWICK

Sackville • Jul 8-10

Annual Atlantic Fellowship Conference Awakening to Wholeness

C. Norman Shealy, MD, PhD

Danks Cole 902-405-0578

ONTARIO

Ajax • Apr 17

The Master and the Essenes

Mark Finnan

Helene Thibert 705-745-7188

Arnprior • Oct 21-23

Edgar Cayce Ottawa Annual Fall Retreat

Barbara Martin 613-228-9176

Brighton • Apr 15

The Master and the Essenes

Mark Finnan

Helene Thibert 705-745-7188

Kingston • May 13-15

28th Annual Canadian Fellowship Conference

Awakening Your Soul's Intuition

Linda Schiller-Hanna

ECC 1-866-322-8209

Kitchener • Apr 16

Miracles of Easter According to Cayce

Robyn Marie Butt

Ray Millard 519-369-3973 (ray.millard@gmail.com) or Gitta Schoppel 519-579-5979 (gittasch@sympatico.ca)

Mattawa • Aug 26-28

2011 Spiritual Retreat

Jinna van Vliet 705-752-1647 (jinna@vianet.ca) or Shelly 519-925-5286

Peterborough • Bi-weekly

Spiritual Growth Study Group

Helene Thibert 705-745-7188

QUEBEC

Chateauguay • Aug 26-28

Annual Creative Awakening Weekend

Rev. Robert (Bob) Johnstone

Peter Kendall Telephone 450-676-4203

(hopsing555@hotmail.com)

creativeawakening.com

Montreal (South Shore) • Bi-weekly

Healing and Meditation Group

Peter Kendall 450-676-4203

☎ For info call HQ toll-free: 888.273.0020



Submit your local A.R.E. events to:
letters@EdgarCayce.org

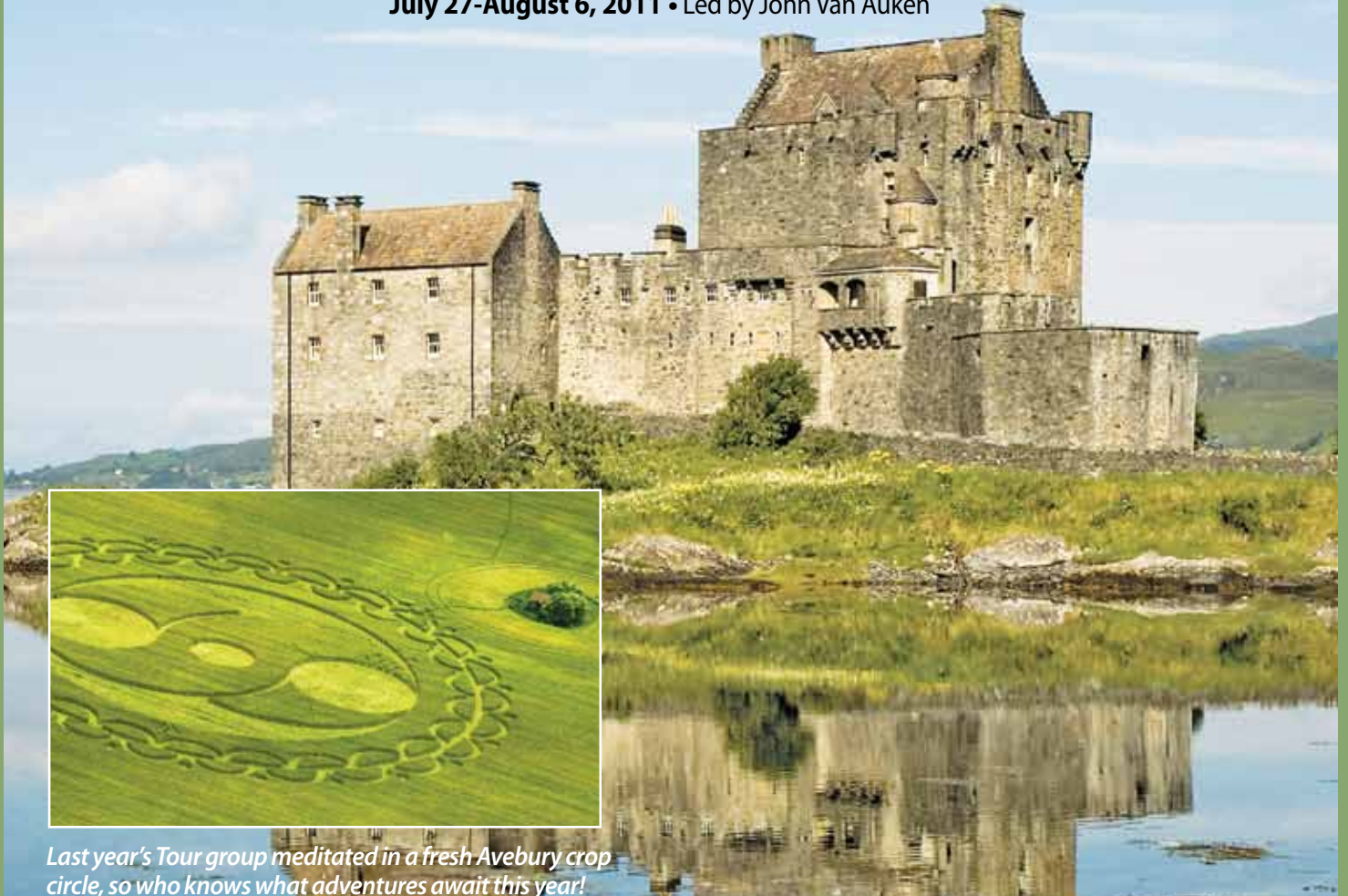


WANT TO EXPERIENCE THE SACRED
SITES OF THE BRITISH ISLES?

scotland & england

Knights Templar, Freemasons, and the Ancient Ones

July 27-August 6, 2011 • Led by John Van Auken



Last year's Tour group meditated in a fresh Avebury crop circle, so who knows what adventures await this year!

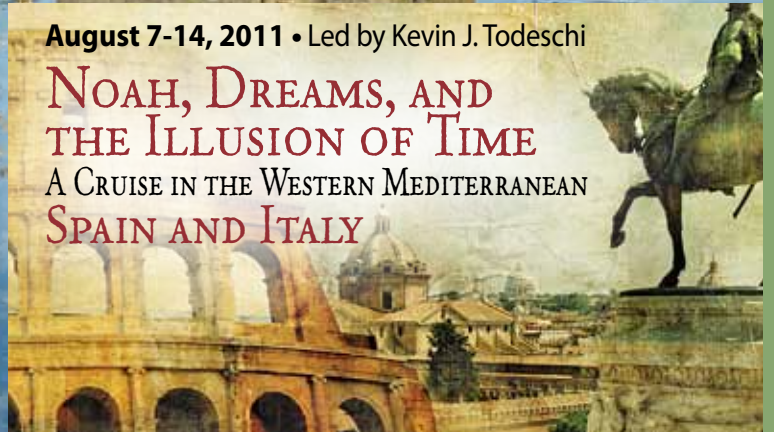
The 2011 A.R.E. Tour to Scotland and England will visit mysterious and powerful places:

- Explore Templar and Masonic landmarks
- Discover the fascinating origins of the Rosslyn Chapel
- Meditate by the mysterious structures of Stonehenge
- Enjoy a tour of the Freemason landmarks in Edinburgh and London

August 7-14, 2011 • Led by Kevin J. Todeschi

NOAH, DREAMS, AND THE ILLUSION OF TIME

A CRUISE IN THE WESTERN MEDITERRANEAN
SPAIN AND ITALY



A Tour Like No Other! Edgar Cayce's A.R.E. Travel Programs provide the unique experience of visiting special areas of the globe that have historical, spiritual, or metaphysical significance tied to insights found in the Cayce readings. Our tour leaders have extensive backgrounds in the Cayce material and are your guides to a deeper, more fulfilling journey.

Contact the A.R.E. Travel Programs office toll free at 888-273-3339 or visit our Web site: EdgarCayce.org/tours



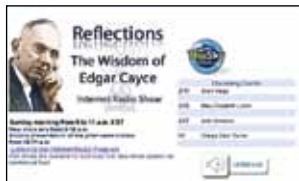
NEW on YouTube

■ EDGAR CAYCE'S A.R.E. now has over 80 different videos available to view on its YouTube channel (YouTube.com/edgarcaycevtv) covering a wide range of subjects, including holistic health, medical intuition, ancient mysteries, 2012, psychic development, and dreams, among others. These videos have been watched almost 2 million times, and over 5,000 people now subscribe to this channel to get automatically notified when new videos are posted. Some of the new videos include *Courageous Souls: Reconnecting with Your Past Lives, Soul Groups, and Soul Purpose* with Robert Schwartz; *Edgar Cayce's Tour of Egypt* preview with John Van Auken; and professional psychic Echo Bodine on *Clairvoyance*.



Edgar Cayce on the Radio

■ PODCASTS OF PAST episodes of *Reflections: The Wisdom of Edgar Cayce*, the A.R.E.'s Internet radio show, which can be downloaded onto a computer or portable music player, are now available commercial-free. The show airs Sundays



from 9-10 a.m. (EST) followed by an encore of the previous week's show from 10-11 a.m. Past shows have featured speakers and authors such as Echo Bodine, Gary Renard, Josie Varga, John Van Auken, and Atlantic

University faculty members John Amoroso and Mary Elizabeth Lynch, among others. For more info, to listen live, or to download a podcast, visit EdgarCayce.org/radio.



Atlantic University Launches NEW Online Classroom

Visit AU's online orientation classroom to see for yourself: AtlanticUniv.edu/orientation
Atlantic University also offers Continuing Education Units (CEUs) online for counseling professionals



Check out the FREE mini-course online

FOR MORE INFORMATION:
Phone: 800-428-1512 or (757) 631-8101; Fax: (757) 631-8096; E-mail: registrar@atlanticuniv.edu; Web: AtlanticUniv.edu

NEW at EdgarCayce.org/members



- **The Mystery of the Mayan 2012 Calendar**—A video presentation by John Van Auken explaining the Mayan calendar's end-date of December 12, 2012 and its meaning for us today.
- **Mysticism in Early America**—A video presentation by Mitch Horowitz, author of *Occult America: The Secret History of How Mysticism Shaped Our Nation*, recorded after the 2010 Ancient Mysteries Conference.
- **Getting Your Spiritual House in Order**—A video presentation by feng shui expert Peggy Joy Cross, recorded at the 2010 New Year's Conference.
- **Luz**—a new issue of our Spanish-language newsletter is available as a downloadable PDF, featuring articles by John Van Auken, Elaine Hruska, and Kathy Callahan.
- **New Circulating Files**—Teeth Grinding, Cold Sores, Numerology, plus an updated file on Allergies. Circulating Files are collections of verbatim Edgar Cayce readings, carefully arranged by topic. A selection of these are available for free download at EdgarCayce.org/members.
- **New and archival** issues of *Venture Inward* magazine and the *Venture Inward Newsletter*, older member newsletters, plus new material:
 - Bonus PSI Research
 - Inspirational Writing—Research Project Results
 - From the Archives—*The 40-Day Forgiveness Prayer* by J. Everett Irion



e A.R.E. Online Mentored Groups Spiritual Growth Experiences

| | |
|----------------|---|
| Apr 20-May 17 | Mindwalking Nancy L. Eubel |
| May 4-31 | Life Lessons and Soul Purpose: A Life Course Tune-Up Lynn Sparrow Christy |
| May 18-Jun 14 | The Spiritual Applications of Self-Hypnosis Henry Reed, PhD |
| Jun 1-28 | Inspirational Writing Joanne DiMaggio |
| Jun 22-July 19 | Explore Your Relationships Using Astrology as Your Guide Raye Mathis |

Web site: EdgarCayce.org/egroups; e-mail: egroups@EdgarCayce.org; phone: 877-428-2734, ext. 7291



Interact with us online on Facebook, YouTube, MySpace, and Twitter. Go to EdgarCayce.org under "Follow Us" for links.



Experience
Discover
Learn
Train
Grow

REGISTER NOW:

Call: 888-273-0020 toll-free; International: 757-428-3588, ext. 7401

E-mail: confregistrar@EdgarCayce.org

Web site: EdgarCayce.org/conferences

As a registered conferee, show your conference badge to get 10% off purchases in the A.R.E. Bookstore.

Programs and speakers are subject to change. Check the Web site for the latest updates.

***Open to all, Life Members may redeem their Life Member pass for this program.*

A.R.E. Headquarters
215 67th Street
Virginia Beach, VA 23451

A.R.E. HEADQUARTERS PROGRAMS AND TRAININGS

With Some of Today's Most Popular Teachers and Presenters

NEW PROGRAMS
and returning favorites!

APRIL 29-30



Joan Borysenko

It's Not the End of the World: Surviving and Thriving in Times of Change, with Joan Borysenko, PhD

NEW PROGRAM! Dr. Joan Borysenko and John Van Auken give you the tools you need to bloom and prosper, no matter what your life's circumstances are. Discover your authentic self, and deepen your connection to the Source, while you are inspired, renewed, and recharged!



MAY 13-15



Raymon Grace

Dowsing Training Intensive with Raymon Grace: Attuning to the Source

BACK BY POPULAR DEMAND! Learn the art of dowsing! Hands-on training with renowned dowser Raymon Grace helps you become your own intuitive consultant. For all levels, novice to advanced.



MAY 21-27

Wellness and Rejuvenation Intensive: 15th Anniversary! **SOLD OUT**

JUNE 3-5



Julia Cameron

Julia Cameron's Creativity and Spirituality: Further Along the Artist's Way

NEW PROGRAM! Experience a guided encounter with your most authentic and creative self, drawing on the "creative forces" within, with one of the world's most gifted experts on creativity.



JUNE 18



Peter Woodbury

Mastering Your Life's Mission: Using the Universal Laws and the Power of Thought

NEW, SPECIAL ONE-DAY EVENT! Live the life your soul meant you to live! With psychotherapist and popular Cayce lecturer and A.R.E. tour leader Peter Woodbury, MSW.



JUNE 19-24



John Pagano

80th Anniversary A.R.E. Members Congress: Honoring the Past, Celebrating Today, Creating the Future!

Join the celebration with special guests including Charles Thomas Cayce, Edgar Evans Cayce, John Pagano, DC, and Sidney Kirkpatrick. **



JULY 15-17



Lynn McTaggart

A New Body, A New Mind: 2012 and Prophecies of a New Age

Lynne McTaggart, author of *The Field*, shares a new view of our interconnected universe in a powerful experiential workshop. With John Van Auken, futurist Charles Eisenstein, and James Mullaney.



GREAT NEWS! We have ALL NEW padded auditorium chairs for your comfort!



Association for Research and Enlightenment, Inc.
215 67th Street
Virginia Beach, VA 23451-2061

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
U.S. Postage
PAID
Association for Research
and Enlightenment, Inc.

Coming to A.R.E. Headquarters • Virginia Beach, Virginia

It's *NOT* the End of the World:
Surviving and Thriving in Times of Change



Dr. Joan Borysenko and John Van Auken provide skills for safe passage through times of personal and world change.

with Joan Borysenko, PhD
April 29-30, 2011

A New Body, A New Mind:
2012
and Prophecies of a New Age

July 15-17, 2011




Our world is experiencing a pivotal shift in life as we know it—and we're a part of that change. Lynne McTaggart, author of *The Field*, brings a new understanding of our place in the universe as we approach the Mayan calendar end-date.



Lynne McTaggart
John Van Auken
Charles Eisenstein
James Mullaney

Julia Cameron's Creativity and Spirituality:
Further Along the Artist's Way



Experience a guided encounter with **your most authentic and creative self**, drawing on the "creative forces" within, with one of the world's most gifted experts on creativity. Emerge from this deeply experiential weekend energized and inspired!

June 3-5, 2011



Dowsing Training INTENSIVE



Learn the art of dowsing! For all levels, novice to advanced.

with **Raymon Grace:** **HANDS-ON TRAINING**
Attuning to the Source helps you access the power of the focused mind.

May 13-15, 2011

For more information and to register, go to EdgarCayce.org/conferences or call the conference registrar at 888-273-0020.