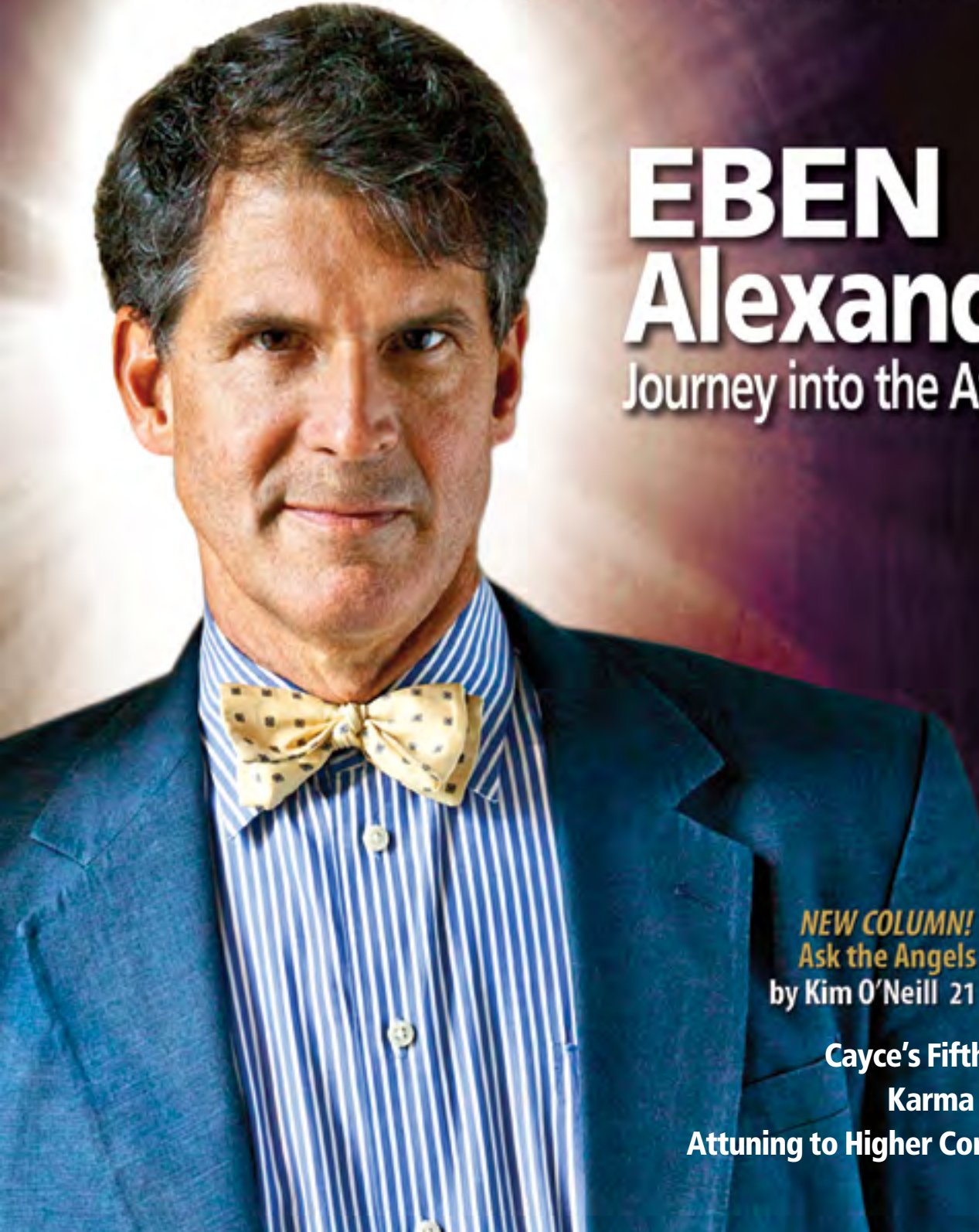




APRIL | MAY | JUNE | 2013

Venture Inward

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



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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*, used in the Search for God Study Group program. To find a Study Group near you or to order a FREE DVD to help start your own, call 800-333-4499 or email studygroups@EdgarCayce.org.

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, 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*.

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C-1
New Catalog Addition
 The A.R.E. Catalog is now a supplement of *Venture Inward* located in the center of the magazine. Enjoy!

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KEVIN J. TODESCHI
Executive Director and CEO

Becoming What We Were Meant to Be

In my last column I mentioned an experience Edgar Cayce had in October 1932—he had a vision in which he saw a number of friends and family “as they were” compared with “as they should be.” The stark difference between the two images caused him to have to leave the room to collect himself. Aside from the experience itself, the story suggests the importance of becoming cognizant of doing everything we can do in order to become all that we were meant to be. Thankfully, there are tools suggested by the readings to help us accomplish that very thing.

When you look at all the Cayce information on soul growth, including the Search for God (262 series) materials and counsel given to thousands of people, you can see that the readings highlight three distinct tools that are important for us all: 1) setting an **ideal**, 2) practicing personal **attunement**, and 3) working with personal **application**.

IDEALS In terms of ideals, the readings propose we create an image of the type of individual we hope to become and then begin emulating that imagined person’s actions—we can become more loving, more understanding, perhaps more patient; we can become an individuals who epitomizes the manifestation of spiritual truths, etc. We can imagine whoever best embodies our spiritual ideal right now, as well as the activities he or she would exemplify in relationships with others.

ATTUNEMENT The two approaches that Cayce most recommended for personal attunement are meditation and prayer. In fact the Prayer Group readings (281 series) explore these practices in detail and suggest that personal attunement is at the core of understanding our true spiritual essence. In addition to prayer and meditation, personal affirmations, reading spiritual materials and listening to uplifting music can all be extremely important to individuals who want to improve their personal attunement.

APPLICATION In regard to the third tool, working with personal application, Cayce described this, in part, as a “to do.” What are the things we need to do, for example, to be a better co-worker? Perhaps be a more attentive listener? Perhaps changing the conversation when something negative is being discussed about someone else? Perhaps going out of

our way to see something positive in everyone at work—even someone with whom we are having difficulty. Our “to do” list will generally encompass actions for our own spiritual, mental/emotional, and physical well-being, as well as things we need to do to improve our relationships with others.

What I want to suggest is that these very tools—ideals, attunement, and application—are also a very important part of A.R.E.’s future as an organization. Collectively—working with the Board, our Regional, Team, and Area Volunteers, our members, students, and staff—we have created an ever-evolving, dynamic Strategic Plan regarding the future of this work. In a sense, that is our collective ideal.

In terms of attunement, in addition to ongoing meditation and prayer (practices that take place at every meeting of the organization), let me tell you a story. A few years ago, the Board collectively dreamed on the question, “At this point in our collective history what would the universe have us focus upon?” That night, I dreamed that I was standing in a café in the old hospital building with members of the Board of Trustees and we were waiting for Atlantic University’s football team to arrive as they had just won a national pennant. The dream prompted me to suggest that two things we really needed to focus upon in the Strategic Plan were the renovations of our headquarters site and putting additional energy into Atlantic University.

The application component was that we did indeed put additional energy into Atlantic University, enabling us to move the university from a correspondence model of education to a fully-functioning online university! (See AtlanticUniv.edu for more information.) In terms of our renovations, we have been working with many of you and your tremendous support, which has enabled us to remodel the facilities we use for children’s programs and wellness retreats as well as build the Don and Nancy deLaski Education Center for the Edgar Cayce Foundation, the Cayce/Reilly® School of Massotherapy, and Atlantic University. Next up is the Cayce/Miller Café and the Copeland Dining Room!

Your efforts—your energy, prayers, enthusiasm, and ongoing financial support are enabling us to become all that we were meant to be. Thank You!

A handwritten signature in blue ink that reads "KEVIN J. TODESCHI". The signature is written in a cursive, flowing style.

Venture Inward (ISSN 0748-3406) is published quarterly by the Association for Research and Enlightenment (A.R.E.) for its worldwide members and affiliates, Edgar Cayce Foundation, A.R.E. Press, Atlantic University, and the Cayce/Reilly® School of Massotherapy. Opinions expressed are those of the authors, not necessarily of the Association. Send inquiries, change-of-address notices, or requests for back issues c/o A.R.E. Membership Services at 215 67th Street, Virginia Beach, VA 23451-2061; email are@EdgarCayce.org; call 757-428-3588 or 800-333-4499; or visit EdgarCayce.org. Copyright © 2013 by the Association for Research and Enlightenment, Inc. The Edgar Cayce readings © 1971, 1993-2010 by the Edgar Cayce Foundation. Reproduction by permission only.

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

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

GHOSTS ARE VERY REAL

I have enjoyed *Venture Inward* for many years, but have never written a letter to the editor. The article in Jan-Mar titled “Edgar Cayce’s Ghostly Visitations” is so very true. I know this personally, [from a similar visitation experience, within a dream state, that I had with a close friend who committed suicide.] Please tell Mr. Kirkpatrick thank-you for a wonderful article.

Thank you and your staff for everything you do. I read *Venture Inward* cover to cover.

—Johnnie Story, email letter



CELESTIAL MUSIC

I read with interest “The Master Musician” by Sidney Kirkpatrick and the last reading by Edgar Cayce in the Jan/Feb issue of the magazine.

In 1985 my wonderful father died and I was desolate. I canceled all my reflexology appointments, in the depths of despair. One day, soon after, a very nice client of mine, Clifford, a talented psychic, phoned asking me to go to his house to give him a reflexology treatment. As he was special, I went. While I was working on his feet he said, “Your father is standing behind your left shoulder.” He proceeded to give me a marvelous message from my beloved father, who described the great pain he had felt in his head when he passed, but said that he had seen beautiful colors and was greeted by two aunts (his Aunt Maud and Aunt Mabel). He also said he heard wonderful organ music, and was now feeling so comfortable.

—Janice Robertson, Astoria, Ore.

STUDY GROUP ENRICHMENT

Our *A Search for God Study Group*, Virginia Beach #23, tried an experiment last summer that we would like to pass along to others. Since our attendance varies with members taking family vacations, etc. we decided to change our focus for the summer.

The leader for the week selected an article in the most recent *Venture Inward* and prepared a discussion based on the article. We kept to the ASFG format including an experiment or discipline for the week and closed with a group meditation. We really enjoyed sharing insights on articles in the magazine and will likely do it again this summer.

We also have studied *The Edgar Cayce Primer*, by Herbert Puryear; *Edgar Cayce’s Past Lives of Jesus*, by Glenn Sanderfur; and are now reading *Edgar Cayce’s Story of the Bible*, by Robert Krajenke. These ‘classics’ have enriched our experience and brought new insights as we processed the material together.

—Marge Catalano, Denise Furgason, Leigh Hronek, Campbell Kaiser, Edie Machamer, Toni Romano, and Ellen Selover

Editor’s Note: For more information on study groups, to find a group in your area, or to order a FREE DVD on how to start your own, call 800-333-4499 or email studygroups@EdgarCayce.org



RE-APPRECIATING OLD TRUTHS

Thank you, Kevin and Henry, for the excellent piece, “Jesus as the Pattern” in the Oct-Dec 2012 issue, I have just read it for the second time and re-appreciated the truths it contains. I think you got it exactly right as to theology.

The “new thought” paradigm, as expressed by Mr. Cayce while in trance, seems continued by an increasing symphony of voices as we

move into the Aquarian era. As I have studied more the earliest Christian church, one could say the old has become ‘new’ again. According to *The Aquarian Gospel of Jesus the Christ*, Jesus knew there would follow distortions to His teachings, but ultimately Truth would be out. Thanks again for helping that happen.

—John Bomar, DC, Arkadelphia, Ark.

HEAD-AND-NECK EXERCISE A WINNER

After I had my first child, via C-section, I had headaches for a year. When I had my second child, also via C-section, I had headaches for 5 years! Then I read about the head-and-neck exercises (see Jan-Mar p.13) in one of the Cayce books. I did the exercise faithfully, three times a day, and within

one month my headaches were gone—after 5 years. I’ve been a member for so many years, I’ve lost count. At age 18 I read *There Is a River* and after that there was no turning back. I’m 55 now and Edgar Cayce is my hero!

—Pamela Krommendyk, Spearfish, S. Dak.

ENJOYING VENTURE INWARD

Blackie and I wanted to show you how much we *all* appreciate the beautiful cover and articles of the Jan-Mar issue of *VI*! Like Edgar, Blackie can “sleep on it” and retain it all. I, on the other hand, have to read and study! As soon as Blackie is finished meditating on it, the journal will be mine! Yay! Love and blessings to all!

—Ingrid Freeborn, email letter



RIGHT PLANT, WRONG PICTURE

In the Fall *Venture Inward Newsletter*, the picture with the article “Lovely Lavender” depicts the wrong plant. Instead of *Lavandula*, it’s a photo of *Salvia*, which is sage. Unfortunately, lavender as a common name is often used for similar colored plants.

I would also like to congratulate you for the improvement in the *Newsletter*. The articles are now printed in one piece and I don’t have to search for the end section of an article. I appreciate that very much.

—Erna Villiger, Beaverlodge, Canada

CORRECTION:

In the Jan-Mar issue, on p. 29, the name of the poet who said “The world is too much with us” was Wordsworth.

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



WE WANT YOUR LETTERS!

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

Compassion meditation training increases empathy

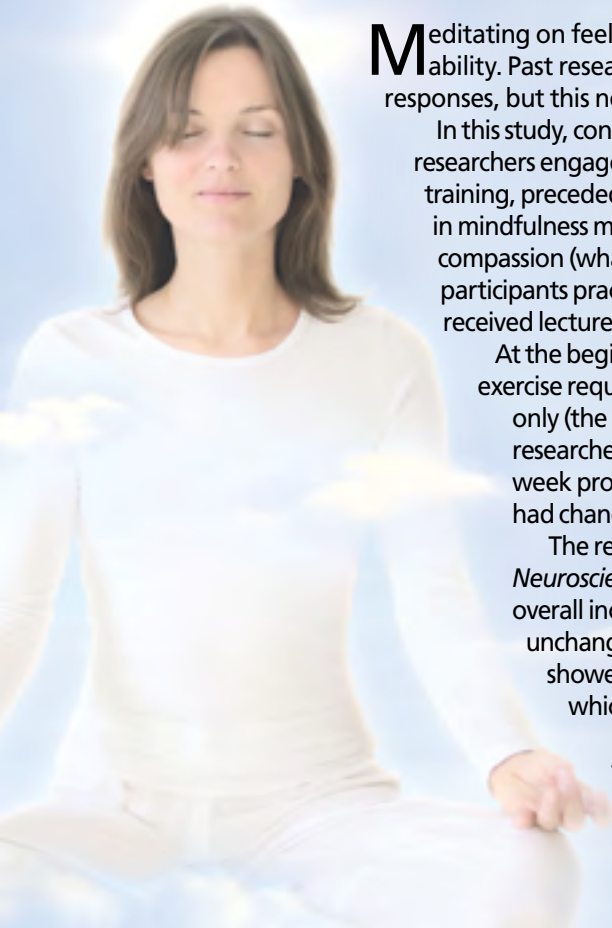
Meditating on feelings of compassion changes the brain to increase the person's empathic ability. Past research has shown that simple meditative exercises facilitate a person's empathic responses, but this new research demonstrates the effect at the brain level!

In this study, conducted at Emory University as part of their collaboration with Tibetan monks, researchers engaged two groups of non-meditating adults in an eight-week program of mental training, preceded and followed by experimental empathy testing. The first group received training in mindfulness meditation that was enhanced gradually to include guided affirmations regarding compassion (what the researchers termed as "Cognitively-Based Compassion Training"). The participants practiced this meditation at home during the period of the study. The second group received lectures on health, and discussed mind-body topics like the effect of stress on well-being.

At the beginning of the study, all participants practiced an empathy accuracy exercise. The exercise required them to judge a person's mood by looking at a photograph of the eyes only (the "Reading the Mind in the Eyes Test"). While participants attempted this task, researchers monitored their brain response with fMRI brain scans. At the end of the eight-week program, the participants repeated these tasks to determine if their empathic ability had changed over that time.

The results of the study, published in the journal *Social Cognitive and Affective Neuroscience*, indicated that those in the compassion meditation group showed an overall increase in empathic accuracy on the eye test, whereas the control group remained unchanged on that measure. The brain scans also revealed that the meditation group showed significantly increased activity in the areas of the brain responsible for empathy, which they identified as "the inferior frontal gyrus and dorsomedial prefrontal cortex."

The authors conclude that the meditation practice directly affected the brain function, which in turn improved the outward expression of empathic accuracy. This study is among the many that are accumulating evidence that the mental process of mindfulness meditation changes the physical structure of the brain and its subsequent functioning.



Juice found to lower blood pressure

Finding good foods that make for good medicine is always a pleasure and consistent with the philosophy in the Cayce material. Recent research has provided evidence that both yogurt and cranberry juice are helpful in lowering blood pressure.

With regard to yogurt, for example, research conducted at Tufts University and presented at a recent conference of the American Heart Association determined that among more than 2,000 healthy adults, those who ate one serving of yogurt every three days were 31 percent less likely to develop high blood pressure

over a 14-year period.

With regard to cranberry juice, researchers from the U.S. Department of Agriculture reported at that same meeting of the American Heart Association their randomized, double-blind study on the use of low-calorie cranberry juice to lower blood pressure in healthy adults with no hypertension. In this study, participants drank two eight-ounce glasses daily of low-calorie cranberry juice for eight weeks. At the end of the study, those drinking the cranberry juice had lowered their blood pressure by 3 points, whereas the placebo group's blood pressure showed no change.

Mental exercise not the same as physical

When it comes to slowing age-related mental decline, doing mental exercises, like crossword puzzles, or social interaction games, is not nearly as effective as engaging in physical exercise. This result comes from a brain-scan study conducted at the University of Edinburgh involving more than 600 folks over the age of 70.

Those elders who did physical exercise showed less brain shrinkage than those who only did non-physical activities. Not only



that, but the physically active also showed increased gray matter in the brain, especially in areas having to do with muscle control, memory, and emotions. The type and extent of physical activity did not seem to play a role in this effect.

Improve memory with rest

If you have trouble remembering important information, even shortly after you've acquired it, you may be interested in experimenting with a simple strategy for implanting those memories more securely. The secret: after ingesting information you wish to remember, seek some peace and quiet and sit with your eyes closed for a few minutes to give the memories time to digest.

This suggestion comes from research conducted at the University of Edinburgh. In their studies, published in the journal *Psychological Science*, they asked subjects to retain some information and then tested them later on their memory for this information.

Between the time that they studied the information and when they recalled it later for the researchers, the participants spent 10 minutes either in restful silence or playing a computer video game. As expected, the playing of the video game interfered with the storage of the memorized information.

The researchers speculated that the apparent increase in memory deterioration in older adults may not be the result of an emerging crisis in dementia, but rather the result of our

fast-paced, information-overloaded lifestyle. Eating on the run, whether that's taking in food or information, is just not that healthy, especially for our seniors.



Testing of genetically modified corn causes upset

Edgar Cayce recommended that we learn to grow our own food. Not only is such a practice a great way to come into harmony with the creative forces, but also a way to safeguard the family against commercially available food that may contain unknown contaminants.

A case in point is the uproar over genetically modified (GM) food. A recent study, published in the journal *Food and Chemical Toxicology*, revealed that rats fed a diet of Monsanto's GM corn had a higher incidence of cancer and more aggressive cancers than rats fed a diet of unmodified corn. According to an article appearing in *Scientific American*, in the various disputes over the safety of such products as

GM corn, the boundary between scientific neutrality and commercial interests has been blurred, making it more difficult for the observer to trust published information, as commercial bias has entered into the laboratory, threatening the public trust.

The furor has inspired the Russian government to run their own public, reality TV experiment, where live Webcams will allow the world to watch two groups of rats live out their lives. One group will feed on GM corn, and the other group will eat non-modified corn. At press time, the Web site for this program was not yet announced.



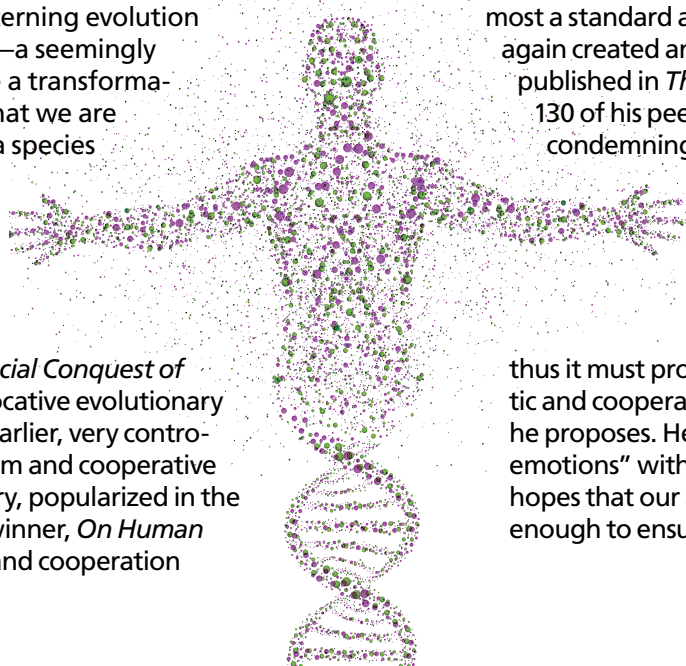
Are we evolving altruistic genes stimulating cooperation?

What was Edgar Cayce's suggested first step if we wanted to develop our psychic ability in a spiritual manner? Learn to cooperate! It might take more than the usual amount of meditation to appreciate the profound insight concerning evolution implied in his suggestion—a seemingly simple activity to cultivate a transformative ability! Is it possible that we are actually evolving toward a species that is actively aware of its interconnectedness? Edmund O. Wilson thinks so, and he has admitted that he was wrong to deny it in the past.

In his new book, *The Social Conquest of Earth* (Liveright), the provocative evolutionary biologist has reversed his earlier, very controversial theory about altruism and cooperative behavior. His original theory, popularized in the best-selling Pulitzer Prize winner, *On Human Nature*, was that altruism and cooperation

were essentially selfishly motivated acts designed to ensure the survival of one's genes. As a major force in the field of sociobiology, which his controversial theory kick-started, his repudiation of what now has become almost a standard assumption in science, has once again created an uproar, according to a review published in *The Wall Street Journal*, with over 130 of his peers signing a public proclamation condemning his new turn of mind.

He presents evidence that we are evolving altruistic genes. He argues that in order to survive, we must learn to cooperate. Our evolutionary mission requires survival, and thus it must provide a means—evolving altruistic and cooperative genes would be the answer, he proposes. He warns of marrying "Stone Age emotions" with "Star Wars technologies," and hopes that our altruistic DNA evolves quickly enough to ensure our survival.





Pray you don't worry yourself to death

Why worry when you can pray? If you can't pray—that's something to worry about! Our Psi Research readers are probably familiar with that piece of Cayce philosophy. New research provides more reasons to take Cayce's advice seriously. Worry can cause premature death!

In an analysis of more than 60,000 adults who had participated

in the British national health survey, researchers at the University of Edinburgh examined incidence of what they called "distress." They defined distress as low-level stress or stressors that the person would not think of mentioning to their doctor, but which showed up in the health questionnaires with symptoms such as loss of sleep, inability to concentrate, or uncontrollable worrying. They found about one-fourth of the sample population to have some degree of distress.

The researchers tabulated and correlated incidence and degree of distress with mortality. According to the report they published in the *British Medical Journal*, even a very low level of distress was associated with a 16 percent increase in the chances of dying—from disease, accident, or suicide. The greater the level of distress, the greater the chances of dying. This relationship held true even after they factored out self-destructive behavior associated with stress, such as weight, smoking, and alcohol consumption.

Worrying is even more hazardous to your health than sitting for too long. If you are going to worry, at least walk while doing it. If you are going to sit a lot, at least don't worry about it at the same time!



Being bilingual benefits the brain

Brain exercises are becoming quite the fad as the aging Baby Boomers attempt to ward off memory decline. Here's a good suggestion: Take up learning Spanish and practice on some of the new neighbors who have Spanish as their native tongue. Recent research has shown that talking in two languages tends

to cultivate the brain. Bilingual adults develop dementia four to five



years later, on average, than adults with a single language. In another study,

bilinguals were better at multi-tasking than those with a single language. It's a great way to socialize and stay young at the same time.

Sitting calculated to be worse than smoking

Minute for minute, sitting inactive in a chair takes more off your lifespan than smoking a tobacco cigarette. Better get up and move around while you watch TV, according to a study conducted at the University of Queensland in Australia, in which they tabulated and studied TV habits of more than 11,000 people. They controlled for exercise level, smoking, and other things that would skew the results.

They found that for every hour spent watching TV, life expectancy was reduced by almost 22 minutes. On the other hand, their calculations showed that smoking a single cigarette reduced life expectancy by only 11 minutes.

The researchers noted that it is prolonged sitting that causes the problem. Their suggestion is to get up frequently,

or to watch TV while standing from time to time. Being a heavy exerciser is no protection. As mentioned, the researchers factored out the level of physical activity in making their calculations. That means that people of high physical activity who spend a lot of time on the couch are just as vulnerable to lifespan reduction as inactive couch potatoes.



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



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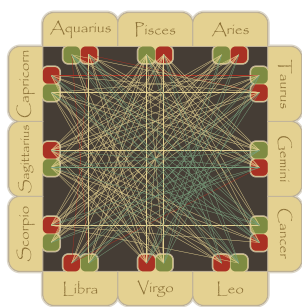
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The Far Reaches of Astrology



Theoretically, every event or happening in your life could be explored through the influences of a horoscope calculated for that moment.



Raye Mathis will mentor the online eGroup **Astrological Cycles: The Timing of Life**, May 22-June 18. Visit EdgarCayce.org/egroups for details.



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

DANE RUDHYAR, THE FATHER of transpersonal astrology, once wrote that "at the moment of your birth, the universe was in complete harmony except for one question...and you are the answer to that question." Discovering your life's "question and answer" is the goal of an individual horoscope reading, but a personal horoscope interpretation is only one of many areas of life where the influences of astrology are used today.

Astrology is based on synchronicity: the idea that everything that happens at the same moment in time is meaningfully connected. Theoretically, this means that every event or happening in your life could be explored through the influences of a horoscope calculated for that moment. Two branches of astrology that look at such moments are *horary* astrology and *electional* astrology.

HORARY astrology suggests that if you want more insight into an important question, you can calculate a horoscope for the exact time and place when you ask the question and insight into that question will be contained in the chart calculated for that moment. This type of chart reading is very similar to the types of readings you receive when using the Runes or the *I Ching* to explore important issues in your life.

ELECTIONAL [not related to elections] astrology is a branch of astrology that addresses a future "moment" in time. An astrologer explores future planetary configurations in search of the "optimum date" for an important event, such as a marriage, upcoming elective surgery, incorporation of a business, etc. The astrologer tries to find a day and time in the future that will minimize any difficult or stressful aspects that might be related to the event itself. For example if you are planning to have surgery, an astrologer might look for a date when Mars, the planet that rules surgery, is in a harmonious aspect, not only to the other planets at that moment, but also to the planets in your natal chart, since you are the one "going under the knife." On the other hand, it would also make sense that Mars would be prominent since the chart would symbolize an event such as surgery. The

exact date of the start of a new business might focus on whatever planetary influences would rule the type of business under consideration.

For a marriage the astrologer might focus on Venus, the love planet, but also important to consider would be the natal charts of the two persons involved. Event charts are more complicated than what I have described and require a certain amount of expertise on the part of the astrologer. Even with the best possible date and time in hand, last minute occurrences and delays may alter the final horoscope: the surgeon is late due to a traffic jam; the marriage ceremony is delayed due to weather, etc. In these cases one recognizes the timed event may not be best for your soul purpose.

The one event that I do not elect for clients, although some astrologers do, is the birth of a child by Caesarian section. I feel that the choice of that birth moment and therefore the birth chart is better left to God, the soul that is entering, and the parents.


There were a few Cayce readings where questions were asked about trying to influence the soul entering:

Q-15: *Do thoughts of future mother have any direct effect or influence on soul attracted to be her child?*

A-15: *This should be, as ever, left in the hands of the Creator...*

Q-18: *Is it possible to influence this selection [among souls waiting to be born] by the mental or spiritual thoughts of the prospective mother?*

A-18: *These should be, as indicated, left to the will, the purpose of the Father-God... (457-10)*

All these horoscopes—the "birth" of a question, a business, or a marriage—are based on the premise that the planetary configuration is meaningfully connected to whatever takes place at that moment and will speak, in symbolic language, about the meaning and outcome of that event. It is easy with computers to calculate these types of charts. The difficulty is in their interpretation, which is a synthesis of the known influences, with the understanding that there are unknown influences—such as the universe possibly having other plans. 



A Neurosurgeon's Journey into the Afterlife—

Proof of Consciousness... and Love

BY EBEN ALEXANDER III, MD

*Science doesn't contradict
what I learned up there.*

Like Being Struck by a Freight Train

The morning I almost died, I awoke with a wave of pain down my spine. It became worse and worse, until I was paralyzed with pain, unable to even arise from my bed. My wife suggested calling an ambulance, but I told her no, already too far gone to realize how dire my predicament was. Later in the morning, she found me having a full-blown epileptic seizure, so she immediately called the EMTs. After two hours of groaning and screaming between seizures in the ER, I shouted three words: *God, help me!* I remember nothing of my time in the ER, including shouting out that plea, and spent the next seven days in coma.

“Cases of bacterial meningitis are uniformly fatal if untreated. Even when treated rapidly, the mortality rate ranges from 15-40%...Of those who arrive in an ER with a rapid downward spiral in neurologic function, as I did, only 10% are lucky enough to survive...and many of them will spend the rest of their lives in a vegetative state...My spinal fluid was full of pus.” (pp.19-21)*

The Earthworm's-Eye View

“Darkness, but a visible darkness—like being submerged in mud yet also being able to see through it...Consciousness, but consciousness without memory or identity—like a dream where you know what's going on around you, but have no real idea of who, or what, you are. Sound...a deep rhythmic pounding...like a heartbeat?...I didn't have a body...I was simply...there.” (p. 29)

For months after my recovery, I believed that this realm was the best consciousness that my brain could muster while soaking in pus. Having read much more of the afterlife literature, I now believe this may have been the commonly reported lower level, or the bardo [Tibetan word meaning in-between state], often encountered *en route* from the physical realm towards the spiritual.

The Gateway

“The darkness...radiated fine filaments of white-gold light...so the darkness around me began to splinter and break apart. Then I heard...a living sound, like the richest, most complex, most beautiful piece of music...Then, at the very center of the light...an opening...I began to move up...and found myself in a completely new...most beautiful world I'd ever seen...brilliant, vibrant, ecstatic...I felt like I was being born. Below me was countryside...green, lush...I was flying, passing over trees and fields and waterfalls...people sang and danced in circles...I'd see a dog, running and jumping...full of joy...I was absolutely sure of one thing: this place...was completely real...I don't know how long I flew along. Time in this place was different from the simple linear time we experience on earth...

next to me was a beautiful girl...we were riding along...on an intricately patterned surface alive with...vivid colors—the wing of a butterfly...Without using any words, she spoke to me. The message went through me like a wind and I instantly understood that it was true...

You are loved and cherished, dearly,
forever.

You have nothing to fear.

There is nothing you can do wrong.”
(pp. 38-41)

The Core

“Higher than the clouds...flocks of transparent orbs, shimmering beings arced across the sky, leaving long, streamer-like lines behind them...the beings ...were quite simply different from anything I have known on this planet...Higher. A sound, huge and booming like a glorious chant, came down from above...seeing and hearing were not separate in this place... Everything was distinct, yet everything was also a part of everything else...like the... designs on a Persian carpet...or a butterfly’s wing... Each time I silently posed a question, the answer came instantly in an explosion of light, color, love and beauty that blew through me like a crashing wave...They answered them...in a way that bypassed language...I was able to instantly and effortlessly understand concepts that would have taken me years to fully grasp in my earthly life...I could sense the infinite vastness of the Creator...“Om” was the sound I remembered hearing associated with that omnipotent and unconditionally loving God...This vast, inky-black core was the home of the Divine itself...Om told me that there is not one universe but many... but that love lay at the center of them all.”
(pp. 45-48)

What Is Consciousness?

Severe bacterial meningitis should have disabled all but the most rudimentary of experiences, and yet I remembered a rich odyssey, which originally comprised 20,000 words. It all came packaged with a vivid, paranoid, delusional nightmare right after I emerged from coma and was taken off of the ventilator—a contrasting foil to validate the ultra-reality of the experience deep within coma.

Where did it occur? Outside of the brain and physical realm, yes. But *where?*

In trying to answer that question, I had to review everything I thought I knew about consciousness, about the mind-body debate, about Platonic concepts of a world of forms, about the enigma of the interpretation of quantum mechanics, about the very nature of reality and existence. And all in a fashion that incorporated the infinite unconditional love of the Creator for the creation, so clear to me throughout my journey deep in coma.

Manifestations of Consciousness

Conventional physicists, at least those who fully subscribe to materialism, are in a headlong rush to prove there is no material—to *the material world!* Rather, that we are in a world of vibrating strings of energy in higher dimensional space-time, or some similarly abstract basis of reality. The inability of anyone to explain how consciousness might emerge from the physical brain, or the “Hard Problem of Consciousness,” and the enigma of quantum mechanics (the suggestion that “consciousness paints reality” that drove the brilliant founding fathers of quantum physics, such as Schrödinger, Heisenberg, and Bohr, into mysticism) remain crucial in my ongoing search for understanding.

The thing that actually exists is the self of which we are conscious. Descartes knew as much. *That* consciousness is the only thing we know exists. Also, our concept of time is emergent from our consciousness on this side of the veil. Yet, it is not some fundamental aspect of reality, at least not in the form that it appears to us. Space, time, mass, and energy—while emergent properties of an underlying existence—are not what they appear to be.

“Each of us (is) intricately, irremovably connected to the larger universe. It is our true home, and thinking that this physical world is all that matters is like shutting oneself up in a small closet and imagining that there is nothing else out beyond it... The universe is so constructed that to truly understand any part of its many dimensions and levels, you have to become a part of that dimension.” (pp. 155-156)

Spiritual Transformation

My odyssey deep in coma proved that rich consciousness exists when our awareness is freed from the reducing valve and

filtering effects of the brain, which serves to “dumb down” our consciousness. In fact, many thousands have reported spiritually transformative experiences (STEs) that reveal a much higher non-local consciousness, often when freed from the shackles of the physical human brain. Knowing that a higher consciousness exists independently of the brain is a giant step toward revealing the eternity of our soul or spirit. It suggests that the whole realm of the near-death experience and other such literature has a basis in a fundamental reality that is the basis of this physical realm.

The apparitions of STEs such as near-death experiences, death-bed visions, shared-death experiences, after-death communications and the like, tell us even more about the realm of spirit—of how it is right *where we are*, not distant—and that our souls are eternal. **The flow of time in that realm is much more free, not at all encumbered as is the flow of time in the earthly realm.**

Such questions around such transformative experiences are not new. Plato writes of the near-death experience in *The Republic*. In it, he relates the story of Er, a soldier who awoke from being dead and described the account of his journey into the afterlife. Even America’s founding fathers, many of whom were Masons, inspired by their new philosophy of freedom and by the newest experiments in physics, pursued mysticism in search of deep answers.

Love Is the Basis of Everything

“Love is without a doubt the basis of everything... This is the reality of realities... the truth of truths that lives and breathes at the core of everything that exists or that ever will exist... this is the single most important emotional truth in the universe... the single most important scientific truth as well... Science doesn’t contradict what I learned up there. But far, far too many people believe it does, because certain members of the scientific community who are pledged to





Questions to ponder:

- What are the boundaries of self, and where do these dissolve towards Oneness?
- Does causality involve free will, a divine plan, or an amalgam, and how does it operate? Does God intervene?
- What of healing energy, and the power of prayer?
- How might we harness the tremendous healing power of some transcendental NDEs?
- How much is the global awakening in consciousness coming for a grander reason?
- What is the extent of cosmic consciousness?

the materialist worldview have insisted... that science and spirituality cannot coexist. They are mistaken... **The unconditional love and acceptance that I experienced on my journey is the single most important discovery I have ever made, or will ever make... sharing this simple message... is the most important task I have.**" (pp. 71-73)

Although the meningitis had wiped most of my memories of my previous life away, it was the strong connection I sensed with my 10-year-old son, Bond, that forced me to return to this realm. My only defense during much of my journey had been the misperception that it did not matter whether my existence continued, or ended. Only by Bond's pleading with me, and my sensing our connection (even though I did not know his name and could not understand his words) did I feel the powerful draw of the love I felt for him, and the urgency with which he needed me to prevail, that I struggled back to this realm, instead of passing on to the next.

For the first 50 or so years of my life, I was blessed with wonderful adoptive parents and family, and had resolved my early feelings of abandonment and rejection by my birth mother. However, I learned in 2000 (prompted by my older son in pursuit of his school project on family heritage) that my birth parents had gotten married (a tremendous surprise, given all I had been told from the beginning). Not only that: I had three younger birth siblings, one of whom had died before I met the family. Over those two minutes of revelation, I was also told "it was not a good time to come back in their lives." It took me years to realize how devastating that second rejection had been, and it crushed any last hope for a loving God or answer to prayers out of me—until I came out of coma almost nine years later. My odyssey deep in coma left me knowing forever the power and love of that omniscient God!

"My discoveries beyond the body

echoed the lessons I had learned just a year earlier through reconnecting with my birth family. Ultimately, none of us are orphans. We are all in the position I was, in that we have *other family*: beings who are watching and looking out for us—beings we have momentarily forgotten, but who, if we open ourselves to their presence, are waiting to help us navigate our time here on Earth. None of us are ever unloved." (pp. 95-96)

"NDEs (have)... a consistent list of features... one of these is a meeting with one or more deceased people that the NDE subject had known in life. I had met no one I'd known in life... Four months after my departure from the hospital, my birth family sister... (sent) me a photo of my birth sister (who had died)... She looked hauntingly familiar... There was no mistaking her, no mistaking the loving smile... It was she (the girl on the butterfly wing)... In that moment... the higher and the lower worlds met." (pp. 162-169)

Knowing Consciousness


"You don't have to almost die to glimpse behind the veil—but you must do the work... we each have to go deep into our own consciousness, through prayer and meditation, to access these truths." (pp. 157-158)

Since my near-death experience, which was really my "more-life" experience, I have explored several types of meditation, prayer, and contemplative practices. Many are very effective in calming the mind and opening to greater consciousness. In particular I have found meditations using binaural beat technology (most recently with Sacred Acoustics, at sacredacoustics.com) to be helpful in reconnecting with the spiritual realm of my journey. As the musician or surgeon hones his craft over time, so too one must be dedicated to practice in order to reap the greatest rewards of incorporating centering prayer and meditation into one's life.

Still Searching and Learning

"Each one of us is more familiar with consciousness than we are with anything else, and yet we understand far more about the rest of the universe than we do about the mechanism of consciousness... The greatest clue to the reality of the spiritual realm is this profound mystery of our conscious existence." (p. 154)

My education will never be complete. I am more excited now than ever, to learn and grow and experience the mystery of consciousness and the gift of unconditional love. I have co-founded a nonprofit organization, Eternea.org, to offer education, research, and community programs on these essential areas and more.

I invite you to join with me, and others, in the continuing exploration of who we are—and can be! 


*All quotations used by permission from the book *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife*, by Eben Alexander, MD (2012). New York: Simon & Schuster.

ABOUT THE AUTHOR



EBEN ALEXANDER III, MD, author of *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife*, has been an academic neurosurgeon for over 25 years, including almost 15 years on faculty at Harvard Medical School. In 2008,

his own remarkable near-death experience radically transformed his understanding of consciousness and the brain, indeed of all existence. Dr. Alexander's message is about bringing unconditional love, compassion, and forgiveness into daily life, and better understanding the nature of consciousness. He is grateful to Elizabeth Hare for her editorial assistance in preparing this article.

Join Dr. Alexander, Robert Brown, Suzanne Giesemann, Maureen Hancock, and others, May 17-19 at Virginia Beach Headquarters for **Our Soul Life: Near Death, Afterlife, Life Between Lives, and Reincarnation**. Visit EdgarCayce.org/conferences or call 800-333-4499 for more information. 



Understanding Alkaline-Acid Balance

BY GENEVIEVE M. HALLER, DC

ANY DISCOURSE ON THE SUBJECT of the alkaline-acid balance can be either relatively simple or endlessly complicated. This ranges from the simple advice of eating foods that are “20 percent acid-producing to 80 percent alkaline-producing” in order to keep an equilibrium in the body, as indicated in the Edgar Cayce readings, (540-11) to the opinion presently held by some physicians that alkaline-acid imbalance may be associated with degenerative disease.

Definition

Primarily, the condition of our blood must always be slightly alkaline, and a pH of 7.4 is considered normal. (pH is the symbol used in expressing hydrogen ion concentration. pH 7 is the neutral point. Above 7 alkalinity increases; below 7 acidity increases.) Any significant variation from this can spell death, so it is necessary for the body to keep the blood at this level in spite of the combinations, of food, condition of the nervous system, habit patterns and local environment to which the body is exposed. However, there are various tissues and organs of the body that vary in pH, and it seems they go through continually alternating cycles from acid to alkaline in order for the body to maintain the proper pH of the blood. Consequently, some body tissues and fluids can be checked easily via secretions of saliva or urine in measuring

alkaline-acid balances.

Dr. George Crile, in his book, *A Bipolar Theory of Living Processes*, explains that when cells from the liver and brain were stained, the nucleus stained acid, while the cytoplasm around the nucleus stained alkaline. In other words, a healthy cell is composed of a proper relationship between acid and alkaline; if it becomes too acid or too alkaline, it dies. In exhaustion and death, or lack of sleep, the differential stainability of the cells is decreased, or disappears. Thus, in a sense, death is associated with loss of the alkaline-acid balance within the individual cells of the organism.

All life is composed of this duality, which must have started with creation itself, and with the solar systems attracting and repelling each other on the basis of positive and negative electrical charges. As the Chinese might say, everything is “Yin or Yang,” positive or negative, masculine or feminine, day or night; and these are the creative forces that produce life itself. Dr. Crile says the brain, as the positive pole, sends out energy to various parts of the body, which are negative, but which step up energy to positive and thus send impulses back to the brain. There are various positive-negative relationships between organs; and most significantly from the Edgar Cayce readings we are told:

In the body we have two poles acting to the living body, the kidneys and the liver; the

active principles are the same as two poles of electricity in the body, those which give life to the body. The liver is the stronger, excretive and secretive. The kidneys secreting, taking from the system the impurities. That is the use of these organs. (4909-1)

When there is an incoordination between these organs there is a disease potential. The human body is a bi-polar electro-chemical mechanism, in which the individual cells keep the flame of life burning. This continual energy conversion (oxidation) supplies the electricity which is the vital force of the organism.

Recommendations for Keeping Balance

A normal diet is about twenty percent acid to eighty percent alkaline-producing. (1523-3)

From the Edgar Cayce readings, and the consensus of many nutritionists, this is good advice. Dr. Bernard Jensen (nutritionist and owner of Hidden Valley Health Ranch, Escondido, California) often suggests that four vegetables, two fruits, one protein and one starch daily will provide this percentage.

The next question might be, what are acid foods, or alkaline foods? Dr. Peter Steincrohn, who was syndicated in the former *Norfolk Ledger-Star* says: “Foods rich in protein such as meats, fish, poultry, cheese, eggs and cereals are acid-forming. However, the vegetables, fruits and milk you

4 vegetables, 2 fruits, 1 protein, and 1 starch daily will provide the right percentages.

take are alkaline-forming.”

Unfortunately, foods do not react in the body as they do in a test tube, so, in reality, it is not always the foods eaten that determine the alkalinity or acidity, but what the body does with them. For example, when citrus fruits containing citric acid are oxidized in the body, they react as alkaline producers rather than acid. Even the tomato is non-acid forming (584-5). Yet dried prunes, plums, cranberries and canned pineapple are acid-forming in the body according to Dr. George Wilson. He also notes that oatmeal, rice and whole wheat (alkaline foods) are oxidized by the body into acids. However, the acid of vinegar and hydrochloric acid are considered end products, and are not changed by the body.

Involved in this creation of acids and alkalines in the body, is the process of electrolytic combustion or oxidation, which, Dr. Wilson explains, takes place in the intercellular fluids. Its purpose is to burn up poisons, which may come from starches, sweets, fats and proteins that have been incompletely digested. Passing into the bloodstream, they become a part of the intercellular fluids. In such a state they clog intercellular spaces and cause stases, the forerunner of disease.

Checking Your Balance

A general activity for a body in much of a normal condition is to keep the acidity and the alkalinity in a proper balance. The best manner to indicate this is to test the alkalinity or acidity of the body through the salivary gland membranes, or by taking litmus paper in the mouth. This also may be indicated through the urine. (540-11)

Dr. George A. Wilson, (known for his work at Spears Chiropractic Hospital of

Denver, Colorado) in his book on proteinoid and carbonoid nutritional tests, tells how he researched 5,000 patients for a period of nine years with alkaline-acid tests, by use of a bioelectric instrument, by litmus, or pH papers (Nitrazine papers, by Squibb), and has found a normal daily fluctuation, “or alkaline-acid tide” from the urine tests. He found that the body functions better when the urine is slightly acid, or at a pH of about 5.75. The average is between 5.5 and 6.0. Therefore, when the pH goes below 5.5, a person is “on the acid side” or is carboxyl, and if it goes above 6.0 pH, he is on the alkaline side. Fluctuations between a low of 3.8 and a high of 5.0, mean a high acidity; between a low of 6.5 and a high of 8.0, a high alkalinity. Both of these, if constant, mean a serious condition. The best urine specimen is that taken first in the morning for the higher (alkaline) range, and in the middle of the afternoon for the lower (acid) range.

Dr. Wilson found that acidity builds up during the day to take care of daily activities, and it helps to increase the body and brain polarity differential which increases the bio-electric flow to all parts of the body. Alkalinity, being the tide of rest, builds up during the night, reaching its highest point about 4 a.m., and then starts dropping (towards acidity). This high alkalinity decreases the body-brain polarity sufficiently to bring about the state of rest required to induce sleep. Upon arising, one’s pH should be from 6 or even 6.5, and as he moves around, it should start swinging to the normal acid side and reach a peak late in the afternoon, of about 5.0 or 5.5.

When the urine stays within the normal range of being slightly acid, it will cause a stepped-up circulation and a better digestion. This is usually found in active people and most children, and they have more rapid rates of recovery from disease. However, over alkalinity, causes a dehydration,

slowed-up circulation and cold extremities; decreases digestive processes; and may produce frequent urination. When a person becomes so alkaline that the daily acid tide almost ceases, this largely overcomes the polarity differential between brain and body.

We know that the alkaline tide dominates during sleep, the acid tide during the day, and that the daily fluctuations range from a pH of 6.5 to 5.0, and are necessary to life. Other factors that create an alkaline tide besides food factors, are warmth, as in summer, inactivity, tiredness, and emotional shock. Also, after a protein meal the body needs extra amounts of chlorine to digest the meat, for example, and so it uses some of the chlorides in the blood for this purpose. With a loss of this acid mineral momentarily, the urine will show more alkaline. On the other hand, cold creates acidity, as in winter; activity creates the increase of lactic acid in the muscles; and if a woman is normally healthy, she will show a more acid urine before her menses.

Suggestions to Overcome Over-Acidity

Going back to reading (540-11):

Whenever there is disturbance with this, if it is in the glands themselves (salivary... and you checked with litmus and found an acidity...pink color), then take citrocarbonate, that is, if it is indicated in the salivary glands that there is an acidity, then take a small quality of citrocarbonate. If the acidity is indicated through the kidneys, or from the urine itself, then drink a little of the carbonated waters, (sodium carbonate, being alkaline) as would be indicated with CocaCola—but that which is bottled is the better, [In general, the readings strongly recommend the cola syrup with plain water.] or use a little of the Watermelon Seed Tea (alkaline). (540-11) 🔄

—You may also enjoy *The Alkalizing Diet* by Istvan Fazekas or the Cayce Diet Wheel Magnet on page C-10. Members can download the Basic Cayce Diet Chart from EdgarCayce.org/members.

ABOUT THE AUTHOR

GENEVIEVE HALLER, DC, (deceased) is former Director of Chiropractic Research for A.R.E. She served on the Board of Trustees and participated in many conferences.

This article was excerpted from the Circulating File “Acidity-Alkalinity,” and is available to members at EdgarCayce.org/members.



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Hydrotherapy and Massage—Vital Part of Holistic Healing



The readings recommend massage therapy more often than any other form of therapy.

Dr. Peter Schoeb will present **The Heart of Healing: Practical Holistic Living for Today** June 1 in Lake Oswego, Oregon. For info, contact Nobie Tarpey 503-697-8341 (nobtarpey@yahoo.com).



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

DURING MY TRAINING WITH Dr. Harold Reilly in 1983, he emphasized many times the importance of nervous system coordination and proper drainage as important key features to prevent conditions and coach the body towards health, and allow it to heal from within. And the question that comes with such a statement is, How many times shall I get massage and hydrotherapy? The Edgar Cayce readings suggested the following:

Q. *How often should the hydrotherapy be given?*

A. *Dependent upon the general conditions. Whenever there is a sluggishness, the feeling of heaviness, over-sleepiness, the tendency for an achy, draggy feeling, then have the treatments. This does not mean that merely because there is the daily activity of the alimentary canal there is no need for flushing the system.*

But whenever there is the feeling of sluggishness, have the treatments. It'll pick the body up. For there is a need for such treatments when the condition of the body becomes drugged because of absorption of poisons through alimentary canal or colon, sluggishness of liver or kidneys, and there is the lack of coordination with the cerebrospinal and sympathetic blood supply and nerves.

For the hydrotherapy and massage are preventive as well as curative measures. For the cleansing of the system allows the body-forces themselves to function normally, and thus eliminate poisons, congestions and conditions that would become acute through the body. (257-254)

At the A.R.E. Health Center and Spa, a very important principle from the readings is followed:

Remember, healing—all healing—comes from within. Yet there is the healing of the physical, there is the healing of the mental, there is the correct direction from the spirit. Coordinate these and you'll be whole! (2528-2)

A 40-year-young mother of two children came in with complaints of low-back and neck pain, and generalized fatigue and exhaustion due to trying life circumstances. Headaches were rather commonplace. Recurrent feelings of hopelessness and depression were part of her overall experience, which she felt were affecting the children as well. Her partner works far away. She found encouraging, reading-inspired information on the Internet, which prompted her to make an appointment and come in.

I then tried to follow the inspirational directives

from this reading (2528-2) above, as guidance, as coaching, as a path which inherently carried the promise of healing from within. At first she shared her present life experience, and some factors within her life experiences which may have contributed. She then began to feel more hopeful, and desired to incorporate into her life, in the best ways she could, the practice of forgiveness, of letting go, and meditating in her own way to “reconnect.” She is now getting regular massage therapy and manual, Cayce-based treatments. She also “cleaned up” her diet and is considering hydrotherapy for detoxification. Within a few weeks, she slept better, the frequency of headaches decreased, and her energy level got slowly better, making her less depressed. At this time, after a good two months, she feels that she has still a ways to go, but is on the right track.

To coordinate the nervous systems, the readings suggest, the massage should be given ...[by] anyone that understands the anatomical structure of the body, in knowing how to coordinate the sympathetic and cerebrospinal systems in the areas indicated... These are not merely to be punched or pressed, but the ganglia—while very small—are as networks in these various areas. Hence a gentle, circular massage is needed; using only at times structural portions as leverages, but not ever—of course—bruising structure. (3075-1)

The graduates of the Cayce/Reilly® School of Massotherapy are trained in this reading-based method, assisting in this all-important coordination. The readings recommend massage therapy more often than any other form of therapy, and state further, that “these are beneficial—whether once a week, once in ten days, twice a month, ten times a year, or forty times a year. When needed, take them!” (1710-10)

This case shows that, ultimately, to coordinate body-mind-spirit, a much deeper form of personally applied “therapy” is required:

The closer the body will keep to those truths and the dependence on the abilities latent within self through trust in spiritual things, the quicker will be the response in the physical body. For all healing, mental or material, is attuning each atom of the body, each reflex of the brain forces, to the awareness of the divine that lies within each atom, each cell of the body. (3384-2) 🌊

(The Cayce/Reilly School of Massotherapy celebrated its 25th Anniversary on October 6, 2012.)

Edgar Cayce couldn't talk for more than a year. It took the right suggestion under hypnosis to open the "door."

EDGAR CAYCE'S First Reading



BY SIDNEY D. KIRKPATRICK

HYPNOSIS IS WIDELY REGARDED as an effective therapeutic technique to relieve pain, overcome bad habits, and recall past events. Less understood is its ability to enhance psychic ability. People who are hypnotized routinely perform better in laboratory tests of clairvoyance, telepathy, and precognition. This was the case for 24-year-old Edgar Cayce who, with the help of hypnotists, produced his first trance reading on March 31, 1901.

Putting Edgar into trance was more difficult than one might suppose—he was a young man who had displayed a wide range of psychic talents as a youth. The first attempt was made by Stanley “The Laugh King” Hart, who invited Edgar onto center stage at Holland’s Opera House in 1893, shortly after Edgar and his family had moved from their rural farm to Hopkinsville, Kentucky. Although Hart was an ardent spokesman for the alleged powers of hypnotism to cure headaches, treat alcoholism, and eliminate self-destructive behaviors, it was comedy that drew crowds to his performance. He invited members of the audience onto the stage, put them into a hypnotic trance, and ordered them to do embarrassing things such as play hopscotch, imitate fish, climb nonexistent ladders, and sing show tunes. Hart swore just by looking at Edgar that he would make the ideal hypnotic subject, but to everyone’s disappointment, Hart was unable to put Edgar into a trance, and he was asked to leave the stage.

Four years later “Herman the Great” made a second at-

tempt. While visiting the Louisville printing company where Edgar was then working as a clerk, Herman declared the young man would make an ideal subject for hypnotism, and asked permission to “put him under.” Edgar agreed to be hypnotized, but advised Herman of the previous attempt. Herman was not put off. He told Edgar that the more often a person was hypnotized, the easier it was to put them under, and the deeper they could go.

Herman had Edgar concentrate on some object that was held up in front of him while Herman repeatedly made suggestions that he relax and go to sleep. The next thing that Edgar remembered, he was lying on a countertop surrounded by co-workers. He had not only gone under, but had done everything that the hypnotist told him to do. Edgar laughed about the experience and promptly forgot about it until a year later, when he was hypnotized in Madisonville, Kentucky, while on a business trip with his father, Leslie Cayce.

Edgar and Leslie had been in Madisonville only a few hours when state health officials arrived at their hotel and ordered its doors closed. The hotel was being quarantined due to an outbreak of smallpox, and no one could come or go for three days. By coincidence, a fellow guest at the hotel was a hypnotist who volunteered to provide entertainment.

Like Herman the Great, the hypnotist succeeded in putting Edgar into a trance. Again, Edgar had no memory of what happened because he lost consciousness the moment the hypnotist put him “under.” Edgar knew only what his father and the other hotel guests told him when he woke up. According to them, the hypnotist suggested that Edgar play the piano.

The hypnotist’s intention was to amuse the fellow guests at Edgar’s expense. At best, he expected Edgar to play off-key, but more likely, to bang at the keys like a child pretending to make music. Edgar not only took the hypnotist’s suggestion, he exhibited a skill far beyond what would be expected of someone who had never had a piano lesson. Edgar sat down at the piano bench and began to play beautiful music. The hypnotist, no doubt, believed that he had helped Edgar to discover a latent ability. The truth, however, was more astonishing than even the hypnotist could have imagined. Playing the piano skillfully

was merely one of the many extraordinary “latent” talents possessed by Edgar Cayce.

The First Time

The incident which led to his giving the first trance reading came in the winter of 1900 when Edgar, on a business trip to Elkton, Kentucky, was prescribed too strong a sedative to treat a migraine headache. Several hours after taking the drug, Edgar was found wandering semi-conscious in the Elkton railroad yard, and brought home to Hopkinsville. Physicians didn’t know how to treat him, except to put him to bed. They were pleasantly surprised when he woke up the next morning and seemed to be fine. There was only one problem: he could only speak in a whisper.

Days passed, then weeks, and eventually months, and still Edgar’s voice did not improve. Unable to communicate, he despaired that he would ever be able to earn a living or marry his fiancé, Gertrude Evans. In a moment of self-loathing and pity, he begged her to release him from his obligation, saying that she deserved more from a potential husband than he could deliver. She would hear none of it.

By this time, everyone in Hopkinsville knew about Edgar’s condition. Friends urged him to pay a return visit to Stanley Hart, who was scheduled to appear at Holland’s Opera House. Hart was certain he could effect a cure, and was undoubtedly pleased at the prospect of doing so in front of a paying audience.

On the night of his performance, Hart invited Edgar onto the stage. The oil-burning footlights were dimmed. Hart, expensively dressed in a black tuxedo, stood directly in front of Edgar, telling him to concentrate on an object which he dangled in front of Edgar’s eyes. Unlike Hart’s previous attempt, Edgar slipped easily into a trance.



A healthy Edgar in 1906.

There is no record of what words Edgar spoke, but from the moment he opened his mouth, the whisper was gone. The audience gasped, and then cheered. Everyone saluted Hart for working his magic. However, a problem soon became evident. Once Edgar was released from Hart’s hypnotic suggestion, his voice returned to a whisper, despite Hart’s instructions otherwise.

Backstage after the performance, Hart explained what he thought had occurred: Edgar could not go deep enough into a trance to take “post-hypnotic suggestions.” Hart was sure, however, he could make the cure permanent and promised that for \$200 he would keep trying until he got it right. Edgar agreed, though it was not clear how he or his family were going to come up with the \$200. It is reasonable to conclude that the editors of the *Kentucky New Era* newspaper agreed to contribute because Hart reportedly met with the editor and publisher before adjourning to the office of the Hopkinsville throat specialist who would examine Cayce both before and after the hypnotic session.

As promised, Hart quickly put Edgar into a trance. Again, Edgar began to speak in a normal voice. But as soon as Hart gave

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the command for his subject to wake up, Edgar could speak only in a whisper. As it was later revealed, Hart's appraisal of his subject's condition was correct in that his laryngitis may have been psychosomatic, with physiological manifestations. Hart just didn't know how to correctly word the suggestion to Edgar when he was under.

Frustrated, Hart boarded a train and continued his tour in other cities. Although he had failed to help Edgar, he had provided an important insight. Hypnotism did indeed have a powerful effect upon Edgar Cayce. Exactly what it was Hart did not know—but he knew from previous reports that Edgar was capable of doing some extraordinary things while in a trance. Hypnotizing Edgar seemed to bring out a power that had lain dormant since his childhood.

More Experiments

Others tried and failed where Hart had left off. Among them was college professor William Girao, who had seen the demonstration at Holland's Opera House. Girao sent newspaper clippings about Edgar, along with his personal observations about his case, to a doctor in New York, unfortunately named John Quackeboss. A leading practitioner of hypnotherapy and an ardent believer that all illness could be healed by directing the unconscious mind of the sufferer to heal the body, Quackeboss took a special interest in Edgar's case and requested more details, which Girao supplied. Much to the surprise of Edgar, who was not informed of Quackeboss's interest in his case, the eminent hypnotherapist arrived by train in Hopkinsville. Unlike Hart, he was more interested in the medical implications of the phenomena than he was in putting on a performance or collecting a reward.

Quackeboss asked many penetrating questions, listened to Leslie's account of Edgar's childhood experiences, and took copious notes. He was quickly able to put him into a trance, but was no more successful than Hart had been. Hypnotized, Edgar could speak normally. Awake, he could only whisper. Unwilling to give up, Quackeboss tried a different kind of experiment. While Edgar was in trance, he asked Edgar to put himself to sleep for 24 hours. Edgar took the suggestion literally. He went instantly to sleep and could not be awakened for exactly 24 hours—precisely to the minute. Though the experiment was viewed as

another failure, a further insight had been gained. Edgar could and would do exactly what he was told when in trance.

Like Hart before him, Quackeboss gave up and returned home. Girao, however, was still intrigued. The experiments had convinced him that hypnotism was still the solution to Edgar's condition. The problem, Girao believed, was finding the right combination of suggestions to put to him. Adamant about continuing the experiments, he enlisted the help of Al Layne, the only person he knew in Hopkinsville who had training in hypnotism.

Like Hart, Layne was part of a groundswell of public interest in what today might be considered alternative medicine. Unlike Hart, however, he wasn't interested in the entertainment aspects of hypnotism's alleged power to control behavior and cure disease. He viewed hypnotism as merely one aspect of medical treatment that also included osteopathy, the science of manipulating or realigning human vertebrae and other bone structures to permit the body to heal itself.

Throughout February and the beginning of March 1901, Layne and Girao had no trouble putting Edgar into a trance. The results were always the same. Released from trance, the laryngitis returned. But now, with community interest in Edgar's case building, they conducted their experiments in public view in the window of a Main Street funeral home. Gertrude quickly put a halt to this public demonstration. However, the damage had already been done. Edgar now had the dubious distinction of having been both center stage at Holland's Opera House and on view at the local funeral parlor. Gertrude could well imagine that the circus might be next.

The only thing new about the experiments was that Edgar was more talkative each new time Layne put him under. He would do virtually anything Layne asked of him, and would stop talking only when the suggestion was made that he go into a deeper trance, at which point communication would cease altogether. Layne put his and Girao's findings into another letter to Quackeboss. In return correspondence, Quackeboss noted a similar tendency about Edgar. At a certain point in putting Edgar under there was a moment when Edgar's unconscious self seemed to "take charge." Perhaps, Quackeboss suggested,



Edgar and his father Leslie, circa 1912.

Layne should put Edgar "under" and ask his unconscious self to advise what should be done to restore his voice.

Layne decided to give it a try, despite Edgar's mother and father's reluctance to have their son undergo further experimentation. Edgar's weight had gone from 165 to a mere 85 pounds, and by his own admission, he was a "nervous wreck." The family was tired of the constant hypnosis with no results. Meanwhile, Gertrude seemed to be in no better health. She too was underweight, and rarely ventured out into public, not even to attend Edgar's hypnotic sessions.

Layne pleaded for one more chance. Edgar was willing to continue the experiments and in a brief note urged his parents to give Layne their permission. Notes were necessary now because his whisper had gotten so painful that he could say no more than a few words at any one time. Along with his Bible, he now carried a pencil and pad. Reluctantly, his parents agreed.

The Door Opens

Leslie, Layne, and Gertrude's aunt Carrie Salter met in an upstairs bedroom at the Cayces' 7th Street home on Sunday afternoon, March 31. Edgar lay down on the family couch. Leslie sat in a chair next to him. Carrie stood alongside Layne. Edgar, resting on his back, put himself into trance, as he had learned to do from having undergone so many previous hypnotic sessions. Layne made his first suggestion just as Edgar looked like he was going "under."

The session started with Layne saying: "You are now asleep and will be able to tell us what we want to know. You have before you the body of Edgar Cayce. Describe his condition and tell us what is wrong." Edgar began to mumble, then his throat cleared



The East 7th Street home in Hopkinsville, Ky., where Edgar Cayce gave the reading for himself. The upstairs bedroom is where the reading was given.

L-R, Top: Edgar holding Hugh Lynn, Gertrude, sister Annie; Bottom: parents Leslie and Carrie, circa 1909.

and he spoke. “Yes,” he said. “We can see the body.”

Layne told Edgar’s father to write down what was being said. Leslie, too excited by what was happening to realize that his son had paper and pencil in his coat pocket, rushed into the kitchen and retrieved the pencil that was tied to the grocery list. Even then, he was too flustered by what was happening to write anything coherent down on the paper. The report of what Edgar said is pieced together from the recollections of Layne and Carrie Salter.

“In the normal physical state,” Edgar said, “this body is unable to speak due to partial paralysis of the inferior muscles of the vocal cords, produced by nerve strain. This is a psychological condition producing a physical effect and may be removed by increasing the circulation to the affected parts by suggestion while in this unconscious condition. That is the only thing that will do it. Suggestion to the body forces the circulation through it here and as the circulation passes along it takes that away, puts new life to it, makes the supply to the nerve force go, you see.”

Layne, curious that Edgar should be addressing himself in the third person, and doing so in an unfamiliar and conversational tone, put another command to him. “Increase the circulation to the affected parts.”

Edgar replied: “The circulation is beginning to increase. It’s increasing.”

Leslie, Layne, and Carrie leaned over to look at Edgar. Just as the “sleeping” Cayce had said, the circulation to his throat actually appeared to increase. They could see his

neck begin swelling with blood to the point that Leslie felt compelled to lean over and unbutton his son’s shirt collar. The upper portion of his chest, then throat, slowly turned pink. The pink deepened to rose, then to bright red. Twenty minutes passed before he cleared his throat and spoke again. “It’s all right now,” Cayce said, still in trance. “The condition is removed. The vocal chords are perfectly normal now. Make the suggestion that the circulation return to normal, and that after that the body awaken.”

Layne did as Cayce instructed, saying, “The circulation will return to normal. After that the body will awaken.”

They watched while the red around Edgar’s neck faded back to rose and then to pink. Edgar woke up a few minutes later, sat up, reached for his handkerchief, coughed, and spat blood. The blood that came out was not just a drop or two, but enough to soak through the thin cotton cloth, turning it a crimson red.

“Hello,” he said, in a clear voice. “Hey, I can talk,” Edgar grinned.

Edgar’s mother was in tears. His father couldn’t control himself, pumping Layne’s hand and repeating, “Good boy, good boy, good boy!”

Edgar’s sisters, Annie and Mary, who had been eavesdropping through the keyhole, also found “brother’s experience,” as they called it, “quite exciting!”

Edgar was elated. He wanted to be told over and over every detail of what had happened. He wanted to know exactly what had been said, who said it, and how he had

looked when Layne told him to increase the circulation to his neck and his father had to unbutton his collar. The bloodstained handkerchief was evidence of how remarkable the cure had been.

Thus began and ended Cayce’s first documented trance reading. The “door,” as Cayce’s trance abilities would later be described, had opened. And once opened, it could not be easily closed.

—Don’t miss Sidney’s future article celebrating the life of Caroline House Freeman (1939-2013). As the granddaughter of Thomas House (the first doctor at the Cayce Hospital in Virginia Beach), and God-daughter of Edgar Cayce, Caroline received many fascinating life readings.

ABOUT THE AUTHOR



SIDNEY D. KIRKPATRICK is an award-winning documentary filmmaker and best-selling author. His book, *Edgar Cayce, an American Prophet*, is the definitive biography of Edgar Cayce. The research and writing of this book

took well over five years, and no other author has had such complete access to Edgar Cayce’s voluminous correspondence. He and his wife Nancy regularly host events at their Portage Inn Bed & Breakfast (PortageInn.ca) in Muskoka, Ontario.

Join Sidney Kirkpatrick at A.R.E. Headquarters June 15 for **Edgar Cayce: His Life and Soul Group and Their Lessons for Us Today**; and June 16-21 at the **82nd Annual Congress: Building a New World from the Inside Out: Living Christ Consciousness**. Visit EdgarCayce.org/conferences or call 800-333-4499.

ASK THE ANGELS

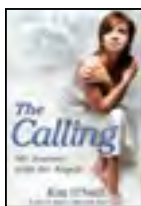
Kim O'Neill



Welcome to the first Ask the Angels column, designed to provide candid, forthright angelic messages that answer your questions. For 26 years, I've had the opportunity as a psychic to provide angelic messages geared toward erasing confusion and developing greater self-awareness. I'd love to have the privilege of channeling information from your individual guardian angels. I will personally review every question, asking for angelic guidance in selecting the questions that will appear in this column.

Kim

KIM O'NEILL, voted Houston's Top Psychic by *Houston Press Magazine*, is dedicated to helping people develop greater spiritual awareness. Her most



recent book, *The Calling: My Journey with the Angels*, is available at ARECatalog.com or 800-333-4499. Visit her

Web site at kimoneillpsychic.com.

Dear Kim: My father was a chiropractor for 53 years before he passed away. He did very well, and after becoming a chiropractor, I worked with him. Now I am working the remnant of his once lucrative practice, trying to carry on the same healing tradition. Recently, I learned that my mother would like to sell the building. I do not have the resources to open another practice and although I have had some offers, I do not feel compelled to work with another doctor. So I have considered giving up the ship. I have a job offer as a patent classifier or I could go back to school. The job market is tough and I have been self-employed most of my life. At age 49, is going back to school too much of a gamble?

—Michael T., 49, Hershey, Pa.

Dear Michael: Your angels tell me that you have been “hearing” their messages and that you wrote to get confirmation about what you already intuitively *know*. You already *know* that you're not meant to work in partnership with another physician and your practice is moving into another dimension with a dwindling patient population. Your destiny is not a mirror image of what your father established. You *know* that going back to school is nonsensical and unnecessary and that working as a patent classifier would not be satisfying. Your mother's intent to sell the building is an unmistakable sign that it is time to re-establish your life. You *know* that you've become bored because you have spiritually outgrown your medical practice as it currently exists. But—it's not time to “give up the ship”! Your angels are voicing the old saying: *Ships are safe in the harbor, but that's not what ships were built for* and preparing you to *navigate open seas* by exploring the type of healing that is your destiny. Your destiny is to serve others as a holistic healer, utilizing sophisticated and very successful modalities—involving energy projection—that you developed in past lives. This know-how can be accessed by tapping into your soul's memory bank. Your work will involve private healings with patients face-to-face and at a distance; teaching by lecturing and writing books; and establishing healing centers.

Your angels suggest that you schedule a hypnosis session to regress back to a few of the past lifetimes and retrieve the know-how directly from your soul's memory bank. Invest one hour a week in a channeling session so that your angels can share specific instructions with you. When you begin to incorporate the energy healing into your practice, your business will blossom and become

far more abundant, and you'll be financially able to secure an office. This new chapter will be the happiest, most productive of this lifetime, where you *know* that you are contributing to the lives of others to the fullest extent of your remarkable gifts, talents, and abilities.

Dear Kim: How I loved your book! I need to know when I will find work. I wrote a book and designed a program for at-risk girls. My desire is to help others.

—Robin R., 59, Hershey, Pa.

Dear Robin: Your angels are very proud of you! You have not allowed adversity, stumbling blocks, or difficult obstacles to stand in the way of your forward movement. You have only three issues left to address and if you resolve them, you will ensure that this current incarnation will be your last earthly lifetime. First, as you know, are the issues of patience and over-committing. Second is accepting that everything you have done—and are currently doing—is “good enough.” Your angels tell me that you honor your commitments to the greatest extent of your abilities and focus, so self-chastising is a waste of your precious time and energy. Third, since you are extremely nurturing, sensitive, empathetic, generous, thoughtful, and a master facilitator, you must remain mindful of your tendency to *enable* others in their spiritual self-awareness and initiative.

Your destiny involves mentoring and facilitating young girls and women through leading by example. By seeing and interacting with you, they can develop the trust and respect necessary to become receptive to your message. This is why your angels are so keen for you to speak at schools. Are you aware that you are working in the capacity of an angel in human form? In this—your last—lifetime, you have the responsibility of mentoring thousands of girls and young women to reach their full potential. That places you at the epicenter of a ripple effect that will continue to swell, providing light, positivity, and enlightenment around the world. Whoever said “one person can't make a difference” didn't know you! 🙌



Send your angel questions to Kim at letters@EdgarCayce.org with your first name and last initial, age, and city/state/country of residence. To read the full questions and answers, visit EdgarCayce.org/members.

Internal Disharmony: The Yin-Yang Balance in Your Pets



According to the ancient Chinese, life and health are all about balance and flow.

Q *My holistic veterinarian recommended that I change my dog's food to a cooling diet. I think it has something to do with Chinese medicine. Can you explain this kind of food therapy?*

A. A core concept of holistic medicine in general is the idea that health is dependent on balance within the living system. The Cayce health readings often spoke of the harmonizing and coordinating of forces in the body, mind, and spirit. Traditional Chinese Veterinary Medicine (TCVM) works with similar concepts.

For the ancient Chinese, the maintenance of health was of supreme importance, so much so that healthcare was not something they went to a doctor to get; it was a way of life. These wise people meditated, used massage, herbs, and acupuncture, and did tai chi on a regular basis—not just to treat disease, but to maintain health. In addition to these therapies, the Chinese considered every meal they ate as a form of treatment for their bodies.

The Chinese discovered that different foods had different energetic effects on the body. They worked out an elaborate diet-ingredient classification system to guide them in eating the right foods for any given bodily disharmony. This Chinese food-therapy method can be applied to our pets to benefit their health as well. In order to successfully implement this diet system, we need to first learn a few basic concepts of TCVM.

The Yin/Yang Balance

According to the ancient Chinese, life and health are all about balance and flow. They sustained the flow of life energy (Chi) in the body mostly with acupuncture, massage, and tai chi. At the same time, they balanced the forces of Yin and Yang mostly with herbs and foods. In TCVM food therapy, it is the equilibrium of Yin and Yang that we are most concerned with, so let's take a closer look at these concepts.

Early on in Chinese culture, the people became aware of two dynamic, complementary

energies that make up the universe. One force is the hot, dry, active, male energy called Yang. The other is the cool, moist, passive, female energy called Yin. It is the interaction of these two complementary forces that is responsible for the existence of the cosmos as we know it. For example, negatively charged electrons interact with positive nuclei to form atoms which are the building blocks of the material world. The Yang light of day allows for activity, and then transforms into the dark Yin of night, which facilitates recuperative rest. During the cold Yin of winter all of nature retreats. But then the hot Yang of summer wakes up the productive activity of the plants and animals. The primordial flow of Yin and Yang makes it all happen.

The balanced interaction of Yin and Yang is also important in life and health. Male and female unite to create the next generation. Every beat of the heart involves Yang contraction and Yin relaxation of cardiac muscle. Breathing requires Yang inhalation and Yin exhalation. Even the strongest heart and lungs are of no use without the interplay of these energies. When we eat, the stomach produces Yang acid to digest the food. Once the food moves on, the stomach becomes Yin: cool and relaxed. If this process does not proceed smoothly, a person or pet ends up with heartburn.

An interesting facet of Yin-Yang disharmony is the active dreaming that many pets experience. Pets have REM sleep just like we do, so dreaming is most likely a normal experience for them as well. The question is, "Is it normal to move around and/or vocalize while dreaming?" The Chinese would say that indeed, excessive active dreaming is a sign of a subtle imbalance where there is a deficiency of the rest-inducing Yin energy, and the body is unable to sleep peacefully.

For the purposes of food therapy, we are most concerned with the hot and cold aspects of Yin and Yang, and it is their balance that is the key. No doubt we all know people whose Yin and Yang are out of kilter. I'm talking about



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



Excessive active dreaming and extreme temperature preferences can be a sign of internal disharmony.

people who are always hot and spend the whole day sweating. They usually end up in the same room as the person who is perpetually cold, and the two fight over the thermostat. Our pets experience similar imbalances. Think of the animals you have known; some hug the heat register in the winter while others just have to lie on the cool tile floor.

These temperature preferences can be a sign of an internal disharmony. A subtle imbalance such as excessive heat or active dreaming may not affect an animal's quality of life. Most likely a veterinary exam and diagnostic tests would reveal that the animal is free of all disease. Yet, such a condition can lead to more serious problems down the road. It is much easier to correct a problem in its early stages than to wait until a disease is obvious. TCVM food therapy can be a proactive health intervention.

Applying TCVM Therapy

From a TCVM point of view, there are foods that are warming, foods that are cooling, and foods that are neutral. To say that a food is warming does not necessarily mean that it creates a warm or hot sensation in the mouth. The Chinese determined that some foods produced a warming influence in the body while others created a cooling response. Warming foods are used to counterbalance cold conditions, cooling foods are used to bring a hot condition down in temperature, and neutral foods are given when everything is on an even keel.

Hot conditions can range in intensity. Some pets seek cool surroundings and pant a lot. A dog that is "hot" may overheat easily and feel hot to the touch. In more severe cases, the heat may manifest as red, smelly skin rashes, red eyes, green or yellow discharges, or diarrhea with blood. Often the animal's tongue will be red and dry. Any pet with these signs may benefit from being fed cooling foods.




"Cold" pets seek warmth and may shiver a lot. They avoid the cold and their skin might feel cold. Their skin and tongue may be pale and any discharges are clear or whitish. These pets do best when fed warming foods.

We must take into consideration that Chinese medical concepts were developed for people. Unlike us, different breeds of pets were developed for different climates. If you live in Miami, Florida, and your Husky pants all day long, it does not mean he has an internal problem; it merely means he is being affected by his external environment. Similarly, a Chihuahua that shivers throughout the winter in Maine is normal. Although these behaviors are typical for the breeds under these circumstances, the animals may be better able to adapt to their conditions if fed food that can compensate for the temperature stress being placed on them. Likewise, a typical, neutral pet may feel better if fed warming foods in the cold of winter and cooling foods in the heat of summer.

There are several simple ways to apply TCVM food therapy. You can base your choice of commercial pet food on its energetic qualities. An animal that tends to be "cold" may benefit from eating chicken

or lamb, while a "hot" pet should be fed a turkey-, rabbit-, or duck-based food. Additionally, you can supplement your pet's diet with fruits, vegetables, or meats of the appropriate energy. For instance, a "hot" dog that pants a lot may be soothed by a few slices of apple or cucumber each day. Perhaps the best way to apply TCVM food therapy is to find a holistic vet who is trained in its use and have a unique recipe formulated for your pet to address his individual needs.

As helpful as the concepts of food energetics are, I do want to make it clear that the end result tends to be subtle. TCVM food therapy works best when it is employed as part of a healthy lifestyle. If your pet has a serious health issue, she needs to be seen by your veterinarian for care. But, no matter what the health issue is with your companion, TCVM food therapy can be used in conjunction with any other therapy and may give your pet a "leg up." 🐾

— TCVM Food Therapy Guide —			
	Meat & Dairy	Vegetable & Fruits	Grains/Beans
Warm & Hot Food 	Beef kidney, Chicken, Chicken egg yolk, Chicken liver, Goat milk, Ham, Lamb kidney, Lamb liver, Mutton, Pheasant, Prawn, Shrimp, Venison	Apricot, Basil, Blackberry, Cherry, Chestnut, Chives, Clove, Coconut, Coriander, Fennel, Ginger, Garlic, Hawthorn, Horseradish, Mustard, Nutmeg, Papaya, Peach, Pepper, Plum, Pumpkin, Quinoa, Raspberry, Squash, Sweet potato, Sunflower seed, Tangerine, Thyme, Turmeric, Walnut	Brown sugar, Glutinous rice, Malt sugar, Oats, Olive oil, Rice vinegar, White rice, Wine
Cool & Cold Food 	Alligator, Clam or Mussel, Cod, Conch, Crab, Duck, Duck egg, Egg white, Herring, Rabbit, Scallop, Turkey, White fish, Yogurt	Alfalfa, Apple, Amaranth, Banana, Bitter melon, Blueberry, Broccoli, Celery, Cucumber, Eggplant, Ginkgo, Kelp or Seaweed, Kiwi fruit, Mango, Mushroom, Orange, Pear, Persimmon, Spinach, Strawberry, Tomato, Watermelon, White radish	Barley, Barley sprouts (green), Brown rice, Buckwheat, Chrysanthemum, Flaxseed oil, Green tea, Honey, Millet, Mung bean, Sesame seed, Sesame oil, Soybean oil, Salt, Tofu, Wheat flour
Neutral Food 	Beef, Beef liver, Bison, Catfish, Chicken eggs, Flatfish, Goose, Mackerel, Milk (Cow), Pigeon, Pork, Pork kidney, Pork liver, Quail, Salmon, Sardines, Tripe, Trout, Tuna, Wild rabbit	Cabbage, Carrots, Cauliflower, Chinese cabbage, Dates, Figs, Ginkgo, Grape, Lemon, Longan, Lotus, Lychee, Pineapple, Potato, Radish, Sweet potato, Shiitake mushroom, Yam	Black beans, Black sesame, Black sesame oil, Broad bean, Corn, Crystal sugar, Green beans, Green peas, Kidney beans, Peanuts, Peanut oil, Red beans, Sweet rice, Soybeans, String beans, White sugar

The Story of Moses Revisited

BY DANIEL BIERMAN

The life of Jesus is said to be the greatest story ever told, and in my view the life of Moses is the second greatest story ever told. Here is how I've come to that conclusion.



ABOUT SIX MONTHS AGO when I re-read the story of Moses (Exodus 1-2) in my 1950s King James Version of the Bible, I was totally surprised that I now read the story with a completely new understanding. The story that unfolded for me is much more inspiring and somewhat of an awakening. The way it was explained to me in church went something like this: A Pharaoh ordered all the newborn Hebrew boys to be killed because the Hebrews were getting too powerful. So when Moses was three months old, his mother set him afloat in a basket on the Nile River to where the Pharaoh's daughter found him and raised him as her own.

Now let's take a look at the real story that I've uncovered using history, the Bible, and Edgar Cayce's readings. To understand the sequence of events in the life and birth of Moses, we have to go back into the biblical history that refers

to Melchizedek, Abraham, Isaac, Jacob, and Joseph.

To begin, I want to focus on the School of Prophets who later were called the Essenes. This was a group composed of Hebrews and Gentiles. During Moses' time they were preparing for the deliverer. Edgar Cayce's reading (254-109) states, "So were those of the various groups, though their purpose was of the first foundations of the prophets as established, or as understood from the school of prophets, by Elijah; and propagated and studied through the things begun by Samuel. The movement was *not* an Egyptian one, though *adopted* by those in another period—or an earlier period—and made a part of the whole movement... This was the beginning of the period where women were considered as equals with the men in their activities, in their abilities to formulate, to live, to be, channels. They joined by dedication—usually by their parents." Later in the same reading Edgar Cayce

states, "These were set aside for preserving themselves in direct line of choice for the offering of themselves as channels through which there might come the new or the divine origin, see?" This group of men, women, and children including Jochebed (Moses' mother) and her family, dedicated their lives to a way of living that would bring greater understanding to themselves about the prophecy and its fulfillment in understanding Moses' birth. I believe Jacob's daughter, Dinah, as well as Jochebed, Miriam, and Aaron were part of this group who lived to prepare themselves to help fulfill the prophecy. From reading (3659-1): For, before that the entity was in the Palestine land as a companion of Miriam, who aided in directing spiritual precepts, yea in the tenets of the law that Miriam's mother and brethren gave to those peoples." The training and dedication of this group is paramount in understanding the birth of Moses.

Looking back at why and when the

promise of a deliverer came about, we can focus on Jacob's lifetime as the story and promise of the deliverer was revealed. Jacob had 12 sons and a daughter. The older sons were jealous of their father's favorite younger son named Joseph. They conspired to sell Joseph into slavery and tell their father that wild animals had killed him. Joseph subsequently became in the governor of Egypt. With the advent of a great famine, Joseph's family came to Egypt for food. Jacob sent his sons to Egypt to buy grain. The brothers then found out their brother Joseph was not dead but was a very powerful man in Egypt. Joseph and the Pharaoh invited Jacob's family and the Hebrews to come to Egypt. They settled in an area of the Nile Valley called Goshen (Cairo). After many years, as Joseph lay dying, he told the Hebrews that a deliverer would be sent to lead them back to Canaan. In Genesis 50:24, "And Joseph said unto his brethren, I die: and God will surely visit you, and bring you out of this land unto the land which he swore to Abraham, to Isaac, and to Jacob." This was the promise to the Hebrews in Egypt of their deliverer.

A New Pharaoh

Another group at this time was called the Hyksos, who were associated with Joseph and the Hebrews. The Hyksos basically dwelled in an area of Upper Egypt while the Hebrews inhabited the area of Ramses and Goshen of that area. Now, according to Exodus 1:8-9, "Now there arose a new king over Egypt, which knew not Joseph. And he said to his people, Behold, the people of the children of Israel are more and mightier than we." This new Pharaoh rose up, became fearful of the growing strength of the Hebrews

and ordered that all newborn males be killed, in order to weaken the power of the Hebrews. This new Pharaoh was most likely Seqenenre Tao II. He made the decision to push the Hyksos out of Egypt. History does not mention a war against the Hebrews but it does mention a war against the Hyksos during that time period. The Hyksos were a mixed Semitic-Asiatic group of immigrants who came into Egypt and took on the Egyptian lifestyle. They were in Avaris, the Egyptians were in Thebes, and the Hebrews in Goshen. They helped Egypt by bringing the horse and chariot, new types of vegetables, composite bow, and hump-back cattle into the Egyptian land. The Hyksos wanted more power. Apophis, the Hyksos' ruler sent a message to Seqenenre Tao II complaining about the hippopotamus pool in Thebes. The Pharaoh didn't take kindly to his message and started a rebellion to drive the Hyksos out of Egypt. His wife, Queen Ahhotep I, encouraged his fight with the Hyksos. Seqenenre Tao II was killed and his son Kamose took up the war against the Hyksos and he was also killed. Seqenenre Tao II's other son Ahmose was too young to go into battle so Queen Ahhotep I groomed him and kept the battle cry alive until he was old enough and ready to go against the Hyksos. He succeeded in running out the Hyksos from Egypt and also took control of upper, middle, and lower Egypt. When Ahmose died, his son Amenhotep I became Pharaoh.

History notes that Amenhotep I used brick for his building material. In Exodus 1:14 we read that the Hebrews' lives were bitter with hard bondage, working in mortar and brick. This very difficult period of time occurred around 1546 to 1506 BC.



The Hyksos were a mixed Semitic-Asiatic group of immigrants who came into Egypt and took on the Egyptian lifestyle. They were in Avaris, the Egyptians were in Thebes, and the Hebrews in Goshen.

Thutmose I, a General under Amenhotep I, became Pharaoh when Amenhotep I died without any heirs. Thutmose I was married to Amenhotep I's half sister and though he was not of royal blood, he was married to a woman of royal blood. Thutmose I's children were Thutmose II and Hatshepsut. In those days the male did not have to be of royal blood to become Pharaoh; he had to be married to a woman with royal blood as the female was important in Egypt at this time. This explains why a Pharaoh always had two wives. A royal wife would produce a female and a non-royal wife would produce the male. Then they would unite the half brother and sister in marriage. That custom allowed the Pharaoh to remain in the family.

This leads us up to the time of the birth of Moses. The Hebrews were waiting for the promised deliverer to take them back to Caanan. The Egyptians had just finished a long campaign of running the Hyksos out of Egypt. Thutmose I's daughter, Hatshepsut, was born of the royal wife and Thutmose II of his non-royal wife. The royal family lived in Thebes far away from all the fighting that took place from the conflict with the Hyksos in Egypt.

From a reading for Mr. [991]—a Rabbi—Hebrew and Christian

Q. Why do I have a leaning more towards Christianity than Judaism?

A. Hast thou not tried both? Hast thou not found that the *essence*, the truth, the *real* truth is *one*? Mercy and justice; peace and harmony. For without Moses and his leader Joshua (that was bodily Jesus) there is no Christ. *Christ* is not a man! *Jesus* was the man; *Christ* the messenger; *Christ* in all ages, *Jesus* in one, *Joshua* in another, *Melchizedek* in another; *these* be those that led Judaism! *These* be they that came as that child of promise, as to the children of promise; and the promise is in thee, that ye lead as He has given thee, "Feed my sheep." (991-1)



It was Hatshepsut who found Moses in the river and put him in a position of power in Egypt by claiming that he was her son. ■

A Goodly Child

Meanwhile the Hebrews were waiting for the deliverer. Some lived in Thebes and some in Goshen. In Exodus 2:1-2, “And there went a man of the house of Levi, and took to wife a daughter of Levi. And the woman conceived, and bare a son; and when she saw him that he was a goodly child, she hid him three months.”

Did she hide him because of fear of his death? After re-reading this, I wondered, Who was she hiding him from? History states the fighting was over at least a year before this child was born.

From reading (3659-1): “...before that the entity was in the Palestine land as a companion of Miriam, who aided in directing spiritual precepts, yea in the tenets of the law that Miriam’s mother and brethren gave to those peoples.” The woman who had this reading was told she was a companion of Miriam who taught the spiritual laws and precepts and was one of the household and understanding of the priesthood. Also in reading (5367-1), another woman was told she was Tanai, maid to Pharaoh, heard the prayers, not only of Jochebed

and Miriam as this entity saw the child grow and knew that for which it was destined. Reading (254-109) states, “This was the beginning of the period where women were considered as equals with the men in their activities, in their abilities to formulate, to live, to be, channels. They joined by dedication—usually by their parents.” Later in the same reading, Edgar Cayce states, “These were set aside for preserving themselves in direct line of choice for the offering of themselves as channels through which there might come the new or the divine origin, see?” Included in this group of men, women, and children were Jochebed (Moses’ mother) and her family. Miriam, Moses’ sister, had special understanding and training to know the destiny of Moses.

In another reading, (2574-1), a woman was told she helped train Moses: “...in the name Tahi. The entity encouraged those activities, and aided in the instruction of Moses as not merely an Egyptian but from the associations with Jochebed the entity learned from the scribe Ezekiaï [?] of those promises that had been made to the saints before Abraham, Isaac and Jacob. These became a part of the entity’s experience. And when there were the journeyings from the Egyptian land, the entity was among those who went with Moses, Aaron and Miriam; the entity being a close associate of Miriam through those periods of journeying, and strengthened much the hands of those who aided in preparing the way.” Tahi not

only taught Moses the Egyptian ways but also learned from Jochebed the Hebrew ways. This reading describes those who, through the School of Prophets, assisted in the training of the laws and ways of Abraham to Moses.

Thus when Jochebed placed Moses in the basket and sent him floating down the river with the help of her daughter Miriam, Jochebed knew two things: first, that a male did not need royal blood to succeed in the Egyptian family; and second, that he was the deliverer sent to lead the Hebrews back to Caanan. This was done, not out of fear for the child’s life, but to start his life’s training. How fortunate it was that a young woman destined to be one of the greatest Pharaohs of Egypt (and a female) would be there to pick the child up out of the river and would help guide Moses on his journey. Hatshepsut was that female who put him in a position of power in Egypt by claiming that he was her son. Both mothers, Hatshepsut and Jochebed, were channels for Moses’ development in the material to a higher spirituality in consciousness.

Studying and correlating this information awakened a new understanding within me: The lives of Moses and Jesus parallel one another even though they are separated by generations. The spirit of dedication with faith and love was evident in the individuals who helped bring these events to fruition, and each of us in our own circle of family and friends can also bring that spirit into our daily lives. 🌐

ABOUT THE AUTHOR



DANIEL BIERMAN lives in Katy, Tex., where he and his wife Mary host a Search for God study group, their most valued activity. The Biermans became Life Members in 1996 and Golden Circle Members in 2012. Daniel has presented workshops on Creation, Atlantis, and Moses at the annual Southwest Region Retreat. His Web site about Atlantis is danielbierman.com.

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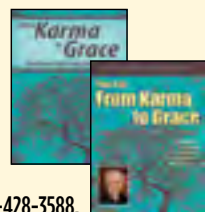
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A Picture Paints a Thousand Words



Even in our daily conversations we use symbolic language, which is not intended to be taken literally. Many dream imageries are also symbolic.

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



NO STUDY OF DREAMS is complete without a discussion of symbols, for most dreams are symbolic. Dreams make use of words—we have conversations, see ourselves writing and speaking. Animate and inanimate objects, familiar and unfamiliar things, people and places, abound in our dreams.

Even in our daily conversations we use symbolic language, which is not intended to be taken literally. Many dream imageries are like figures of speech, such as metaphors, idioms, and similes. In his book, *The Careful Writer*, Theodore Bernstein writes that metaphors are a “compressed and colorful way of expressing a relatively elaborate idea.... If we say, ‘She is a tigress,’ we have condensed into a single word the connotations of possessiveness, belligerency, alertness to danger, savagery, and whatever else you associate with a tigress....” Idioms such as “I had to eat my words” or “I was up against a wall” do not have a literal meaning. When Cayce had a dream where “a watermelon was eating a pig,” the imagery was conveying an elaborate idea—that his thinking on a specific matter was just as flawed as that of a watermelon eating a pig. Dreams are efficient in conveying large ideas using symbolic language. They have to be, since longer discourses would be difficult for us to recall. As the saying goes, a picture paints a thousand words.

At a time when individuals sought Cayce's clairvoyant aid to hunt for hidden treasures, Cayce dreamed he found his grandmother with vines growing all around her. He began cutting away so that he could easily locate her when he gave her a reading. Then he saw three dogs, and one got loose. He ran after the dog, and suddenly realized he had to get back to his grandmother. At that moment he knew he was letting the “work go to the dogs”! (294-94)

Symbolically the dream was telling Cayce to get back to helping people instead of using his gifts for treasure hunting.

In another dream, Cayce saw fenced in animals such as hogs and fowls. As Cayce entered the cage through the gate, he prevented a hog from escaping, and wondered how he might stop the other hogs from getting out. Then he saw a peacock flying up on a fence, “strutting and holloing [shouting hallo?].” This dream was

warning him to take stock of the motives of certain associates. He should not put confidence in those who would hog his time any more than in those who would “make a great deal of cry... yet accomplish nothing...” (294-49) The noisy peacock represents those who would make “flowery speeches,” instead of doing anything useful. (294-50)

Morton Blumenthal received many dream interpretation readings from Cayce. He once dreamt:

I was giving out dollar bills to people, one at a time. One person would come up to me and say, ‘Give me one.’ I would hand that person a dollar, then another would come up, and another and another. (900-109)

Symbolically, dollars represent “grains of truth.” Just as dollars represent success in the material world, spiritual truths represent a seeker's spiritual advancement. As Morton gains spiritual knowledge little by little, he should pass them along to those who seek “a more perfect understanding of their relationship with their Creator.” (900-109)

Dominique, a student in my ‘Wisdom of Dreams’ course (Spring 2012) at the Osher Life Long Learning Institute at Duke University, shared the following dream she had many years ago. At that time she took a workshop with Gina Cerminara (author of the best-selling Cayce book, *Many Mansions*) at San Jose State University in California. Dominique and Gina Cerminara remained friends until Cerminara's death in 1984. She believes her dream was triggered by the workshop, which she considers to have been a spiritual experience.

I dreamt that I was sitting on a larger than life-size book. I was small in comparison. The book had writing at the beginning and ending, but the inside pages were completely blank.

Upon waking she realized that this was the book of her life that she was writing as she lived her days on Earth. The dream was a very positive experience for Dominique because she realized that what went into her “book of life” was entirely her own choice. She could choose to lead a meaningful life and be caring for others or she could be self-centered. To her, this is what “free will” is all about. Since then she had led a more positive and meaningful life, which she accredited to her dream. 🙏



EDGAR CAYCE ON FOUR POWERFUL STONES: Lapis, Pearl, Amethyst, and Coral



During Cayce’s amazing life readings, he would occasionally instruct the seeker to wear, usually “next to the skin,” a specific stone for a little extra help with the challenges of life and of living in a physical body that is sensitive to vibrations. In the order of frequency with which he mentioned a specific stone, I have selected the top four: lapis, pearl, amethyst, and coral.

— LAPIS —

Cayce explained that lapis is not a mineral but a *metal*, the “erosion of copper.” (3416-1) We know that copper is a good conductor of electricity, but Cayce didn’t go there. He said that lapis has “the vibratory helpful force for health, for strength, for the ability through the mental self to act upon things, conditions, decisions and activities” and “will bring health and hope, and—best of all—the ability to *do* that so desired.” (1651-2)

Occasionally, he would explain that the stones he recommended were connected to a person’s past-life experiences; for example:

“The entity should ever wear about the body the lapis lazuli or the lapis linguis; for these will bring strength to the body through those vibrations that are brought or built in the innate experience of the entity from its sojourn in the Egyptian land.” (691-1) King Tut’s death mask was made with lapis (and a little coral).

Lapis linguis has greenish tones, a color that

Cayce identified with healing. Lapis lazuli is blue, a color Cayce identified with spiritual growth.

Lapis lazuli is akin to the azurite family of stones. Of course, azurite gets its name from the deep blue color, *azure* (derived from an Arabic word for blue).

The greenish lapis linguis is closely akin to malachite. Malachite and azurite are often found together. They occur abundantly in Arizona and New Mexico.

However, true lapis contains *lazurite* (not to be confused with lazulite). The little difference between pure lazurite and lapis is that lapis also contains pyrite (golden yellow flecks or streaks) and calcite (white flecks or streaks), and is more common than pure lazurite, which is rare and expensive. Fortunately, Cayce specifically named lapis lazuli and linguis, not lazurite.

Amazingly (given today’s wars), lapis is found in Afghanistan! It was mined 6,000 years ago for the Egyptians! Afghanistan is the modern name for the biblical “land of Nod, east of Eden” to which Cain was banished. However, it can also be found in California and Colorado as well as

Argentina.

Lapis has been used to protect and strengthen its wearers since very ancient times. In several readings recommending lapis, Cayce warned that its vibrations were too high to be touching the skin. He recommended that we enclose it in crystal or glass, or put a piece of glass or crystal between us and the lapis.

To Cayce, lapis is a spiritual stone that can be helpful in raising our attunement during meditation. However, he warned, “But know these, my child, are but means—and are *not* the God-Force, *not* the Spirit, but the *manifestations* of same.” (707-1)

— PEARL —

Lapis has long been considered to be a good stone for men and has been popular with them for millennia, but the pearl is unquestionably feminine. From antiquity, it has been considered to have magical properties.

Pearls are *organic* gems. They are created by an oyster (mollusk) covering a foreign object with beautiful layers of *nacre*, the iridescent combination of layers of calcium carbonate crystals between layers of biopolymers (silk-like proteins).

Long ago, pearls were rare, because thousands of oysters had to be searched to find one pearl. Today pearls are cultured by placing shell beads inside an oyster and harvesting the resulting gem.

More than 40 Cayce readings mention pearls.



“The pearl should be worn upon the body, or against the flesh of the body; for its vibrations are healing, as well as creative—because of the very irritation as produced same, as a defense in the mollusk that produced same.” (951-4)

As you can see, Cayce teaches that the very process of creating pearls builds a vibration that helps those who wear them next to their skin. The oyster creates the pearl to protect itself from the foreign object in its shell; thus protection and defense is the vibration given off by the pearl.

“Thus the entity should ever keep a pearl about the self or upon the person, not only for the material vibration but for the ideal expression. For, it will be an omen—not only because of the vibrations that it may give to self but because of keeping the even temperament, yea the temper itself. For the entity can get mad, and when it is mad it is really *mad!*” (2533-1)

“A pearl is an adornment, a thing of beauty, created through the irritation of that which manifests itself in a lowly way to those that consider themselves of high estate; but by the very act of irritation to its own vibration is the higher vibration created, or brings about the pearl of great price.” (254-68)

— AMETHYST —

Amethyst is a purplish quartz crystal. It is one of the stones in the breastplate of the high priest in Exodus.

It is mined throughout the U.S. and Brazil. Its name comes from a Greek word literally meaning “not intoxicated.” The ancient Greeks believed that a fair maiden who wished to remain chaste but was pursued by Dionysus, the god of wine and intoxication, received protection from Artemis, who turned the maiden into a beautiful statue of crystal quartz. Humiliated by what his desires had created, Dionysus then wept for her, and his wine tears turned her crystalline image purple.

Cayce, too, saw the stone as a protection from dangerous emotions and desires. He explained to one person that amethyst on the



body would quiet the body from physical depression or physical reactions that make one restless and at dis-ease. (1626-1) He told another that the stone and its unique color would help control temperament. (3806-1) He often recommended it be worn as an “amulet or adornment about the body.” (1035-1)

However, he warned that all stones are but “step-stones” to better conditions, “not foundations.” (500-1) The stone does not change the person. The stone simply adds a helpful vibration. The mind and the heart must use the vibrations of the stones to improve their activities.

In reading 364-12, Cayce tells us that an Atlantean temple had semi-circular columns with inlaid amethyst that would catch the sun’s rays, making various light patterns and colors move through the chamber.

— CORAL —

If you wish to have quiet in the midst of unquiet, Cayce recommends coral (red, rose, pink, or white). “The body will find that the unquiet and the tumultuous conditions will be changed to the harmonious abilities to give out.” (694-2) He explains that coral carries the natural forces in nature that calm human emotions. In this same reading, he says, “Your soul has been tried as by fire through many of your experiences in the earth. Yet there are those things that make for harmony in their relationships as one to another, as do the turmoils of the mother-water that brings forth in its activity about the earth those tiny creatures [coral] that in their beginnings make for the establishing of that which is the foundation of much of those in materiality. Hence the red, the deep red coral, upon thine flesh, will bring quietness in those turmoils that have arisen within the inner self; as also will the pigments of blue to the body bring the air, the fragrance of love, mercy, truth and justice that is within self.” (694-2)


Mixing the red coral with blue brings mother-water, air, and the fragrance of the fruits of the spirit that we need so much in our lives and in our inner selves.



Overall, Cayce recommended coral to ease mental and vibratory urges that make disturbances in one’s inner self. In the case of 2154-1, he warned against wearing the red or white coral, but encouraged wearing rose coral.

In 307-15, he said that coral as jewelry or ornaments is inherently of Creative Forces and from water itself. Again, like the pearl, the manner and environment in which the stone is made carries a vibration that the body can use.

In closing, it is important to understand that the stone in itself does nothing but contribute to the vibrational mix around oneself. Selecting the right stone for your needs has to come from within you, and these vibrations may change as your vibratory needs change.

One last tidbit: Occasionally, Cayce identified the stones as “omens.” I believe he meant this in the sense of something good coming from wearing the stones. In one reading, Cayce taught that the stones were not *merely* omens or good luck charms, they were vibratory aids “for health, for strength, for the ability through the mental self to act upon things, conditions, decisions, and activities.” (1651-2) 

May 17-19: John Van Auken will speak at the conference **Our Soul Life: Near Death, Afterlife, Life Between Lives, and Reincarnation** at A.R.E. Headquarters, joined by Dr. Eben Alexander, Robert Brown, Suzanne Giesemann, Maureen Hancock, and others.

May 31-June 2: John Van Auken will join Craig Hamilton, Lynn Sparrow Christy, and Darrin W. Owens to present **Your Evolutionary Spirituality: Integral Enlightenment as a Roadmap for Your Evolving Spirit, with Craig Hamilton** at A.R.E. Headquarters.

Call 800-333-4499 or visit [Edgar Cayce.org/conferences](http://EdgarCayce.org/conferences) for details.



June 24-July 6: A.R.E. Travel Programs announces a special tour, led by John Van Auken, to the **Sacred Marian Apparition Sites in Portugal, Spain, and France**. For info and to register, call 888-273-3339 or visit EdgarCayce.org/tours.



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



From Development Director Patrick Belisle

CREATE Campaign Ties Together Mental, Spiritual, and Physical

Money is a bridge between the mental and physical worlds. It represents the power to manifest our ideas and create our dreams. In many ways, financial energy is the fuel that powers

the engine of growth in our society. How we each choose to use our personal financial energy is a powerful statement about our values and what we want to create in our tumultuous world.

With that in mind, all of us who want to expand the Cayce readings throughout the world—members and staff alike—have launched the **CREATE** Campaign; a \$30 million fund-raising drive which will do just that. Being who we are, we have also incorporated many spiritual principles into this physical undertaking and—with your help—these will lead to **CREATE**'s success. What are some of these spiritual principles, you may ask?



Elisha's Jars—How to Receive

There is a beautiful story in 2 Kings:4 about the prophet Elisha helping a widow in need. He advises her to collect all her neighbors' empty jars and then take the one jar of olive oil in her possession and use it to fill *all* the empty jars she has gathered. Reminiscent of Jesus' miracle of the loaves and fishes, Elisha's widow is able to fill hundreds of jars, and her prosperity is assured.



Like this woman, the A.R.E. has many jars needing to be filled: the Cayce/Miller Café jar, the Prison Outreach Endowment jar, our various Scholarship jars, and so on. Your financial energy is the liquidity we need to fill these important jars. Which jar calls to you?



Cayce and the Widow's Mite—How to Give

Edgar Cayce gave a reading (5122-1) to a woman who, "was in those periods when the holy women brought spices and those things to anoint the body. The entity was not able to bring spices because of the value, so brought flowers of the field which were just as acceptable as was the widow's mite, she of whom the Lord said, 'She hath given more than them all.'" She offered what she could. And she did it with sincerity and joy.

In this same way, the A.R.E. has created many ways for you to channel your contributions—whether they be \$20 or \$20,000 (or stock, real estate, or even flowers of the field)—into our waiting jars. From our perspective, if each member offers what you can, your gifts will add up to exactly what we need—and we will remain grateful for every donation.

Help Fill Our Jars

Can you afford to give \$20 this month? Consider joining our Good Karma Club. Maybe you can give \$100 each month? Join the Golden Circle. If you can't give anything right now but want to be part of **CREATE**, you can add A.R.E. as a beneficiary of your retirement account or life insurance policy (both cost you nothing to set up) or include A.R.E.—your spiritual family—in your will, and fill a jar in the future. (See Susan Luscomb's ideas on p. 33.)

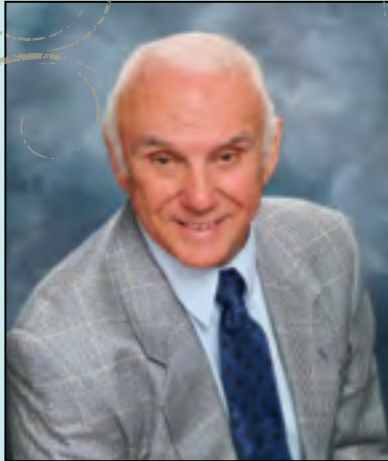
So far in the **CREATE** Campaign, your gifts have added up to over \$19 million. You've been filling a lot of jars already! Thank you.

Please look at the resources God has you stewarding in your life (all you have in your possession)—and consider how you could use some of it to help the A.R.E. create something meaningful and lasting in the world. Then contact me about how you can stream your financial abundance into Edgar Cayce's beautiful jars.

For more information, go to EdgarCayce.org/CREATE or contact me at 757-457-7126 or pat@edgarcayce.org.

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

Psoriasis Pioneer Pagano Dies at Age 82



Dr. John O.A. Pagano, age 82, died peacefully in his sleep at his home in Englewood Cliffs, New Jersey, surrounded by his loving family on December 28, 2012.

Dr. Pagano was truly a modern “Renaissance man.” In addition to being a compassionate physician dedicated to the needs of his patients, he was an artist and had a passion for animals. He wrote and performed his own music and was known for his paintings of the American West. His painting of young Edgar Cayce’s encounter with an Angel hangs in A.R.E.’s library in Virginia Beach.

His work with the Cayce readings on Psoriasis helped thousands of individuals. His best-selling books included *One Cause, Many Ailments: The Leaky Gut Syndrome*, *Healing Psoriasis: The Natural Alternative*, and *Dr. John’s Healing Psoriasis Cookbook...Plus!* Dr. Pagano spoke all over the United States and Europe regarding his natural approach to healing psoriasis. He also presented his findings before distinguished audiences in Japan, India, France, Germany, and Russian. He was interviewed on countless radio and television programs including CNBC’s America’s Talking, NBC’s Unsolved Mysteries, and WABC TALKRadio.

“Dr. John” (as he is affectionately called by his patients) will be greatly missed by the many people whose lives were directly affected by his vast knowledge, genuine kindness, healing touch, and wisdom. In lieu of flowers, the family asks that donations be made for animal rescue to the Popcorn Park Zoo in Forked River, NJ, (ahscares.org) or to the Cloud Foundation (thecloudfoundation.org) for saving wild mustangs.

Edgar Evans Cayce (1918-2013)



At press time for this issue of the **A**magazine, news was received about the passing of Edgar Evans Cayce. Edgar Evans was 95 years old and the youngest son of Edgar and Gertrude Cayce. An electrical engineer by profession, he spent 40 years with Virginia Power. He was the author of four books about Edgar Cayce’s psychic talent, and a valued member of the A.R.E.’s Board of Trustees for decades. More information about Edgar Evans Cayce can be found at the following link: EdgarCayce.org/blog.

In Remembrance

A.R.E. celebrates the life of Volunteer Coordinator Sherry Kulakowski, who died suddenly October 8, 2012. Sherry worked closely with the A.R.E. Volunteer Call Center (757-428-3588, ext. 5211), where members can call in to ask questions on the Cayce readings, and was on staff for nearly 15 years.

Houston Center “Grand Opening” March 9

A.R.E. members and friends celebrated the newly remodeled and expanded Houston A.R.E. Center. Their mission is “to serve spiritual seekers with encouragement and support and to provide a facility for research, education, and resources.” It has long been a work-in-progress to provide the center with a bookstore and Spa for people in the Southwest and Midwest areas to attend lectures and workshops, and receive health treatments. There were tours of the new facility, prize drawings, and heavy hors d’oeuvres and refreshments for all. The program included meeting the A.R.E. Board of

Trustees and A.R.E.’s Executive Director and CEO, Kevin J. Todeschi.

During the Grand Opening, special recognition was given to all those individuals who had been actively involved in the Cayce work in Texas for many decades, including Ed Jamail and Carl Bohannon who have been instrumental in the planning, creation, and renovation of the Houston Center and to Susan Johnson and the other donors.

To learn about current offerings, visit the Web site: EdgarCayceHouston.org or contact Carl Bohannon at 713-263-1006 or email houstonarecenter@sbcglobal.net.



MEMBER APPRECIATION

Glenn Sanderfur
Orlando, Kentucky

Member since 1969 (Life Member since 1974)



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

As the A.R.E. fundraiser, I saw how valuable contributions are to this Work. Gifts, whether in property or cash, provide more direct financial benefit than bookstore purchases or even memberships. Personally,

nothing has benefited me more in life than the Edgar Cayce readings and this organization which has kept the message of those readings alive. I thus wanted to share with the A.R.E. some of the bounty with which I have been blessed. I have felt even further blessed in doing so.

Background/work life: I am an attorney and former president of Farm Credit Bank of Louisville. In 1974, I was shot during a robbery in my home which resulted in partial paralysis requiring disability retirement. In 1982, I began working at the A.R.E. as Development Director (chief fundraiser) and retired from that position nearly 16 years later.

Gifts to A.R.E.: The new Education Center and Café building projects are certainly exciting and I have contributed to those. But from early on, I could see the need to support several areas of the A.R.E. Work—there are so many! The best way to do this seems to be through general unrestricted contributions which support every activity. It allows the administration to use my gifts in the areas which currently are in greatest need.

Special A.R.E. memories: Having been on staff at the A.R.E. for several years, my greatest and most valued memories are of the people I worked with and their ongoing friendship. All were (and are) dedicated to providing benefits to our members and sharing this Work with others who are seeking. I also treasure a three-week A.R.E. tour of Egypt and my weekly study group meetings.

Personal activities: I have returned to my native Kentucky and live on rural acreage where the bluegrass area meets the mountains. I have a large cave with a 40-foot underground waterfall, and my neighbors include deer, wild turkeys, beaver, and even an occasional bobcat. I relish living in the spiritual beauty of nature.

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

New A.R.E. Catalog Section

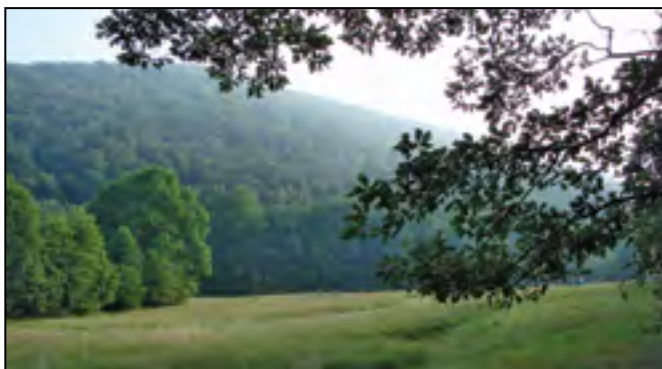
This issue of *Venture Inward* magazine includes a special new A.R.E. Catalog Section with books and other products published by A.R.E. Press. This new format will allow us to continue to provide our members with tools for personal transformation and healing at all levels—body, mind, and spirit.

A.R.E. Press has been publishing since 1931 with the mission of furthering the work of A.R.E. by helping people to change their lives for the

better. The new imprint, 4th Dimension Press, allows us to expand our publishing efforts further with like-minded and expansive explorations into the mysteries and spirituality of our existence without direct reference to Cayce-specific content. You'll find excerpts of two of the three new titles being introduced this season on pages 52-53.

Your support of our efforts through the purchase of items from our catalog is greatly appreciated.

Imagine Yourself at A.R.E. Camp



Picture yourself in a beautiful valley. The sun is setting over the Blue Ridge mountains, and fireflies are beginning to sparkle in the grass. The sounds of children playing blend with the birdsong and chirping crickets. Sitting on an open porch, you can hear the joyful conversation of friends and the soft sound of a guitar. This is an evening at A.R.E. Camp and we are so excited to have you join us!

We have many amazing programs planned this year, including two-week sessions for ages 10-16, and for ages 17-20. Families can attend a one-week session or a 3-day camping and hiking trip. Younger children (ages 7-12) can get a taste of Camp at our "Cayce Kids" session, and

adults will enjoy "Dancing the Path" or our Adult Retreat.

At Camp, we focus on applying Cayce principles and ideals to our daily lives. Meditation and dream work are a part of our daily schedule; so are hikes, crafts, sports, and singing around the campfire. Children and teens who attend A.R.E. Camp are nurtured in body with healthy food, fresh air, and exercise; they are nurtured in spirit through positive role models, daily affirmation and healing prayer, and the chance to manifest God in daily life.

Find out more by calling Malenka, A.R.E. Camp Manager, at 757-457-7162, or email arecamp@edgarcayce.org, or visit EdgarCayce.org/summercamp.



Academy for Spiritual and Consciousness Studies to Host Virginia Beach Program

The ASCSI will host its 38th annual conference at the Wyndham Virginia Beach Oceanfront, May 17-19. The theme of the conference will be “Spirituality, Consciousness, and Science,” and will feature keynote speaker Vernon M. Neppe, MD, PhD. Other featured presenters will include: Dr. Karen Herrick, President of ASCSI; Kevin Todeschi, CEO of A.R.E.; Doug Richards, PhD, from Atlantic University; and other leaders in the field discussing aspects of spirituality, consciousness and science. Part of the program will include an opportunity for participants to visit Edgar Cayce’s A.R.E. while they are in town. More information about the program is available at ascsi.org.

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



Last Chance for Free Books—and Much More

If you have not already taken advantage of this terrific offer, NOW IS THE TIME. By June, 2013, we want to increase the rolls of the Edgar Cayce Legacy Society (ECLS) by 100. **IT NEED NOT COST YOU A DIME.** And as our special thanks for joining ECLS, the first 100 people to contact me and join during this time will also receive a copy of EVERY NEW BOOK PUBLISHED BY A.R.E. PRESS and 4th DIMENSION PRESS in 2013. HOW CAN YOU JOIN?

1. Name A.R.E. as a beneficiary of all, or a portion, of your IRA, 401K, or a life insurance policy at no cost—simply complete a change of beneficiary form.
2. Name A.R.E. as a beneficiary of your will or trust. Most of you have already named your family in your will; we ask you to consider your spiritual family as well. As always, consult with your attorney.
3. Invest in an A.R.E. Charitable Gift Annuity, which **provides you with guaranteed income** (up to 9%) plus tax benefits while supporting A.R.E.

As a former estate planning attorney, I am happy to answer questions, help you complete beneficiary forms, or provide suggested language for changes to your will. Please contact me at susan.luscomb@edgarcayce.org or 757-457-7125 and let me help you find the best way to propel the Cayce Work into the future with plenty to read along the way.

Candidates Sought for A.R.E. Boards

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

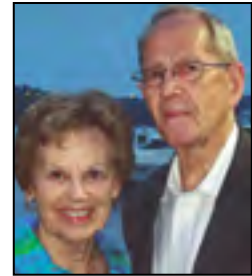
MEMBER APPRECIATION

Ret. Gen. Larry and Eunice Welch

Alexandria, Virginia

Members since 1967 (Life Members since 1993)

Why do we give back to A.R.E.? *The Cayce material supplied answers to our questions that the church couldn't. We have found the insights and guidance from the Cayce material to be relevant to our lives. Perhaps the most powerful basic concept came from a lecture by Hugh Lynn*



Cayce in the 1960s. He suggested addressing each situation with three questions: "What have we here? How would I like this to turn out? What can I do right now to move on the path to the desired outcome?" This is one of many gifts to us from A.R.E.

Background/work life: Larry spent 37 years in the Air Force, finishing his military career as a 4-star General and Air Force Chief of Staff. Both in the military and now as a consultant traveling the world, he has built bridges—between interests within the Air Force, within the government, between the military forces of our allies, and with nations not yet our allies. The Cayce readings have been a big part of that.

Eunice has been a full partner—during Larry's career, she was an effective advocate for Air Force families. She joined Larry on visits to more than 60 countries, promoting common goals and understanding. Eunice volunteered in the Red Cross, schools, and grief counseling services.

Gifts to A.R.E.: We usually give to the general fund, trusting the A.R.E. leadership to set the right priorities. When Kevin Todeschi sends a letter, that becomes a priority and we try to respond. Lately we have responded to the urgent needs of the CREATE Campaign and always A.R.E. Camp.

Special A.R.E. memories: 45 years ago, we started a study group in our home and soon had Baptist, Jewish, Catholic, Baha'i, and Buddhist members. Starting with our first A.R.E. conference in Virginia Beach in 1967, we quickly expanded our understanding of and excitement about the concepts from the Cayce Work. Particularly memorable for Eunice was an A.R.E. tour to Egypt and Israel with her sister. Serving on the A.R.E. Board was a special highlight.

Personal activities: Larry serves in the National Security community, helping provide answers to the complex issues that face this nation and this planet. We both pursue spiritual growth and remain active in A.R.E. activities. Eunice meets with a Search for God Study Group weekly. We have 4 children, 9 grandchildren, and a great-grandchild.

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

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



82nd Annual Congress to Celebrate the Cayce Legacy

By Lynne Salomon Miceli, Congress Member Coordinator

Planning has been underway since September for an exciting A.R.E. Members Congress 2013, Building a New World from the Inside Out: Living Christ Consciousness, June 16-21. Congress, A.R.E.'s annual membership gathering, is open to all, and combines lectures, workshops, and social activities with fellowship and fun, giving the week the feeling of a family reunion as we come together to celebrate the legacy of Edgar Cayce.

We have a great planning team, with A.R.E. members from the field and HQ staff represented—and we are excited about creating an uplifting, enlightening, joyful Congress for this annual gathering.

This year's theme will explore the point of view of the Cayce readings on "living the Christ Consciousness" as our purpose on this Earth plane. The definition of "Christ Consciousness" from the readings is "...the awareness within each soul, imprinted in pattern on the mind and waiting to be awakened by the will, of the soul's oneness with God." (5749-14) The readings were clear that this awareness is a universal pattern, not limited to any particular religion.

To the extent that we are able to live that ideal of oneness, we transform ourselves and also transform and uplift our world. How can we inspire one another toward this growth? What does it mean to live out the Christ Consciousness? What would our world be like if we could re-create it in the light of that awareness? Planned to explore these questions, our Congress

program offers a number of inspiring speakers.

For those who arrive early, a special "Pre-Congress" program on Saturday, June 15 features popular author, presenter and best-selling Cayce biographer, Sidney Kirkpatrick. His talk, "Edgar Cayce: His Life and Soul Group and Their Lessons," will highlight Edgar Cayce's legacy and message for today, Cayce's soul group, and what we can learn from their experiences—plus anecdotes from Cayce's life and readings filled with humor and wisdom.

John Van Auken kicks off Congress 2013 with a keynote experiential session designed to expand and heighten our consciousness. We're delighted that noted author P.M.H. Atwater will be joining us to speak on the topic of her new book, *Children of the Fifth World: A Guide to the Coming Changes in Human Consciousness*. (See her article, page 35.) Sidney Kirkpatrick will celebrate the joyfulness of the Cayce readings in his presentation "Light and Laughter from the Inside Out."

As our focus is on "building a new world," we're particularly pleased that our workshop presenters include a new generation of two well-known A.R.E. families. Corinne Cayce, Edgar Cayce's great-grand-daughter, with her husband Jesse Luckett, will offer a workshop on "Meditation and Ideals: Building a Beautiful Life from the Inside Out." James Van Auken will

present a workshop on "Mindfulness Practices for Everyday Living."

We're fortunate to have Scott Sparrow, author and current President of the International Association for the Study of Dreams (IASD) as our final speaker at Congress



2013, sharing his latest conclusions in his study of A.R.E. members' dreams and visions of "Christ Encounters." (Scott will then be chairing the annual IASD Dreams conference, see Special Dream Conference Discount below.) And artist extraordinaire, Meryl Ann Butler, returns for this Congress to lead our closing ceremony!

Congress will include the traditional favorite events: a homecoming picnic, sharing groups, "fun"-raising auction, talent night, and a social event with a DJ and dancing, all planned to bring our community together. As always, there will be opportunities to hear from the A.R.E. staff and Board of Trustees about the organization's issues, accomplishments, and visions for the future.

To keep the Members Congress accessible for all, tuition for the week is set at just \$75, with a discount if you combine Congress with Sidney's Saturday program. The Congress team relies on fundraising to help cover the expenses of bringing this yearly program to the membership. Members can help by donating items for the Congress auction. Unique items in good condition, art, collectibles, jewelry and gemstones, and Cayce memorabilia should be sent to Kristie Holmes, Assistant Conferences Coordinator, in care of the A.R.E. The deadline for auction donations is Wednesday, June 18, at noon.

The 82nd A.R.E. Members Congress is a Life Member Benefit program. For information or to register, call 800-333-4499 or visit EdgarCayce.org/conferences for the latest updates and a downloadable daily schedule.

Special Dream Conference Discount for A.R.E. Members

The 30th Annual International Conference of the IASD, presented in cooperation with A.R.E., is scheduled for June 21-25, 2013 in Virginia Beach. The conference, which will begin on the last day of Congress, features world-renowned keynote speakers including A.R.E.'s Executive Director and CEO, Kevin J. Todeschi, and over 140 presenters from around the globe. A.R.E. Members can take advantage of this collaboration and receive the IASD member discount when they register. When selecting the fee, please choose "IASD/ARE Member" in the online registration form at ASDreams.org/2013 and type "ARE member" in the box.



CAYCE WAS RIGHT!

The Fifth Root Race Is Now in Ascendancy— Worldwide!

BY P.M.H. ATWATER, LHD

What is really happening to the human family is that we are evolving. We are becoming new.

THE SPECIFICS OF HOW children in the human family are changing actually went viral in the public's mind nearly 200 years ago with the beginnings of the New Thought Movement. But it wasn't until the 1960s and '70s that people took such alerts seriously. Then, as the 21st century rolled in, channelings from famous psychics along with best-selling authors announced, "The indigos are here!" The color indigo (a deep blue) did appear in the aura (energy field) of a number of children, mostly in California. An indigo aura, in esoteric traditions, is said to be indicative of an individual who is wiser and more spiritual than others, someone who is highly intuitive, creative, possessed of knowing, and able to see beyond the "veil" into the invisible worlds of spirit. (Qualities of the psychopath develop along the same lines if the color manifests in a negative fashion.)

In a flash, people saw these kids everywhere, along with the description of other colors and related types variously labeled *crystal*, *starseed*, *rainbow*, *psychic*, and *cosmic children*. Parents pulled their hair. Educators blinked. Scientists shook their heads—as most of the medical claims supporting their differences either could not be replicated in peer-reviewed studies or were found faulty to begin with—especially stories of how these wunderkinds born with HIV/AIDS cured themselves. As of this writing, all such claims have been proven false.

Still, crowds started to hang on every word the kids spoke. Cottage industries sprang up: indigo music, indigo clothing, indigo books, indigo jewelry. A female star from a movie about them kept insisting, even years later, that she was no indigo, but her mother would just smile and say, "She's so humble." Claims were topped off with "proof" of how evolved these kids were: wildlife would come to them; nature would bend to them; the sick were healed by them; miracles spiraled out from their every word, deed, and wave of the hand; they knew the future and could see right through you. Few listened when I said, "These kids are just like children who have had a near-death experience. No difference."

I want to take a moment to thank the originators of the indigo movement—all the psychics, mediums, ministers, and parents, even the media, who bought the whole thing. You caught our attention. You showed us that something profound was happening right under our noses: our children were beginning to change and evolve.

Our kids were as if new—maybe not a new race, but a new version of what the human species is and can be. Truly like "near-death kids," only these youngsters were simply born that way. And the phenomenon is global.

Where the early prognosticators messed up was in the labeling. Once we categorize kids like that, we push them into exclusive "clubs" of specialness or handicap; we deny them the incredible quirkiness they display as a collective. We hurt, not help, who and what they are. Take the labels—indigo, crystal, starseed, cosmic, psychic—and toss every one of them. So too those additional labels of indigo adults and indigo grandparents and golden indigos. Even the "ascended blue" concoction I came up with in my book *Beyond the Indigo Children*. Really silly of me. I apologize for that.

Truth: take all the characteristics each category was said to describe, bunch them together, and you have the profile of what is really happening to the human family. We are evolving. We are becoming new.

Another truth: when the tide comes in, *all boats rise*.

Every man, woman, and child on this planet is affected by this shift. So, let's linger briefly on this stuff about auras and energy colors, for a little perspective. The color of one's aura (energy field) changes during a lifetime. That's why identifying someone accordingly can be a mistake. Although one main background color usually stays the same (matching the basic energy factors of individual personality, attitudes, and sense of purpose), even that



can morph as one's choices and life experiences take him or her in different directions. And there are levels to the energy of one's aura, like sheaths or transparencies of varying hues, blends, and imagery. By having an appreciation of this biofield, we can have a better sense of self and the world around us. We can also become more sensitive to the sweep of history and the various "road maps" that our forebears left us. Evolution, the real topic at hand, addresses spirit formation on the earth plane—development over time.

Humankind has changed considerably in each evolutionary phase we have a record of. And that is happening again now. The new pattern—a basic profile of characteristics the vast majority of our children are manifesting—looks like the following list, on both the plus and minus sides:

BASIC PROFILE ON THE PLUS SIDE

- ◆ Intelligent (even if flunking in school and can't spell)
- ◆ About one-third are geniuses, even if "learning disabled"
- ◆ Musically oriented; very rhythmic
- ◆ Clever innovators and inventors
- ◆ Unusually creative; spiritually minded
- ◆ Intuitive, psychic; many can remember past lives
- ◆ Excellent with math (don't let them fool you about this)
- ◆ Natural healers
- ◆ Ready-to-go entrepreneurs
- ◆ Irreverent; quirky ideas and unique beliefs
- ◆ Visionary problem solvers; knowing
- ◆ Volunteer-minded; humanitarians
- ◆ "Groupies" who move as if part of a collective
- ◆ Often attend "night school"—not "dreamland" but a school on another plane
- ◆ Abstract at very young ages; spatial learners
- ◆ Fusion of sexes, and gender mixing
- ◆ Multisensory multi-channelers who live in a multiverse

BASIC PROFILE ON THE MINUS SIDE

- ◆ Impulsive and impatient—quick-click kids
- ◆ Feel entitled, overconfident
- ◆ Ultimate consumers
- ◆ Underlying anger; little tolerance for deceit and manipulation
- ◆ Prefer astral and synthetic worlds
- ◆ Highly sensitive to drugs, snack and processed foods, metals
- ◆ Highly sensitive to electromagnetic fields, toxic, or incoherent energy
- ◆ Do not assimilate nutrition well
- ◆ No concept of authority; need mentors not bosses
- ◆ Appear wiser than they are; self-deception an issue
- ◆ Sensitive to "trickster" energy, possession, psychic "hangers-on"
- ◆ Do not understand effort necessary to process or refine
- ◆ Expect things to come to them
- ◆ Do not recognize boundaries, even that of skin
- ◆ Clothes are more important than language skills
- ◆ Their greatest fear is silence

The "new" kids really aren't new. You can trace the previous basic profile to certain peoples from around the time of Jesus, some even earlier in history. Every renaissance the world has ever known saw clusters of them. (Where do you suppose the mysterious energy, vision, and drive for each renaissance came from in the first place?) In the 1800s, however, larger groupings were noticed, especially from around 1840 to about 1921. This time period saw the rise of the New Thought Movement (a response to restrictive religions, strongly based on the individual right to self-healing and direct revelation); Theosophy (an intuitive view of hidden truths and higher orders of spirit involvement); and metaphysics or First Cause (with an emphasis on the "perennial philosophy" of one God, one people, one family, one existence—*oneness*—the underlying unity of all things, as true in mathematics as with spirituality).

You can always recognize when this particular profile of characteristics infuses the newly born and overshadows their maturity. Not only do they challenge the norm; they transform entire social, political, and financial structures in ways not seen before, always pushing for more inclusive, open, and free lifestyles. And they are decidedly reckless and provocative. If you're thinking that waves of them entered the earth plane during the 1960s and '70s, you are right: these were the flower children opposed to war and loudly singing about the Age of Aquarius and showers of "diamonds" (drugs).

Floodgates didn't open wide, though, until around 1982, when surge after surge of these children were born. That surge has not abated, nor will it. The new children are here to stay. They are the quantum leap in evolution that we have been promised. As their numbers increase, the world as we know it will disappear.

There's no getting around it: a sense of destiny permeates the young adults, teenagers, and children of our world. And there's no culture or society devoid of sacred stories that predicted this, the rise and dominance of what is commonly referred to as... The Fifth Root Race.

Getting it Right

The term "root races" refers to the gene pool of the human family. In older, esoteric literature and in legend, terms like *life streams*, *life waves*, *new people*, or even *advanced beings* were used to describe groups of folks who were decidedly different from their parents and grandparents. The larger the group, the more assuredly they bore the mark of evolution—physiological and psychological traits characteristic of gene mutation. DNA changes over time as a result of how people respond to the needs and stressors of their environment; these changes can be accelerated if transformative events, such as near-death experiences and spiritual breakthroughs occur in numbers large enough to jumpstart the evolutionary process. When DNA changes overspread land masses, a genetic "makeover"—a species-wide alteration—can occur. That shift is now happening. Think of it as an update within the human family.

Of the many versions of root races that have emerged, the most well-known and respected are from Theosophy (through Blavatsky, Leadbeater, and Powell), and from Edgar Cayce. The Theosophical version follows with start dates:

FIRST Etheric (18 million years ago, entry of spirit into matter);

SECOND Hyperborean (8 million years ago, gender differences, northern climes);

THIRD Lemurian/Mu (1 million years ago, full racial groups, southern climes, India, Pacific Ocean);

- FOURTH** Atlantean (85,000 BCE, the Azores, Atlantic Ocean, modern body type);
- FIFTH** Aryan (10,000 BCE to 3,000 BCE in right-brained megalithic cultures/3,000 BCE to 2,400 CE in left-brained modern cultures; consciousness separated into two hemispheres—East and West—now fusing back together; a global leap in species refinement);
- SIXTH** Aureorean (2,400 to 3,000 CE, North America and Europe—fuses all global patterns into one planetary consciousness); and
- SEVENTH** unnamed (7,000 to 8,000 CE, South America; graduated from any necessity for earth-plane schools, perhaps etheric in nature, with a different means of reproduction and growth).

Although Edgar Cayce never went in-depth about the subject, he did outline an evolutionary model that focused on five root races:

- FIRST** (begins 4.5 billion years ago, initial creation of humans);
- SECOND** (12 million years ago, fluid, ethereal beings, androgynous, Pacific Ocean);
- THIRD** (200,000 years ago, retained some spiritual power, long-lived, created hybrid beings, Atlanteans);
- FOURTH** (90,000 to 12,000 years ago, origin of the five races/five senses; progenitor of the history and culture known today);
- FIFTH** (specifically between 1998 and approximately 2015 CE, lighter bodies, cosmic-conscious minds). The human species is said to flower as never before in this fifth phase and achieve great heights of knowledge, invention, and spiritual growth.

In none of Cayce’s voluminous work did he ever mention anything about a Sixth or Seventh Root Race. Nobody knows why. Statements he made about the Fifth Root Race—ascendancy now underway—were specific about how intelligent and intuitive humans would become.

Background aura colors basic to the energy of each root race go something like this: *First*—red (physical); *Second*—orange (astral); *Third*—yellow (mental/reasoning); *Fourth*—green (mental/abstract); *Fifth*—blue (higher intuition); *Sixth*—indigo (inspiration); *Seventh*—violet (spiritual).

Mark what the Theosophical rendering for the Fifth Root Race pointed out: *consciousness separated into two hemispheres—East and West—now fusing back together; a global leap in species refinement...* the full span of this development slated to occur between 3,000 BCE and 2,400 CE. Cayce, though, gets right to the point and pegs the Fifth Root Race as the dominant evolutionary pattern worldwide by 1998 to approximately 2015. His prediction means that the stages of development necessary for this root race to over-spread populations and land masses have now reached their zenith.

To back up this phenomenon, look at the *fives* that have attained global acceptance just since 1982: *Fifth World*—a time when polarities shift on every level, fusion, merging; *Fifth Root Race*—evolutionary pattern now in ascendancy; *Fifth Element*—ether now recognized as the substance of space, a threaded webbing that cradles the Akashic records; *Fifth Dimension*—frees us from time/space dynamics, nothing hidden, all is revealed; *Fifth Chakra*—associated with the Fifth Root Race, mass communication, wraps around issues of will/domination (power over or power to); *Fifth Brain*—now recognized as the heart (majority of cells are neural cells); *Fifth Basic Force*—torsion waves, the carriers of information, warp and modify space and time; *Fifth Brain Wave Frequency*—gamma, operates at 25 to 60 hertz, some people now registering full span of gamma/

delta (high/low) brain waves simultaneously, especially many of the new kids; *Fifth Ray of Destiny*—connection to Venus, qualities of mercy, compassion, and unconditional love on the increase, female power; *Fifth Communication Wave*—computers, the digital age; *Fifth Discipline*—organizations, corporations, and businesses as learning centers, emphasizes personal mastery/mental models/shared vision/team learning; *Fifth Agreement*—thanks to Don Miguel Ruiz and his book of the same name, “be skeptical/learn to listen,” also interpreted as “show up/tell the truth.”

The biggest clincher of them all has to do with the second homogenocene ever to occur—now in progress. A “homogenocene” is the mixing of unlike substances to create a uniform blend. The first one was caused when Christopher Columbus set foot in the Americas (bringing with him rats, malaria, bacteria, seeds, etc.). The separation of continents ended with that one footprint followed by the most momentous biological event our planet had undergone since the death of the dinosaurs. The modern age birthed in that one event. Any goal of finding a quick route to China dissolved in a mad scramble for profits. The result: a worldwide network of ecological and economic exchange. Within 100 years, one in five people across the world died because of the Columbus homogenocene, from diseases, multiple types of slaveries, brutal working conditions, industrialization, hunger, and environmental destruction (refer to 1493: *Uncovering the New World Columbus Created* by Charles C. Mann). The “afterword,” what followed the extremes of con- volution and change, produced enormous and profound benefit.

In the *fifth century* since Columbus, a second homogenocene has begun. This one was started by introducing genetically modified foods. A worldwide revolution in genetics is underway, and it is huge. Entire food supplies and ecosystems are said to be at risk. The Fifth Root Race is here to ensure that unity consciousness reorders our world. And they insist on the diversity possible in the oneness they seek.

There is no mixing up these times with stories of a Sixth Root Race and a Sixth World. Cayce was right. It is the Fifth that is coming into its own. 🌊

—For a more in-depth treatment of this subject and a detailed rendering of our times and what may be to come, read *Children of the Fifth World: A Guide to the Coming Changes in Human Consciousness* (Bear & Co.), by P. M. H. Atwater, LHD.

ABOUT THE AUTHOR



P.M.H. ATWATER, LHD, one of the original researchers in the field of near-death studies, began her work in 1978. In 2005, she was awarded the Outstanding Service Award from the International Association For Near-Death Studies, and the Lifetime Achievement Award from the National Association of Transpersonal Hypnotherapists. Her book, *We Live Forever*, is available through our catalog; see page C-7 or visit ARECatalog.com. Her Web site is pmhatwater.com.



P.M.H. Atwater will be a featured speaker at the **82nd Annual A.R.E. Congress** held at A.R.E. Headquarters in Virginia Beach June 16-21. Visit EdgarCayce.org/conferences or call 800-333-4499.





Focusing on Health, Not the Disease



This patient is a good example. She has not become the disease. She happens to have the disease but she is not the disease.



EDGAR CAYCE TOLD US TO: “Magnify the virtues, minimize the faults.”

A.T. Still, the founder of osteopathy, said, “To find health should be the object of the doctor. Anyone can find disease.”

For many years I’ve had the privilege of working with a lady who was a dancer and a healer. She came to my office for a checkup. She was a wonderful person who for many years had worked with concepts from the Edgar Cayce material and for the last few years had been dealing with a physical problem called *polycythemia vera*. When this diagnosis was first made it sounded like she was being given a death sentence. She was told that it was a terminal illness and was something that would have to be treated for the rest of her life. This prognosis was accompanied by the only path open to her, which was medication and regular phlebotomies (bloodletting). I saw her shortly after she received this news. She believed that the “physician” within her knew a great deal about her body, and would have something to add to the therapy.

At that time she was having severe muscular spasms, joint pain, debilitating fatigue, and drenching sweats. As an artist she called on her ability to visualize, and began to picture her red cells reproducing themselves in their own natural way and time and her body ridding itself of the sick and unnecessary cells. This was done not with anger or fear but in the same way her body knew how to get rid of used and unnecessary products. She talked to the cells and, being a dancer, she danced with them. She started using a castor oil pack four times a week, over her liver area, for an hour to an hour-and-a-half. She used this time for meditation, visualizing the castor oil as the healing power of *Palma Christi*, or the palm of Christ. She always had a good diet which she maintained, and she was able to get acupuncture. She knew how to work with her dreams and had followed their guidance for

many years, so this was easy for her to apply to this situation.


After three months of using the castor oil pack she no longer had the severe pain, and her feeling of wellbeing returned. She needed phlebotomies at first, about every six weeks, but when I saw her this time it had been four-and-a-half months since she had needed one. She’s in her late 60s and feels healthy and well, although the diagnosis of *polycythemia vera* is still an issue that she has to deal with.

She told me during this last visit that people ask her about the disease, and she tries to explain it, but doesn’t know very much about it, and doesn’t find herself motivated to do an in-depth study of the disease itself. I found her comment to be very helpful and important in her healing. It is not her job to concentrate on her illness. Her job is to live her life, while I, as a physician, and other physicians, need to understand and study the disease. And the beauty of this lady is that she is able to continue with her love of life, her ability to give light to other people’s lives. She has not become the disease. She happens to *have* the disease but she *is not* the disease. She and her husband have moved into a new home that is easier to maintain. She sees this as a metaphor—she is busy redesigning her home as she is redesigning her physical body.

I have heard it said that the new image of humanity emerging in our century is that of the divine artist in everyone. I believe that this wonderful lady is a prototype of the emerging divine human and we all can learn from her how to deal with issues that arise, doing what we can to mitigate the disease process, and not be overcome by the prognosis or the diagnosis.

An 18-year-old male student asked Mr. Cayce:

Q. *For what special experience did I come into the earth plane at this time?*

A. *That there may be completed in self what the entity, as an entity, does with the knowledge it acquires or understands in its relationships to the Creative Forces or God. For the purposes as from the beginning are that all may show themselves as equal to being in the presence of Creative Forces. (797-1)* 

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.

BY KEVIN J. TODESCHI AND HENRY REED



Karma As Memory

What is karma? Although a frequent topic of discussion, it is without a doubt one of the most misunderstood subjects dealing with the journey of the soul. Even enthusiasts of the Edgar Cayce information often share mistaken assumptions about what karma is, the ways it impacts the soul's journey, how it interacts with free will, and what it means in relationship to other individuals.

Too often the subject of karma has created an impression of disempowerment and futility in regard to experiences that are presented to the soul—somehow “this is my karma” and there is nothing I can do about it. In actual fact, however, the Cayce readings provide a unique look at karma that is both helpful and empowering. From this approach, karma is neither a debt nor a limitation but is instead an energized soul memory activated within the individual. Moreover, this memory is just as likely to be helpful and beneficial as it is to be challenging and detrimental.

On one occasion, a 27-year-old woman asked Edgar Cayce for information about what “karmic debt” existed between herself and a member of her



There is no such thing as a karmic debt between people—only memories in relationship to others.



family. In response, Cayce told her that she, like many individuals, misunderstood the karmic principle. Rather than something burdensome, scary, and inevitable that existed between herself and another person, the reading encouraged her to view karma as simply a personal memory that she had to deal with. Furthermore, her karmic memory of the relationship she had once encountered with this particular family member was likely to be different from the memory the other individual possessed about that very same past-life experience. Rather than being a debt or tie between her and her relative, in reality the karma in her experience was simply a memory to which she had some kind of personal attachment. To be sure, it was a memory that the woman had to work through, but the memory was hers alone. Perhaps what is most instructive to personal understanding is the readings' assertion that her present life experience had brought this same individual to her again as a means of working through her own past-life memory. Her karma was simply her unconscious attachment to the memory of the relationship she had once encountered. Cayce told her that there was no such thing as a karmic debt between people; instead, there were only personal karmic memories in relationship to others.

An Example of Transforming the Memory

For clarity, let's examine two different individuals and their differing approaches to personal karmic memory—one helpful and one perhaps less constructive. Working with karmic memory from a more helpful perspective, Hugh Lynn Cayce (Edgar Cayce's eldest son) often shared his experiences working through a lot of difficult karma with his own father. For Hugh Lynn, one of his most challenging karmic memories had been created during a period when he and his father had both been in positions of authority in ancient Egypt. In addition to vying for the people's favor, during that period they had also both fallen in love with the same woman. In part out of jealousy and in part out of politics, during that lifetime Hugh Lynn eventually managed to banish Edgar Cayce from the country, effectively ending Edgar's influence upon the people for a time.

In this incarnation, Hugh Lynn came into the earth effectively choosing one of his former rivals as his own father. He had to work through his personal memories of jealousy and competition. On one occasion, when talking about his experience with this karmic memory, Hugh Lynn offered the following: "I had a rough time with Edgar Cayce. For me, he was far more than just a father (a very good one), far more than just a good Sunday school teacher, far more than the greatest psychic I've ever seen come down the tracks ... He was many other things, too, that I had to face and deal with. And yet, fortunately, he was also the most loving person I've ever known. And it was beautiful to deal with my jealousy and my hate, which I had at that time, in the light of his love that he was able to transmit. It was a beautiful experience, and it worked out. I've cleaned up a lot of stuff." Hugh Lynn spent his entire life becoming the strongest supporter, advocate, and promoter of the Edgar Cayce work—effectively transforming by a new experience the memory of what had once transpired between them.

An Example of Repeating the Karmic Pattern

A less productive approach to karma is illustrated by the typical misunderstanding in the life of Pauline. She described her lifelong issue with personal "karma" by noting how, throughout her life, she experienced repeated criticism and felt constantly undermined by comments of some of those closest to her. She described her father as being extremely critical and verbally abusive as she was growing up. In order to escape a disastrous home life, she married young and soon found herself with a verbally abusive husband. He constantly criticized her and frequently commented that he should have never married her. As her children grew, so did Pauline's frustration level, because she often experienced them as being disrespectful toward her. As a working mother, Pauline now found herself in an unappreciated clerical position where her boss "often finds occasion to criticize me in front of the other employees." With a sigh, Pauline adds that she feels all of this is "just her karma."

Obviously, Pauline views karma as something she must endure and just accept. However, the way in which she describes her life story suggests that the issue is ultimately about her

feelings of self-worth and self-esteem. Contrary to Pauline's assumption about karma, the life events she's experiencing are not intended as a punishing lesson, forcing her to endure humiliating rebukes; instead, the perspective of the Cayce material suggests that Pauline is encountering the very same experience again and again until she makes a change within herself! This perspective finds a parallel, by the way, in modern therapy for recurrent nightmares, which are now treated as a developmental blockage. The working assumption is that the person experiences repeated dreamtime exposures to a threatening situation in an attempt to stimulate an alternative, more constructive response from the dreamer. When therapy finally inspires such a shift in the patient's awareness of response alternatives, the nightmare ceases. Applying that thinking to Pauline's "karmic situation," the challenge she faces lies not in what other people say to her, but instead in transforming what she thinks of herself! Upon questioning, Pauline admits that she has very little self-worth. Perhaps Pauline initiated this self-esteem issue by extreme self-criticism in a past life, and her "karma" is ultimately to face and overcome her own personal criticism. As all our life experiences are purposeful, hers seem designed to enable her to finally work through her negative thoughts about herself. Once Pauline is able to do this she will ultimately no longer perceive herself as being surrounded by individuals who seem to think as little of her as she does.

Cayce once gave an analogy to explain how karma might best be understood. He stated that it was very similar to the body's own assimilation process. In the same way that the body takes in food, then breaks it down for assimilation, giving the body either strength or discomfort, the individual assimilates and addresses karmic patterns from the past from life experiences it draws to self in the present.

In the case of positive karma, these memories come to the forefront as life experiences stimulate the reawakening of these assets. Examples would include resuming a positive relationship with a loved one and the rebirth of personal talents and aptitudes the soul self has formerly mastered. Cayce frequently described an individual's past-life talents and abilities and discussed how those abilities came back into the present. In other words, if a person had a talent with music, or child-rearing, or communication, or the law, or government, or compassion—regardless of what that talent or ability was—those skills remained evident in the present as part of the soul's awareness. From this premise, the stories of child prodigies suddenly make sense! It's not that any individual somehow appears in life with extreme talents that are impossible to understand; instead, we take our talents and abilities with us. According to Edgar Cayce's readings on himself, it was actually this aspect of positive karmic memory that had enabled him to be born with such a heightened sense of psychic ability—it was something he had worked with, developed, and ultimately mastered in the past.

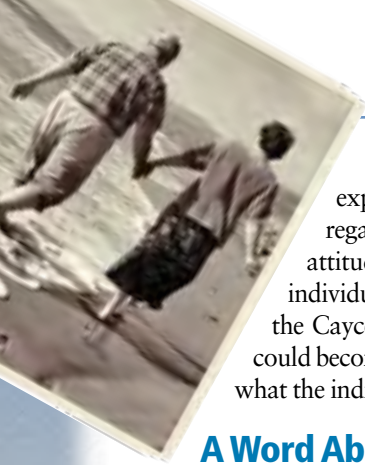
Negative karmic memory can include such things as unresolved anger, biases, animosities, addictions, and other unresolved attachments that prevent the soul from experiencing wholeness within itself. These memories must be faced and resolved, essentially creating a change in consciousness or an expanded personal awareness. For example, the memory of addictive patterns might be reawakened with the very first cigarette or the very first glass of beer. How the individual deals with that reawakened memory in the present will determine a portion of his or her life experience. It is important to point out that even "negative" karmic memories are not inherently bad or good; they are only memories. The dynamics of whether or not the memories lead to more positive or more negative experiences on the soul's learning agenda remain a matter of free will. In Cayce's own life experience he stated that the reason he had to go to sleep each and every time he gave a reading was that in a former lifetime he had misused his psychic ability for selfish pursuits. Although the psychic talent remained a part of his soul self, this time around as a means of overcoming that former selfishness he had to "set self aside" by going to sleep every time he gave a reading.

To be sure, both positive and negative karmic memory can affect relationships and experiences in the present; however, free will remains the strongest component in determining how an individual actually deals with his or her reservoir of memory. In fact, on one occasion Cayce told a 47-year-old woman that ultimately the course of her life



Karma is neither a debt nor a limitation. It's an activated, energized soul memory.





experiences would depend upon how she utilized her free will in regard to her karmic memory. For each individual it is actually the attitude and the will that becomes the greatest determinant in an individual's life rather than karma. It was this dynamic that prompted the Cayce readings to frequently use the phrase that life's experiences could become either stepping-stones or stumbling blocks depending upon what the individual did with those experiences.

A Word About Grace

Although it is a subject onto itself, it is important to briefly mention the concept of grace that permeates the Cayce information on soul growth. On one hand, karma can sometimes be equated with the Old Testament equivalent of “an eye for an eye” or the scientific principle that for every action there is an equal and opposite reaction. Without the intended change in consciousness or an expanded personal awareness the precision of karmic memory can come in to play in a “payback” kind of way. For example, you cheat me out of \$10 in this life and therefore I am going to cheat you out of \$10 in the next—just so you'll “know how it feels!” Although that type of exchange certainly expresses the eye-for-an-eye understanding of karma, it is not actually in keeping with karma's principal goal of expanding awareness. The reality of grace is ultimately the possibility of spiritual inspiration—of expanding consciousness without having to undergo actual reciprocating experiences. It is possible to have a change in consciousness and expand personal awareness without confronting in experience the specific consequences of the karmic memory that has been created within the self. That possibility is the operation of grace. In other words, personal attunement and my own growth in consciousness could pull together life experiences that enable me to understand that taking someone's \$10 falls short of the mark. Through grace, I could gain that awareness without having to undergo the actual experience. Both karma and grace are vehicles for the expansion of personal consciousness.

Another component of Cayce's unique contribution to better understanding the reservoir of karmic memory is the notion that it is just as easy to reawaken and energize a negative karmic memory as it is a positive one. It is for this very reason that he recommended setting a spiritual ideal. As each individual focuses upon cultivating the very best that she or he possesses within self, negative karmic memory patterns can be eradicated and replaced with more positive approaches that can help to facilitate personal wholeness.

A final example of how karmic memory can unconsciously affect an individual in the present is evidenced in the case of Max and Judy and their son, Mike. As Max and Judy tell the story, when their son was a year old, on about a dozen occasions the baby awoke in the middle of the night, pulled himself up the bars of his crib, and threw himself to the floor—a distance of more than four feet! Once he hit the floor, Mike would begin crying and Max and Judy upon hearing the commotion would run to his aid. This happened so frequently without apparent cause that both parents believed their son was either going to break a bone or become seriously injured. Not knowing what else to do, one evening Judy decided to see if she could somehow “tune into” or even “imagine” what it was that her son was experiencing.

As Judy sat in the chair next to the boy's crib, the image came to mind that she was in France many hundreds of years ago. (The scene made sense to her because during her pregnancy she had seen the image of a 17th century Frenchman walking out of the nursery.) In her mind's eye, she saw Mike, who was a grown man in the scene, being arrested for something he did not do. Although he repeatedly proclaimed his innocence and put up quite a struggle in the process, he was thrown into a large wooden barred cage and then carted off with horses pulling the wagon. It became instantly clear to Judy that whenever Mike awoke in the middle of the night he was connecting the bars of his crib with the bars of that long-ago cage. When Max heard the story, he took the walls of the crib down and made it into a day bed. The result was that Mike never again threw himself out of bed. Even if the child awoke, he simply went back to sleep.

Ultimately, we may need to reconsider the definition that has long been applied to

the subject of karma. It is not a debt and it is not a punishment. Karma is simply an interactive, energetic memory that the soul draws upon while dealing with experiences and relationships in the present. Positive karmic memories can be helpful in reawakening personal talents and abilities. Negative karmic memories often call for a change in personal consciousness or an expansion of awareness. Karmic memories can definitely influence and shape our actions and response patterns but only to the extent that we allow them to. Nothing about our lives and our life experience is destined or set in stone. In actuality, life is an unfolding process of growth and development connected to experiences and relationships that are a portion of the soul's ultimate journey toward personal wholeness. Those experiences are not out to get us or set in place to somehow punish us, rather they are simply portions of a learning agenda designed to expand the soul consciousness. 📖

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 will present two eGroups, **Develop Your Psychic Ability** Apr 24-May 21, and **The Spiritual Applications of Self-Hypnosis** July 17-Aug 13. For more info, call 800-428-1512, ext. 7173 or visit EdgarCayce.org/egroups. 🎧

Join Kevin Todeschi at A.R.E. Headquarters on August 10 at the presentation of **Edgar Cayce on Your Vibrations and Soul Growth with Kevin Todeschi**. Special low price—A.R.E. members pay just \$49! Visit EdgarCayce.org/conferences or call 800-333-4499. 🎧

Remembering Heaven



I had been taught in Sunday School about heaven as an *end time*, but now I was beginning to think of it as a *present reality*, as close to me as my breathing.



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.

I HAVE NEVER DOUBTED THE authenticity of Near-Death Experiences (NDEs). Decades ago I was moved by the experiences of Dr. George Ritchie and Raymond Moody. When I recently heard the neurosurgeon, Dr. Eben Alexander, talk about his NDE and read his book (*Proof of Heaven*, which I highly recommend), I was assured again of heaven's accessibility for each and every one of us.

I had been taught in Sunday School about heaven as an *end time*, but now I was beginning to think of it as a *present reality*, as close to me as my breathing.

How could I doubt the truth of heaven as a present reality? At age 23 I sat in a room with Edgar Cayce as he gave a reading. Hearing that quiet voice so in tune with some beautiful far-away source (I thought then), and listening to that message of hope and healing, I said to myself, Oh, dear God, I must be in heaven! The atmosphere here is so breathtakingly holy, God must be in this room!

Then I remembered another moment of God's heavenly presence. I recalled the charged atmosphere I felt as I walked into the vault for the first time to file correspondence or a typed-up reading. As I entered that long dimly lit room in the addition built onto Edgar's and Gertrude's home on Arctic Circle and 14th Street, where Harmon and I worked with the Cayces and Gladys, I felt as though I was entering a cathedral. How many healings in those files? How many lives changed? How much hope given to people with none? How much love given by Edgar as he lay still on that couch? How much compassion as Gertrude stayed composed and focused as she gave the instructions Edgar needed? How much earnest concern did Gladys show with her stenographic skills and her daily loving presence?

Then I remembered something else. When Harmon and I came to Virginia Beach in 1943, I had a full scholarship at the Chicago Musical College, studying with the most coveted piano teacher in the area and I had expected to teach in one of the best music schools in the country or become a concert pianist. I never dreamed that Edgar's reading for me would say anything different. But it did. He said, "Do make the home the career for this is the greatest career


there is in the earth, and those who shun same will have much yet to answer for. Then make thy home as a shadow of the heavenly home." (5070-1)

I yearned for the time when our home would be filled with a heavenly fragrance, but we moved every few years and there were always boxes unpacked, new schools to attend, new friends to be made, and much anxiety over being unsettled and often broke. It was hard to create a peaceful, heavenly environment amidst that turmoil. Edgar's beautiful picture of the soul and its journey kept me sane and plugging on.

The prophet Isaiah's image of the "peaceable Kingdom" was a picture of heaven on Earth. He said in essence that a time would come when the inhabitants of Earth "would not hurt or destroy on all God's holy mountain, and the earth would be as full of the Lord as the waters covering the sea."

Eben is a scientist who believed before his NDE that consciousness came entirely from the brain. After a short time of being seriously ill with a rare strain of meningitis, he was pronounced brain-dead for seven days, but his journey past death taught him that consciousness does not come from the human brain. Cayce said, "Thy *brain* is not thy mind, it is that which is used by thy mind!" (826-11)

After our nine months with the Cayces, Harmon and I felt that to sing with the world-famous St. Olaf College choir would be the only way to fully absorb that special experience. The founder of the choir, F. Melius Christensen, had once listened to a top his children were spinning and heard the loveliest sound he had ever heard—a beautiful, clear, balanced chord. He had decided then and there that he would direct a choir someday that would sing that chord perfectly in unison. It meant that his group of singers would have to become one with him and the other choir members. It was an ideal of oneness which matched the oneness with God that Cayce had talked about.

We don't have to be struck down by a terrible accident or illness to experience the equivalent of a near-death experience. We can become still, and remember the heavenly bliss that exists inside of us and all around us. 



Atlantic University

Begin Your Next Journey Today

A Life-Transforming Experience

By Jesse Fister

I remember how the stained ceiling sagged under the scuttle of many mouse feet those lonely nights, a cheap and porous tile bowing even to so slight a weight. Alone in a small town in middle-Texas, I lie down again; heartbroken, I inhale and expel the saturated sins of many before me—the worst residues of what faithful smokers could abandon. An older man—business owner and father, he confesses—comes strung out and wandering to my door. I mistake him for a fellow renter, until he asks if I seek a night's company.

Hardly my worst experience of late. This night, as I lie in relative silence, my mind is no less aware of the small pocket pistol I keep nearby—this hotel not holding the cleanest of records, in terms of murders. Last week a man was so 'coked' the next room over, I slept only in spurts as he repeatedly dialed an ex-lover to scream profanities. Not long prior, a girl I had begun to love finally terminated a month of unexplained silence with a heed to "repent and find the true God!" No matter that we had never had a conversation about our beliefs. My heart wracks itself to hold out a little longer. As my thoughts begin to settle out for the evening, memories grip me: smiling with her; the nostalgia of life in the comfort of my parents' distant world; the happy forgotten vestiges of my childhood in the church; and backwards toward much happier times of love and support, times ripe with care and sincerity.

It seems funny, looking back, that I was reading Jack Kornfield's *A Path with Heart*, too desperate to wait for my first graduate-level class with Atlantic University to begin: *Introduction to Transpersonal Studies*. As water over my weary soul, the words of this American-Buddhist author sang straight to the dry, pulled fibers of my enduring heart. I knew of this path.

Montana was my world, but here I was: a wandering street-salesman in a harsh and distant land, no ruby slippers to click together. I hadn't ventured this far without reason. I had simply followed my heart. No need for Joseph Campbell to compare this stage of my journey to the Mos Eisley Cantina of George Lucas's mandala [the Star Wars films]. I was living it.

Mind you, I doubted. I had been recently torn by dying options down the petering tail of a trail I had valiantly pioneered. And there wasn't much, if anything, to fall back on. The church, once my cradle and home, now ignored my honesty about a sincere search for truth and potent mystical experiences. Out of generosity perhaps, any confessions I offered were attributed to psychosomatic dysfunction of my person, rather than any heretical direction. *Surely the pastor's son couldn't really mean all that.*

Months before, in a strange twist of potential, a new path had begun unfolding. I knew nothing of the "Sleeping Prophet" Edgar Cayce, or of *any* university offering a non-sectarian, scientifically-based degree on spirituality. I had never even seen the East Coast. It was an idle Google™ inquiry that landed me at the cyber-door of Atlantic University, seeking both understanding of my unusual experiences and a means of relating them to my world. My path was turning.

My application was quickly accepted.

Although AU hosts a nationally accredited graduate program, no GRE is required—a major relief to someone like me with a capacity for master's-level work but a dysfunctional classroom-math background. The application involves an essay about your history, a bachelor's degree, and \$50. Once accepted, I chose the four-year pace, with a locked-in tuition rate and deferred payments every semester. My heart came to life in anticipation.

It scared me too. In prayer I sought direction. To accept this path, I might be forced to abandon the social camouflage I had mastered so seamlessly amidst the fundamentalist communities I came from. This included home in Montana, where my family still clung fiercely to the church-world my Grandfather set in motion many decades prior. Camouflage had meant survival. But now, as the exploration of my faith blossomed into a living journey of its own, I could no longer hide.

I struggled with this, seeking understanding. The answer came by night, in a vivid dream I remember today of a grand

world dappled with dangers and mythical creatures of all types and sizes. Here, I joined a small team of intuitives who worked harmoniously to traverse the treacherous depths and spans of this beautiful and hostile planet. Particularly catching my interest, the pilot navigated the craft with no windows or need of vision, rather deftly following course and averting catastrophe by *feel*. The pilot flew by *feel*.

These fantastic metaphors spoke clearly to me: to trust my heart and learn to follow it on a dime, sensing my way past every turn and danger on my path. Like the adventurous group of intuitives I joined that night in my dream, I soon stepped into a small classroom where we would weekly discuss various and specific aspects of spirituality—from the vantages of experience, science, and theory, toward common goals like group dialogue, peacemaking, and the observable effects of regularly practicing silence.

Dreams do have meaning, and in fact, have been hugely influential over the course of human history. We learned this in *The Inner Life*, my second class. Here, we focused on something I never imagined any graduate program could promote: personal wellbeing and transformation. What other collegiate program can offer that? My path was quickly turning under my feet, even as I found myself in the then-searing-hot desert of an Arizona summer, my condition markedly improved.

By the time the third semester rolled around, I was in a new relationship. The same week as I signed up for my next course, *Spiritual Crisis*, the girl who would become my wife one year later confided to me having the condition of Bipolar 1 disorder—a mental health malady of the most severe degree. *Spiritual Crisis* taught me of the empirically observable relationship between many mental health disorders and processes of spiritual emergence. I could accept my wife as someone who held a doubled-edged gift of deep spiritual magnitude. My own strange mystical experiences and socially aberrant choices began to gain illumination within a comprehensive, even scientific framework. *Spiritual Crisis with Psychotic Features*, a label from Western psychology's core diagnostic manual, *the DSM-IV*, seemed to encapsulate my own brief bouts with homelessness, EHEs (extraordinary human experiences), and some delusional frames of reference (which I now attribute to physical ill-health).

Despite what I was learning, the hard material world carried on beneath my feet, this time when my then-fiancée had a major medical crisis. Now, from northern Arizona, I carried out the first course of my specific study-track, *Introduction to Leadership and Conflict Transformation*. This track was fitting me like a fine glove, offering me the sensation that someone

had hand-woven the program specifically for me. Again and again, I would feel this way as I did my week's work and was uplifted by its contents. Leadership studies began to prepare me to become a leader and peacemaker in my community, wherever I might end up.

Listening and Dialogue offered skills like active listening without bias or ambition, so that I learned to actually hear and sense someone's complete message. Learning to identify non-listening behaviors did miracles for my ability to clearly understand someone else's point of view. Even agreeing or disagreeing with someone, I found, meant I might have missed something essential in dialogue. What would the world look like if skilled and sincere dialogue were the norm for individuals, families, businesses, and communities, we were asked. I couldn't envision the answer myself.

One fear I faced with Atlantic University was that a master's degree in Transpersonal Studies would not lead to an explicit career. I don't know of any employers who actively seek students exploring spirituality, albeit within a scientific context. But listening to my heart, I know, means that success does not always come from traversing the hard-packed roads so commonly trod. The complexities of the modern world demand that a person play to their strengths to succeed, and mine lie with the heart and the spirit.

The first success came even before my half-way mark, when I was recruited for a managerial position for a local, family-oriented gymnastics company in my hometown. Wages were 40% higher than with any previous employment. The direction of my studies drew me to work concerned even with the quality of experience for their employees. Following the heart means boldly forgoing many opportunities that might end up being unwholesome or repressing.

My experience with AU has been nothing short of transformative. The quality of my life has been enhanced. This is a course of study which weekly realigns me with higher spiritual ideals and promotes principles of wholeness and virtue in every aspect of work and life. If this program

Continued on page 46



Jesse Fister is a second-year graduate student of Atlantic University studying Transpersonal Studies with an emphasis in Leadership and Conflict Transformation. He is 25, and lives in Missoula, Montana, with his wife Ashley. He aspires for certification in the prestigious Pilates system of Romana Kryzanowska and to become a teacher of integral living, covering movement and diet, neo-traditional living skills, wellbeing, and spirituality in the context of nature and the modern world. Visit his sprouting blog on nature, being, way at kinnat.org.

Life-Transforming, continued from page 45

were any different, I might skip material or forgo some parts of it, but master's-level work requires involvement, which makes it an effective transformative practice in itself, setting into motion lasting change through consistent practice for the benefit of my entire being.

The mentors at AU care about their work, and since their hearts are about it, they come to it present, engaged, and concerned with students. I am proud of the professional approach the curriculum upholds and am repeatedly impressed by the program. Because scientific and professional standards are maintained, even concerning the sometimes vague topics of spirituality, I can present spiritual ideals to the secular world in a way that is both nutritious and palatable—as when I successfully taught meditation to troubled kids within the world of social work. They actually loved it!

I cannot say that AU is for everyone, though I believe anyone could benefit by it. I personally recommend it for those seeking their path and who feel inspired by this, or for anyone wishing to enhance their personal inner well-being in confluence with the realities of our modern, material world.

I have learned to trust my heart, and my heart led me to Atlantic University. AU has inspired me to uphold this into the everyday world. For example, yesterday, my place of work officially closed the leadership position I had grown content in. Two weeks' stipend out of gratitude, and heart-felt closure, mean that this path no longer goes forward. Again centered in the harsh sensations of the unexpected, with no clear or visible direction, I am unshaken. I move just as swiftly to a place of quietude within myself, to a deep spring of stillness I have learned to trust and heed. Like a well-trained follower of inner guidance, I wait in easy readiness for wherever this dance leads. What could have transpired as trauma, I will once again make transformative instead. The values and principles of this coursework have helped me to remember that I can follow my heart—confident in a grander design—guiding me on my way. ▲

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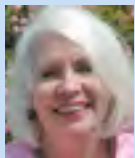
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Who wouldn't love to have their own genie in a bottle to answer the pressing questions that occupy our minds?



Finding Your Genie in a Bottle— Attuning to Higher Consciousness

BY SUZANNE GIESEMANN

MY HUSBAND AND I WALKED past a row of TV sets in an electronics store the other day. He stopped abruptly when he saw Christina Aguilera dancing to some song about a genie in a bottle. I seriously doubt that he was drawn in by the lyrics, but my mind drifted to musing about the main theme of the song. Who wouldn't love to have their own genie in a bottle to answer the pressing questions that occupy our minds?

As a medium, I'm well aware that many people wander about in search of guidance. It's only been a few years that folks have come to me to hear from their loved ones on the other side, but it still surprises me how many are just as interested in getting personal advice as they are in communicating with their deceased family members. To some, a reading with a psychic medium is like a private session with a genie in a bottle. There's nothing wrong with this. We're used to going to professionals for advice. What most people don't realize is that each of us is innately endowed with the ability to tune into that guidance ourselves.

People flocked to Edgar Cayce for the stunningly accurate answers he gave to their most pressing questions, yet in a trance state Cayce confirmed that we all have the same ability as he. When asked by one person about their purpose in life—the most-often asked question of psychics—Cayce said

that “each soul must of itself *find* the answer within self. For indeed the body is the temple of the living God.” (69-4)

This living God, the One Mind of which we are a part, speaks to all of us all the time. When asked with intention, the answers come. When trusted, the guidance is unerring. The Voice is often quite subtle and can easily be mistaken for one's imagination, but as a very wise person once said, “*How else would God speak to you, if not through your imagination?*”

The experience of attunement to higher consciousness came naturally to Edgar Cayce. Over the years he was often asked about the source of the information he produced. He was unable to provide an answer while in his conscious state, but while attuned to higher consciousness he explained that the soul entity [of Edgar Cayce] had developed the ability to lay aside the physical consciousness and move in time and space. (294-142)

The ability to do so can be learned. Take it from this former career Navy officer who now brings through verifiable evidence from the consciousness of so-called dead people. I had no idea I had this ability until I discovered it in the fourth decade of my life. Now I know beyond question that you don't become a spirit when you die. You are spirit here and now. The physical parts of you are not the real you. It only appears that way because that's where you place your

consciousness. Paradoxically, it is that very consciousness that is the real you.

Consciousness has no beginning and no end. It is *eternal*. Consciousness is in every living thing, from one-celled organisms to plants, animals, and humans. It is *omnipresent*. Quantum physics has proven that everything exists in a field of all possibilities until observed by consciousness; therefore consciousness is creative. Because it is the source of all awareness, consciousness is *all-knowing*.

We most often attribute these qualities to a power outside ourselves, but when we focus on our inner world and become aware of our “*I Am-ness*,” we understand that these qualities belong to us as well. We, as individuals, are a focus of this greater Consciousness, the living God of which Cayce spoke. In this physical dimension, we call that focus “Mary” or “John.” Take away the labels, the personalities, and the individual beliefs—something we can do in the silence of meditation—and there we experience our true nature.

We can deliberately access other states of consciousness in the dream state and through hypnosis or meditation. It is then—when we transcend the limitations of ordinary awareness—that we open ourselves to higher levels of creativity, insight, inspiration, guidance, and wisdom. Some of the world's greatest discoveries have come into being by deliberately attuning to higher



The genie is not inside a bottle. It lies within your consciousness.

levels of reality. Albert Einstein said: “No problem can be solved from the same level of consciousness that created it.” Imagine what kind of problems we could solve and what kind of creativity could be unleashed, on a personal as well as a global level, if more people purposely attuned to higher levels of consciousness on a regular basis.

Those who come to understand that we all contain this same essence are often referred to as “illuminated” or “enlightened,” but this awareness is not limited to a few select beings. It is possible for anyone to enter into and experience the deeper states of consciousness that lead not just to the answers we seek, but to an understanding of our essential oneness. This is nothing short of transformational.

The keys to self-transformation, to a level of attunement that will eradicate the need to search outside of yourself for answers, are these:

- **Believe that higher consciousness exists and that you are connected with it.** Just as a wave is an integral and inseparable aspect of the ocean, you are an integral and inseparable part of the sea of consciousness in which you are immersed. If you see yourself as merely a brain with a body, separate and apart from the Source of the answers you seek, you cut yourself off from that very Source.

- **Train your mind to be still.** It can be challenging to distinguish the subtle Voice of the higher self amid the constant chatter of your human brain. It takes discipline to quiet the conscious mind through meditation on a regular basis, but this is critical to perceiving the more subtle vibrations of the unseen dimension. Mystic Joel Goldsmith said, “Closing your eyes to meditate is stepping into a corridor and standing before a door to another reality that is always there.” When you couple the belief that another reality exists, with the discipline of regular meditation, you have opened the door.

- **Clear all energy blockages.** Every thought and emotion carries its own energy—its own vibrational frequency. We take in nega-

tive vibrations throughout the day from our own thoughts, from the energy radiated by those around us, and even from our dreams. Cayce addressed how these hold us back from attuning to the highest consciousness, the Christ Consciousness within each of us, saying, “...because there are disturbances of a physical, material or mental nature, one oft doubts, and fears arise. These beget those influences that prevent the proper attunement.” (69-4)

So, how do you raise your personal vibration? Be aware of the thoughts and beliefs that run through your mind and upgrade them as necessary. Pay attention to your body’s signals. If you are feeling lethargic, ill at ease, irritable, and disconnected, your energy field is likely clogged. There are a variety of ways to clear the blockages. One of the best is to:

- **Open your heart.** When the goal is expanded consciousness, consciously expressing joy and love is the means to get there. It takes deliberate intent to rise above the dense vibrations of the physical world. Edgar Cayce advised, “Keep the heart singing. Keep the face toward the light, keeping self in attune to that Oneness...” (39-4)

- **Shift your focus.** Where you place your consciousness becomes your reality. We reside in the physical and non-physical realms simultaneously. Unfortunately, as children, somewhere between the “terrible twos” (a time when we take on the belief that we are separate individuals), and around age five, we forget our true nature as spirit-beings temporarily in a physical body. Our focus becomes firmly rooted in the physical world.

Your consciousness does not reside in the brain. Your consciousness is everywhere at once, in the non-local realm of no-time and no-space. You can regain access to your true home by consciously expanding your consciousness with the breath, then shifting your focus to a location beyond the limits of the physical body. I recommend a spot about one foot above the skull. Go there often.

The genie is not inside a bottle. It lies within your consciousness. How do you know if you can trust the genie’s voice? Cayce said that psychic information “... may only be judged by the application of same in the experience of the individual.” (5752-5) With this, he is telling you to act on what you hear, and if the guidance is truly from a higher source, your experience will speak for itself.

To experience a life that is God-guided—one in which you no longer feel the need to look outside yourself for answers—be still. Take a deep breath. Shift your focus, listen, and trust the still, small Voice within.

After a lifetime of left-brain living, I have learned to do just that. The result is a sense of inner peace, joy, and unerring guidance—available to all of us—including these words, which I received as a mere whisper in the silence:

*Sit quietly and ask to know the world
beyond yourself*

*And then to you will come a sense of
treasure beyond wealth.*

*For now, relax and trust our words as
your reality expands.*

*For trust is what this path you’re on so
frequently demands.*

*A greater sense of knowingness will be
your great reward.*

*For stepping out and trusting, God’s
bright light you’re drawn toward.* 📖

ABOUT THE AUTHOR



SUZANNE GIESEMANN (Cmdr., USN, Ret.) is an inspirational speaker, metaphysical teacher, and author of nine books. Her memoir, *Messages of Hope*, tells of her unexpected transition from her distinguished military career to her current work as an evidential psychic medium. For more about Suzanne, visit LoveAtTheCenter.com and her daily blog of spirit-given guidance at SanayaSays.com.

Suzanne Giesemann will speak at the A.R.E. conference **Our Soul Life: Near Death, Afterlife, Life Between Lives, and Reincarnation**, May 17-19, at A.R.E. Headquarters. For details, go to EdgarCayce.org/conferences or call 800-333-4499.

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Donations from these 552 members provided 90% of all funds donated toward the programs of the A.R.E., Edgar Cayce Foundation, and Atlantic University in 2012. Without our donors, this life-changing work would not be possible. We treasure your support at every level. **Thank you.**

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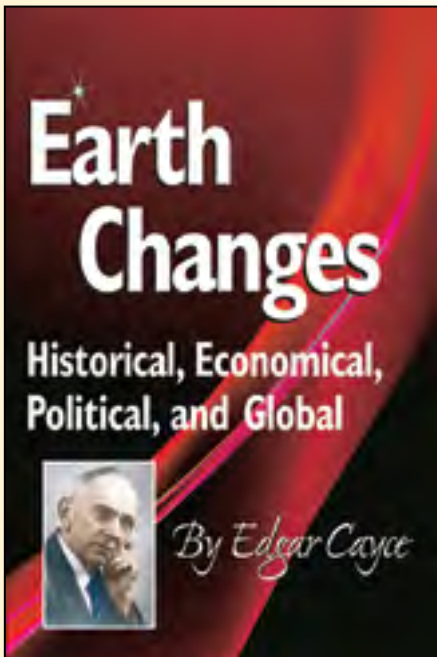
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Patti Snell
M. Teresa Soru
Sally Spencer
Mary Stafford
Margaret Stahala
Viorica Staniskausky
Ruth Starr*
B. A. and Fran Stewart
John Stickler
Richard Stone
Sylvia Strickland
Doug and Ida Stringfellow
Julie Sullivan*
Pat Sullivan
Leo Sveiikauskas
Grace Tazewell
Nicholas Teekman
Eugenia Than
Jeycea Thompson
Betty Tice
Willis Topping
Frank and Virginia Unterberger
Frieda and Milton Utley
Fred and Sally Valongo
John Van Auken*
Linda Van Dyck
Paul Vannoy
Brice Verdier
Song Videtta
Elaine Viguere
Lorelle Vowler
Elnora Wade
Susan Walker
Carolyn Ward
Marianna Ward
Dorothea Ward
Phyllis Wassenberg
Carol Weed
Ralph* and Joan Weiler*
Patricia Weiss*
Jennifer Welham
Diane West
John Wheeler and Thelma Wheeler
Clark Wicker*
John Williams
James Wilson
Steve and Pollyanne Wilson
Jonathan Wilson
Gene and Carol Windy
Birgit Wise
Carl Jean Withee
Mary and Geoffrey Wold
Karen Wright
Beulah Wuostenfeld
John Yamamoto
Peggy Young
Grace Yuksek
Richard Zachrich
Franz and Ria Zimmer

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.
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Earth Changes: Historical, Economical, Political, and Global By Edgar Cayce

A.R.E. Press • 160 pages, paperback • Item #664 \$15.95



Excerpt from Chapter 3: “Changes for the Future”

Reading 2746-2; November 11, 1943
[Background: Reading given to a 31-year-old male who inquired about the safety of Norfolk, VA.]

(Q) *In view of the uncertainty of existing conditions, did I act wisely in establishing my home in Norfolk?*

(A) It's a mighty good place, and a safe place when turmoils are to arise; though it may appear that it may be in the line of those areas to rise, while many a higher land will sink. This is a good area to stick to.

(Q) *Where should I buy a home?*

(A) Anywhere in the area of what may be called the Tidewater section.

Reading 282-3; September 8, 1931
[Background: Reading given to a 25-year-old male that suggested there is a cyclical economic depression/down-turn that occurs every 24-25 years in the economy.]

(Q) *When will be the peak of the next period of general business prosperity, and the bottom of the next period of general business depression?*

(A) As the cycles come and go, these may be judged much for the future as they have been in the past. There is, as has been seen, (those general periods—going back, as we find) the

greatest *Depression* as arose from *ordinary* causes (Those in the present are *out* of the ordinary, for they are the *combinations* of both wrath, oppression and *sin*), in the one nearer akin, as we find, in 1907. Hence a cycle seen—this, then, of the greater next depression, would be another cycle, or a seven (7), which comprises—as is seen—near to twenty-four to twenty-five (24 to 25) years. This, you see, makes the *combination* of peak made—oppression or depression, also of business.

Reading 5398-1; August 24, 1944
[Background: Life reading given to parents of a newborn, 10-week-old male.]

Does mankind consider he is indeed his brother's keeper? And this is the manner in which man may answer the question. There will be no want in bread for mankind when mankind eventually realizes he is indeed his brother's keeper. For the earth is the Lord's and the fullness thereof, and the bounty in one land is lent to man to give his brother. Who is his brother? Our Father—then each of every land, of every color, of every creed is brother of those who seek the Father, God. This instill as ye interpret. Be faithful to the trust given thee.

Reading 2780-3; December 11, 1943
[Background: Life reading given to the mother of a 10-year-old male.]

Let that rather be thy watchword, “I am my brother's keeper.” Who is thy brother? Whoever, wherever he is, that bears the imprint of the Maker in the earth, be he black, white, gray or grizzled, be he young, be he Hottentot, or on the throne or in the president's chair. All that are in the earth today are thy brothers. Those that have gradually forgotten God entirely have been eliminated, and there has come—now—and will come at the close of this next year—the period when there will be no part of the globe where man has not had the opportunity to hear, “The Lord He is God.”

And, as has been indicated, when this period has been accomplished, then the new era, the

new age, is to begin. Will ye have a part of it, or will ye let it pass by and be merely a hanger-on, or one upon whom your brother—the Lord, thy Christ—may depend?

Remember, He has given thee father, mother, home, opportunity, possibilities that are within thine own grasp now. And the meanest, the littlest man in the world is one who is unappreciative of what has been done, what is being done. That is why man, when he forsakes God feels so low, becomes so little in his own sight.

So think on these things, and begin where the light begins—and that is within thine own heart and mind, as ye read, as ye study, as ye talk with the Lord of thy heart. Who is thy Lord? He that made heaven and earth, He that walked among men, He that said “Come to me,” He that gave “If ye open your heart, your mind, I will walk and talk with thee.”

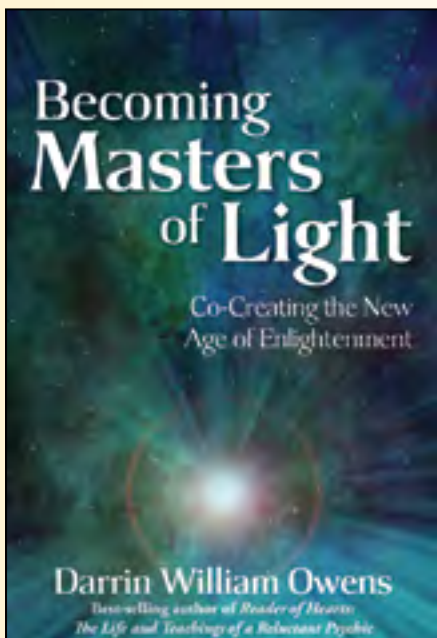
Or is it self, that ye may be a little bit better, a little bit bigger, a little bit saucier, yes, a little bit better to cuss this or that? No! He that is the Maker, the Creator, to whom the whole world has been given! He asks and entrusts to thee thy place to be fulfilled by thee to His glory, His honor, and then will there be peace, harmony, happiness in thy life experience throughout. 🌊



EDGAR CAYCE (pronounced Kay-Cee, 1877-1945) has been called the “sleeping prophet,” the “father of holistic medicine,” and the most documented psychic

of the 20th century. For more than 40 years of his adult life, Cayce gave psychic “readings” to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come.

Available through our catalog; see page C-2 or visit ARECatalog.com. A.R.E. members receive a 20% discount.



Becoming Masters of Light Co-Creating the New Age of Enlightenment By Darrin William Owens

4th Dimension Press • 96 pages, paperback • Item #117 \$12.95



Excerpt from the Chapter "Invoking the Sacred for Spiritual Cleansing and Protection"

How do you keep your energy high, banishing any negative energy that might be affecting you? The first line of defense is learning to keep your thoughts and emotions in check. Always do your best to catch your thoughts when they are directed by fear. Notice them, and re-think them into more loving perspectives. You are always the director of how you think and perceive the world. Thoughts are truly things, as you have read so far. The purpose of this entire book and its teachings is to support you as you rebuild and reinforce your strong, inner landscape where only love resides. Second, build your meditation and prayer life into a daily practice. The more you exercise your spiritual bodies with love, the stronger they become. Know that by living your life from the spiritual power within, you are always protected and blessed by the light and presence of the Divine. It's only in the forgetting of our divine natures that we open a door to our own self-induced negativity. It's only in the prolonging of our unconscious reality by the choices we make that we digress even further to invite outside negativity, as well. Fear and Love always rest on your power of choice.

I have always found prayer and invocation to be the best remedy for switching gears from fear to love. When you are feeling low in energy and not in harmony with your spirit, a simple affirmative prayer may open your mind and heart to catch the thoughts of God. When you are having

a disappointing day and thinking loving thoughts seems to be a chore, just ask the Holy Spirit to help you open to her presence. Here is a lovely, prayerful affirmation that I like to use during those frustrating moments:

Divine Love, be in my thoughts. Divine Love, be in my words. Divine Love, be in my actions—today and every day. I am Divine Love.

See? It's simple. A few words with the intent of Divine Love behind them can change everything. We can take our power back by not reacting to people who indulge in their own self-pity or negativity. We can walk away from them or maintain our spiritual armor so that we are not affected by anything they say. We are powerful. There is great truth in the affirmation from the Unity Church: "Nothing disturbs the calm peace of my soul." The more we hold tightly to that thought, the less we will draw to us any negative energy. "As within so without," the ancients wisely stated.

Even though you are maintaining the strength of your inner dynamics, you may still come into contact with other energetic entities that may not be so conscious of their own spiritual power. We live in a world that is inhabited by both the living and the dead. There are all sorts of energies—within and out of the body—residing on this planet. Some of them are peaceful beings and some are not as peaceful. Similarly, in everyday life for the living, there are wonderful people and there are also scoundrels. The first thing to remember on the slim chance that you encounter negativity in the energetic form is that *you are a child of the Mother/Father God*. Nothing can harm you when you are standing strong in that truth. You have the *divine power* to dispel negativity and banish it from your personal energy, home, and family. I refer you to the invocations in Chapter 9 to use as needed.

Prayer and invocations are your most powerful tools against negativity, self-induced or otherwise. Invoking the power of God has been used for centuries to ward off evil, with good reason. It works! In this period of the great Shift, it is time to truly learn how to use our spiritual power in the variety of ways that are available to us. I don't want you to think that you are using some sort

of magic spell. You are not calling these spiritual powers from outside of you when you are invoking sacred energy. You are actually calling forth the spiritual powers from within you. The more spiritual self-esteem you have within, the more powerful your prayers will become.

If you are praying without the awareness that you are a child of God, the negativity will magnify your sense of separateness from the Divine. Again, we build strong spiritual foundations in our lives in order to stand firmly in the awareness that we are *gods* within. For example, if you say an affirmation for abundance while you still feel and believe in scarcity, it will cancel itself out. I'm not saying that God won't come to your aid; your spiritual resources always do. But if fear is the prominent emotion, then you are giving authority to fear more than to love. If that's the case, then fear will always play with you like a puppet on a string. You can't serve two masters. The choice is yours. Marianne Williamson explained that when you build your house on sand (fear), it will wash away. When you build your house on rock (love), it will stand. 🌟



DARRIN WILLIAM OWENS is a psychic intuitive/channel and author who discovered his spiritual gifts as a teenager. With more than 17 years of intense research

and spiritual experiences, he has become an acclaimed expert and lecturer in the fields of metaphysics, mysticism, and soul-conscious living.

Darrin Owens will be a featured speaker at **Your Evolutionary Spirituality: Integral Enlightenment as a Roadmap for Evolving Spirit, with Craig Hamilton**, at A.R.E. HQ May 31-June 2, along with Lynn Sparrow Christy and John Van Auken. For details, go to EdgarCayce.org/conferences or call 800-333-4499.



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CALENDAR OF PROGRAMS

APRIL, MAY, JUNE 2013 • EdgarCayce.org/nearyou

ARIZONA

Scottsdale • April 9-10, Jun 18-19
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Lynnie or Rex 480-661-8000
(lynniecarlucci@gmail.com) Note: new email

Tempe
Apr 20
Crayons and Mandalas
Evelyn Cordova
John Depuydt 480-883-3822

May 18
Healing Through Color the Cayce Way
Cherlyn Peavler
John Depuydt 480-883-3822

Tucson • Apr 6-7, Jun 15-16
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Gina 520-490-0680 (equusartgina@gmail.com)

CALIFORNIA

Asilomar • Jul 19-21 ☎
Edgar Cayce on Reincarnation: His Life and Soul Groups, Learning the Lessons Today!
Charles Thomas Cayce/ Sidney Kirkpatrick

Los Angeles • Apr 20
Awakening Your Soul's Voice Workshop
Mary Roach and Dana How
Lisa 310-293-5472 (ARE.LA.team@gmail.com)

Sacramento • Apr 2-4, Jun 11-13
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Yuene Shure 530-219-6831

Santa Monica • Apr 12-14, Jun 21-23
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Wilma Jackson 310-829-1425

COLORADO

Denver • May 4 ☎
Edgar Cayce, His Life and Soul Group, and Their Lessons for Us Today
Sidney Kirkpatrick

FLORIDA

Miami Beach • May 31-Jun 2
Gold Coast Annual Retreat at Deerfield Beach
Sidney Kirkpatrick
Ron Feldheim 305-205-9343
(miamibeachronnie@att.net)

The Villages
Edgar Cayce Film and Discussion Group
Debby Edgerton 352-350-6834
(debbyedgerton@gmail.com) Note: new contact

HAWAII

Island of Kauai • Apr 27
Awakening Your Soul's Voice Workshop
Mary Roach and Dana How
Cheryl 310-721-5050 (AREofCA@gmail.com)

ILLINOIS

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

Des Plaines (Chicago area)
Apr 16-18, Jun 25-27
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com

Apr 20
Energy Medicine: Restoring the Light Body
Denise Furgason and Ellen Selover

LOUISIANA

Covington • Apr 27
Edgar Cayce and the Spirit Testimony of Ancient Peru
Raymond Tarpey
Marlene Duet 985-893-902

MARYLAND

Bethesda • Apr 13
Balance Your Luminous Energy Field and Awaken Intuition: Blending the Shamanic Traditions of Peru with Cayce's Wisdom
Nancy Chrisbaum
Ann Jaffin 240-669-6032 (sjaffin@juno.com)

See West Virginia listing for Shepherdstown Annual Retreat

MASSACHUSETTS

Braintree • Apr 20-22, Jun 29, 30, Jul 1
Spiritual Healing Sessions
Malcolm Smith/malcolmsmithhealer.com
Aantre Kennedy 781-848-8860 or
Betty (bettyp508@aol.com)

Lexington • Apr 20 ☎
Atlantis, Lemuria, Egypt, and More
John Van Auken

Plymouth • 2nd and 4th Friday mornings
Coffee with Cayce
Presentation and group discussion
Betty 508-673-0477 (bettyp508@aol.com) or
Lois 508-880-7588

Quincy • 3rd Saturdays
Monthly Meeting and Program
Elena Allen 781-862-2019 (Lellaall@verizon.net)

MICHIGAN

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

4th Wednesday of each month
Healthy Sleep and Dreamwork Support Group

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

Beginning Apr 2 for six weeks
Intuitive Heart Discovery Process

May 4 ☎
Atlantis, Lemuria, Egypt and More
John Van Auken

MISSOURI

Kansas City • Apr 27 ☎
Edgar Cayce on Your Mind and Soul: The Energy and Opportunity of These Times
Peter Woodbury

MONTANA

Lewistown • May 17-19
Retreat 2013
Dr. Peter Schoeb
Kim and Rory Copeland 406-449-7196
(copelanr2@gmail.com)

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

NEW JERSEY

Woodbridge • Apr 6 ☎

Energy Medicine: Practical Applications and Scientific Proof

C. Norman Shealy, MD, PhD

NEW YORK

New York City

A.R.E. of NY Holistic Center

212-691-7690 or visit edgarcaycenyc.org

Jun 1-5

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

OHIO

Cincinnati area • Apr 27 ☎

Reincarnation Unnecessary

Charles Thomas Cayce, PhD

OKLAHOMA

Southwest Region 512-327-7355

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

OREGON

Portland area • 3rd Saturdays

Mutual Interest Group

Call for upcoming event schedule

Raymond and Nobie Tarpey 503-697-8341

(nobtarpey@yahoo.com)

Lake Oswego • Jun 1

The Heart of Healing: Practical Holistic Living for Today

Dr. Peter Schoeb

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

PENNSYLVANIA

Philadelphia

May 4 ☎

Reincarnation Unnecessary

Charles Thomas Cayce

Jun 7-9

Spiritual Healing Sessions

Malcolm Smith/malcolmsmithhealer.com

Phyllis Vorhauer 484-494-6097

Pittsburgh • Apr 27 ☎

The Key: Unlocking Your Psychic Abilities for Everyday Living

Echo Bodine

SOUTH CAROLINA

North Charleston

Terri Gross (ARE.SouthCarolina@gmail.com)

Apr 8

Meditation Workshop

Dr. A.C. Holler

May 13

Ideals Workshop

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

SOUTH CAROLINA, continued

North Charleston, continued

Jun 10

Channeling Your Psychic Self

Jerry Ingles

TENNESSEE

Memphis • Jun 8 ☎

The Key: Unlocking Your Psychic Abilities for Everyday Living

Echo Bodine

TEXAS

For upcoming events, call Southwest Region

512-327-7355

Houston

Houston A.R.E. Center

713-263-1006 or visit EdgarCayceHouston.org

May 18 ☎

Feng Shui and the Edgar Cayce Readings: Renewing the Energy of Your Life, Home, Body and Soul

Peggy Cross

Continuing Education Workshops given by Cayce/Reilly® School of Massotherapy

Visit EdgarCayce.org/massageschool/continuing-education-houston.aspx

Email: workshops@caycereilly.edu or

call 757-457-7134

Open to all—no prerequisite required

May 11-12

Mind-Body Connections to Disease and Pain

Dr. Annakate Cascio

Jun 8-9

Nutrition from a Naturopath

Dr. Annakate Cascio

Jun 21-23

Daybreak Geriatric Massage

Hunt • Oct 3-6

Texas Fall Retreat

The Story of Our Souls

John Van Auken

Southwest Region 512-327-7355



VIRGINIA

Charlottesville • Apr 27

Living Reincarnation as a Reality

Betty Riley

Joanne DiMaggio 434-242-7348

(are.cville@gmail.com) arecville.org

Rural Retreat

For A.R.E. Camp schedule and activities, see p. 15.

To register, visit EdgarCayce.org/summercamp or call 800-333-4499

Virginia Beach

May 4-10

2013 Wellness and Rejuvenation Retreat Limited Enrollment

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

Jun 21-25

30th Annual Conference of the Int'l Assoc. for the Study of Dreams (IASD)

Presented in cooperation with A.R.E.

Visit asdreams.org/2013/registration

Atlantic University

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

Cayce/Reilly School of Massotherapy Continuing Education Workshops

Open to all—no prerequisite required.

757-457-7134; workshops@EdgarCayce.org.

Partial list of workshops; see EdgarCayce.org/massageschool/ce for complete schedule.

April 6-7

Acupoint Reflexology,™ Level I

April 12-14

Aromatherapy I

April 27-28

Breath and the Chakras

April 27

Reiki I

May 17-19

Cayce/Reilly® Introduction to Massage

June 8-9

Caregivers Reflexology™

June 8-9

Natural® Force Healing

June 15

Reiki I

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

Day Schwartz 804-693-5192

edgarcayceforum.net

VIRGINIA, *continued*

Virginia Beach, *continued*

2013 Life Member Benefit Headquarters Conferences

Call 800-333-4499 to register, visit EdgarCayce.org/conferences, or see p.59 for a list of upcoming conferences.

Open to all, Life Members and a guest may redeem their Life Member pass to attend one of our specially selected Headquarters Conferences at no charge:

May 31-Jun 2: Your Evolutionary Spirituality: Integral Enlightenment as a Roadmap for Your Evolving Spirit with Craig Hamilton

Jun 16-21: 82nd Annual A.R.E. Members Congress

Sept 20-22: Spiritual Breakthrough Retreat: Meditation Techniques for Soul Growth and God Consciousness

Dec 29-31: Annual New Year's Conference: Interpreting Signs Along Your Way: Tools for Understanding, Guidance, and Discovery

Youth Activities at Headquarters:

Jun 17-21

Congress Kids' Program, ages 6-10
This is Me—Seeking Originality, Celebrating Diversity

Patti Day Camp Summer Programs, ages 6-10

Jun 24-28 Star Seekers—Exploring What Lies Beyond Our World

Jul 1-5 Down to Earth—Finding Magic in Nature

Jul 8-12 Proud to Be a Team—Leadership and Cooperation

Jul 15-19 Dare to Dream—Challenging our Bodies-Minds-Souls

To register online, visit EdgarCayce.org/PattiDayCamp or call 800-333-4499

WASHINGTON

Richland • Apr 27 📞

Edgar Cayce on Soul Groups and Soul Mates

Linda Schiller-Hanna

Seabeck • Jun 28-Jul 2 📞

Edgar Cayce on the Evolution of Consciousness

Peter Woodbury

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

WEST VIRGINIA

Shepherdstown • Jun 7-9

ANNUAL RETREAT

Mysteries of the Mind

Gregg Unterberger

Sandi Roberts 301-834-7420

(aremidatlanticretreat@gmail.com)

WISCONSIN

Areheartland.org

West Allis • Apr 27

Energy Medicine: Restoring the Light Body

Denise Furgason and Ellen Selover

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

Whitewater • Jun 7-9

Edgar Cayce's Story of Your Soul

John Van Auken

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

CANADA • EdgarCayceCanada.com

BRITISH COLUMBIA

Comox Valley • Monthly

Metaphysical Exploration Group

Anjali or Norman Thomas 250-338-1690

Nanaimo

1st and 3rd Thursdays

Nanaimo Metaphysical Network

William and Judith Munns 250-753-2110

(nmn05@shaw.ca)

Visit nanaimometaphysicalnetwork.org for the latest event schedule and speakers

Apr 4

The Amethyst Biomat

Anjie Homer and Lucy Taylor

William and Judith Munns 250-753-2110

(nmn05@shaw.ca)

Apr 18

Ascension of the Soul: Workshop Series #8

Leoralea Aquino

May 2

Pilgrimage to the Holy Land

Linda De Beeld

May 16

Ascension of the Soul: Workshop Series #9

Leoralea Aquino

May 25 📞

Ancient Mysteries: Explore Ancient Mysticism, Methods of Enlightenment, and Your Star Traveler Self

All-Day Workshop

John Van Auken

CANADA, *continued*

Nanaimo, *continued*

May 30

Psychic Potluck at Brechin United Church

Jun 6

Exploring Levels of Meditation and Inner Stillness

Anjali and Norman Thomas

Jun 20

Ascension of the Soul: Workshop Series #10

Leoralea Aquino

William and Judith Munns 250-753-2110

(nmn05@shaw.ca)

Vancouver • Monthly

Mutual Interest Group/Movie Night

John Golka 604-736-7762

NEW BRUNSWICK

Sackville • Jul 5-7

23rd Annual Atlantic Fellowship Conference: Edgar Cayce—A Prophet for the 21st Century

Sidney Kirkpatrick

Danks Cole 902-405-0578 or 866-322-8209, ext. 719 (corgano@eastlink.ca)

ONTARIO

Study Groups Across Canada: Ray Millard 519-747-4933

Kingston • May 24-26

30th Canadian Fellowship Conference Edgar Cayce on Soul Growth and the Illusion of Time

Kevin J. Todeschi

Info: edgarcaycecanada.com;

Registrar: (cfc@edgarcaycecanada.com)

866-322-8209, ext. 715

Peterborough • Every Monday Night

Study Group Meetings

Helene Thibert 705-745-7188

(helene_thibert@hotmail.com)

QUEBEC

Montreal (South Shore) • Bi-weekly

Healing and Meditation Group

Peter Kendall 450-676-4203



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



2013



TOURS

Sacred Sites Tour of

PORTUGAL, SPAIN, AND FRANCE

Led by John Van Auken
June 24-July 6

Visit the sites of Mary's Apparitions, including Fatima, Garabandal, and Lourdes.



Mystical IRELAND

Led by John Van Auken • August 4-17, 2013

Experience the magic and mystery of Ireland—one of the most beautiful places on Earth. Highlighted areas:

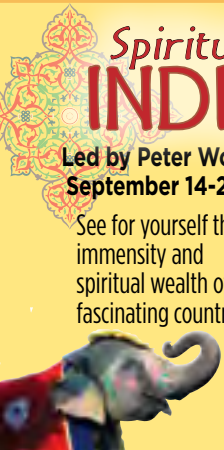
Dublin • Newgrange • Clonmacnoise • Inishmore



Spiritual INDIA

Led by Peter Woodbury
September 14-29, 2013

See for yourself the immensity and spiritual wealth of this fascinating country.



TURKEY

Featuring Göbekli Tepe and the Seven Churches of the Revelation

Led by Charles Thomas Cayce
Oct. 19-Nov. 1, 2013

Be swept away by Istanbul, its mosques, fabulous palaces, and bustling bazaars.



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THE READINGS

Say

BY EDGAR CAYCE

What We May Know of Infinity

Know ye, all: To no one finite mind may there be expressed *all* that may be known of infinity. Yet he that will show forth the love that will aid another to find, to know, to be the greater blessing to others will show first himself patient, lovely, consecrated—not to any cism or ism, but rather to God. (705-1)

The entity knows innately the *relationship* of the soul—or the first cause of self—with infinity; the relationship of infinity to each entity; and that there is no respecter of persons except as to how and why each entity, as a spark of infinity, magnifies or uses its relationship *not* for self-indulgence or gratification but for the *glory* of that which is the source of light, of all that pertains to light.

For every spark of light, whether in the spiritual, the mental or the material sense, must have its inception in infinity. (877-26)

Q. Is it correct when praying to think of God as impersonal force or energy, everywhere present; or as an intelligent listening mind, which is aware of every individual on earth and who intimately knows everyone's needs and how to meet them?

A. Both! For He is also the energies in the finite moving in material manifestation. He is also the Infinite, with the awareness. And thus as ye attune thy own consciousness, thy own awareness, the unfoldment of the presence within beareth witness with the presence without. And as the Son gave, "I and my Father are one," then ye come to know that ye and thy Father are one, as ye abide in Him.

Thus we find the manifestations of life, the manifestations of energy, the manifestations of power that *moves* in material, are the representation, the manifestation of the Infinite God.

Yet as we look into the infinity of space and time we realize there is then that force, that influence also that is aware of the needs, and there is also that will, that choice given to the souls of men that they may be used, that they may be one, that they may apply same in their own feeble, weak ways perhaps; yet that comes to mean, comes to signify, comes to manifest in the lives of those that have lost their way, that very influence ye seek in the knowledge of God.

For until ye become as a savior, as a help to some soul that

has lost hope, lost its way, ye do not fully comprehend the God within, the God without...


Q. Why is study with Dr. [1301] preferable to study with Helena Martin?

A. One has the concept of the Infinite that manifests within *and* without, and one *only* with the within. For as has been given, "as thy spirit beareth witness with my spirit" ye *know* thyself to be children of the living God; begotten, as of love, through the Son, made manifest in flesh. Not as aliens but as brethren, as those that are heirs—yes, joint heirs with the Christ—*who* manifested, as in the flesh, the infinite love of the Father that the children of men might know! One sees the infinite in the *Christ* life, one sees infinity in man's life. (1158-14)

In the inception of this body in the present there were those surroundings that made for different or altering conditions which brought to the physical an exceptional or unusual (in words of the earth) activity in the soul-entity. (Get the difference between the wording entity and soul-entity, for words are often very poor in describing infinity in finite space and time.) The soul-entity is a development outside of body in material form. The entity is all-inclusive of soul and that activity in its relationships to the material things known in earth. (487-17)

For as the entity experienced, until the beautiful or the beauty of a Creator may be seen in the vilest of the vile that is expressed in mortal body, there is little pure concept of the relationships of the souls of men with God, with the universe.

For as the earth is *only* a portion of a mighty array of forces and influences in our *own* little solar system, so man—though but a speck upon the earth and only as a grain in the universe—is a portion of that divinity that urges *on* and *on* and *on* and *on*! That makes for that eternal hope, that spark of light, that thread of soul in infinity itself! (1298-1)

In Venus we find appreciation of beauty, as well as of things. Ye should find the diamond and the ruby close to your body oft, for their vibrations will keep the vibrations of the body in better attune with infinity and not with purely mental or material things of life. (5322-1) 

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