



JANUARY | FEBRUARY | MARCH | 2015

# Venture Inward

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

## Life and Teachings of the Buddha 14

Cayce on Electricity and God 12

The Way of the Sufi: Mystical  
Path to God 24

Our Celestial Origin: We Are Not  
of This World 29

Psychic Ability—The Language  
of the Soul 40

A.R.E. Catalog Inside

# JOIN THE A.R.E. STAFF IN MEDITATION

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

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



## JANUARY AFFIRMATION

### *Opportunity*

**I**n seeking to magnify Thy Name, Thy Glory, through that Thou dost make manifest in me, O Lord, be Thou the Guide, and—day by day, as the opportunity is given—let my hands, my mind, my body, do that Thou wouldst have me do as Thine own in the earth; for, as I manifest, may Thy glory become known to those through the love, the promises Thou hast made in Thy Son. (262-49)

## FEBRUARY AFFIRMATION

### *Day and Night*

**I**n Thy mercies, O Heavenly Father, Wilt Thou be the guide  
In the study of the manifestations  
Of thy love, even as in  
“Day unto day uttereth speech and  
Night unto night sheweth knowledge.”  
So may the activities of my life,  
As a representative of Thy love,  
Be a manifestation in the earth.  
(262-54)

## MARCH AFFIRMATION

### *God, the Father, and His Manifestations in the Earth*

**M**ay the desire of my heart  
be such that I may become  
more and more aware of the spirit  
of the Father, through the Christ,  
manifesting in me. (262-57)

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

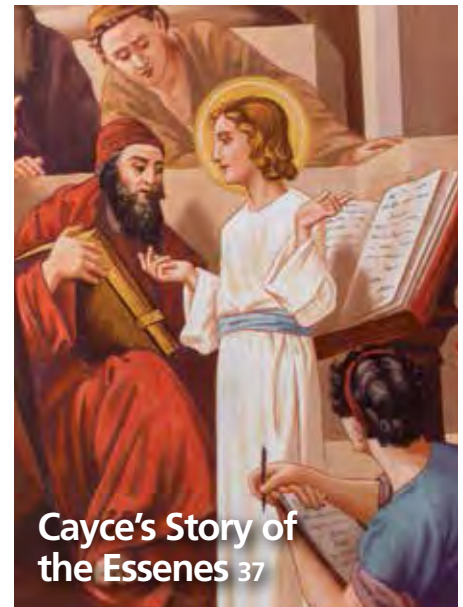
A.R.E. Prayer and Meditation Services, 215 67th Street, Virginia Beach, VA 23451, 800-333-4499  
[prayer@EdgarCayce.org](mailto:prayer@EdgarCayce.org) • [EdgarCayce.org/prayer](http://EdgarCayce.org/prayer)

# FEATURES



The Way of the Sufi 24

- 6** **How Evolution Re-Shapes Our Approach to Spirituality**  
*By Lynn Sparrow Christy*  
We, the earth, and the whole of Creation evolve together
- 10** **Is There Any Good News? There Is!**  
*By Kevin J. Todeschi*  
It's all around us, lifting up the world in a rising tide
- 12** **Cayce on Electricity and God**  
*By Doug Knueven, DVM*  
All life is electrical energy, and God is life, say the readings
- 14** **The Life and Teachings of the Buddha**  
*By Jerry Lazarus*  
The Buddha also partook of the Christ Spirit, said Cayce
- 19** **A Machine to Contact the Dead—Thomas Edison's Lost Reading**  
*By Sidney Kirkpatrick*  
Edison's idea to talk with the dead was not widely publicized
- 24** **The Way of the Sufi: Mystical Path to God**  
*By Peter Woodbury, MSW*  
Sufis seek Truth within, as do many other paths to God
- 29** **Our Celestial Origin: We Are Not of This World**  
*By John Van Auken*  
Our souls were the "stars that sang together" at the beginning
- 37** **Expectancy—Cayce's Story of the Essenes**  
*By Daniel Bierman*  
Special women and men, dedicating their lives to a pure purpose
- 40** **Psychic Ability—the Language of the Soul**  
*By Robert L. Ferro*  
ASFG groups learn to use psychic power safely, step by step
- 44** **Cayce's Wisdom for Today: Cayce's Paradigm of Healing**  
*Nineteenth in a series*  
*By Henry Reed and Kevin J. Todeschi*  
Healing succeeds if we know our purpose for getting well
- 52** **Spirit Is the (House) Key**  
*By Gorgiana Alonzo*  
Divine guidance picks the right house with perfect timing



Cayce's Story of the Essenes 37



## Venture Inward

JANUARY-MARCH 2015  
VOLUME 31, NUMBER 1

Susan A. Lendvay / *Managing Editor*

Alison Ray, Jennie Taylor Martin, Gary Blauert  
*Editorial Team*

Kim Cohen / *Design and Layout*

Cassie McQuagge / *Production*

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

### • VISIT OUR WEBSITES •

A.R.E. Homepage: [EdgarCayce.org](http://EdgarCayce.org)

A.R.E. Member-Only: [EdgarCayce.org/members](http://EdgarCayce.org/members)

Atlantic University Homepage: [AtlanticUniv.edu](http://AtlanticUniv.edu)

Cayce/Reilly® School of Massage Homepage:  
[CayceReilly.edu](http://CayceReilly.edu)

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT  
Chartered by the Commonwealth of Virginia in 1931

Kevin J. Todeschi / *Executive Director and CEO*

#### BOARD OF TRUSTEES

Arthur P. Strickland / *Chairperson*

Andrea Singer / *Vice-Chairperson*

Charles Thomas Cayce / *President, Edgar Cayce Foundation*

William Austin, William Brown, Donald B. Carroll, Vickie

Church, Louis Henry, Richard Hersberger, Judy Knueven,

Lora Little, Martha Loveland, Paul Mazza, Linda Rohrer,

Joseph Taylor, Betsy York / *Trustees*

Ruben Miller / *Trustee Emeritus*

## COLUMNS AND DEPARTMENTS

- |                                      |                       |                       |
|--------------------------------------|-----------------------|-----------------------|
| 4 From the Desk of Kevin J. Todeschi | 28 PSI Digest         | 48 AU Bulletin        |
| 5 Letters                            | 29 Ancient Mysteries  | 54 Holistic Pet Care  |
| 9 Astrologer's Corner                | C-1 A.R.E. Catalog    | 56 Book Highlights    |
| 17 Personal Transformation           | 33 A.R.E. News        | 58 Calendar of Events |
| 18 The Art of Living                 | 39 Online Connection  | 61 A.R.E. Tours       |
| 23 Doctor in the House               | 43 The Healing Path   | 62 The Readings Say   |
|                                      | 47 Holistic Nutrition | 63 HQ Conferences     |



KEVIN J. TODESCHI  
Executive Director and CEO

## Venture Inward—30 Years and Still Going Strong!

I'D LIKE TO GIVE A special recognition to our membership magazine and all of the incredible artists, writers, columnists, editors, and other contributors that have been a part of each issue for the past 30 years!

Few individuals realize that the first mention of a possible magazine for members occurred in May 1944 by Hugh Lynn Cayce (1907-1982) when he was stationed overseas in England during World War II. In fact, the magazine was one of 10 items Hugh Lynn recommended in a letter outlining a strategic plan to members of the annual Congress meeting that year. It is a testament to Hugh Lynn's vision that all of those strategic initiatives have come to pass—many with modern technological components. [The letter is available in the Edgar Cayce readings database, Report File 254-115.]

The need for a magazine was next mentioned on numerous occasions in suggestions from members and publishing consultants during the late 1970s and early '80s before officially being launched with a September/October 1984 issue. Ever since its premiere issue, *Venture Inward* has been at the heart of A.R.E. membership. It replaced and incorporated the previous membership publications (*A.R.E. Journal* and *A.R.E. News*) into one periodical.



The magazine was born under the editorship of longtime member and newspaper editor, A. Robert Smith. For the next 20 years, until his retirement, Bob nurtured, guided, and championed effective communications of all of the organization's activities and outreach within the magazine's pages. In the first issue, Bob

set down what he saw as the purpose of *Venture Inward*, a publication that might help individuals from all walks of life gain insights into their life journeys as well as their bodies, their minds, and their souls:

"The challenge of *Venture Inward*, then, is to help its readers (and its writers and editors) expand our awareness—awareness of the nature of the body, mind, and soul; about the cosmos in which we have each set sail; about ways in which we may connect with fellow sojourners and be filled with the light and energy of the Creative Life Force; about ways of growing and harvesting those fruits of

the Spirit—patience, faith, hope and charity... *Venture Inward's* purpose is to offer navigational aid so that our respective passages may be purposeful, with less time wasted adrift, that we may each reach our destination more keenly aware of where we have been and why we took so long in transit ... [We] hope you will find a beacon of light in these pages."



For 30 years this magazine has kept its beacon of light shining—inspiring readers, highlighting information and insights from leading-edge professionals in every field, exploring contemporary approaches to the Cayce readings, and detailing every imaginable experience individuals have encountered in the transformative journey we call life. From the letters and comments *Venture Inward* receives each month, as well as our ongoing online membership survey, it is apparent that the magazine continues to be valuable in our readers' lives.

What is new in the past few years is that 20% of our members now read *Venture Inward* entirely online! In fact, all members can go to the Members Online section of the website ([EdgarCayce.org](http://EdgarCayce.org))—look for Members Login at the top of the page—and scan current or past issues of the magazine, download a Circulating File of Cayce readings' excerpts, explore the entire readings database (of 24 million words!), watch a video of one of your favorite speakers, listen to an archival tape, download a PDF of various publications, and much more.

A wealth of your membership benefits and a variety of educational materials are available in ways that neither Hugh Lynn Cayce nor his father Edgar Cayce before him could have ever envisioned. And our membership magazine remains at the heart of that.

I invite each of you to join with me in wishing *Venture Inward* a very Happy Birthday, and the expectation of many more to come!

*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 Massage. 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. Customer Service at 215 67th Street, Virginia Beach, VA 23451-2061; email [are@EdgarCayce.org](mailto:are@EdgarCayce.org); call 757-428-3588 or 800-333-4499; or visit [EdgarCayce.org](http://EdgarCayce.org). Copyright © 2015 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.

## ABOUT THE AURASCOPE

In the Oct-Dec 2014 *Venture Inward*, on p. 5, Donna Eden remarks about a machine Cayce had built. As the letter describes, it was designed to help people open their psychic abilities, and it used a crystal in the proximity of the third eye. I have never heard of this device. What is it, and where in the readings is it mentioned? Is there any more information on this mysterious device?

—John, email letter

*Ed. reply: There are a number of 'treasures' in the vault which she may have seen. The top possibilities include the Aurascope and the Etheronic Device. "The Cayce Aurascope," by Sidney Kirkpatrick in Jul-Sep '14 Venture Inward, describes the device (see article at [EdgarCayce.org/members](http://EdgarCayce.org/members)). According to the readings, the Etheronic Device also used crystals to enhance the ability of the individuals to use the Etheronic Forces and even read the Akashic Records (to see the device visit [EdgarCayce.org/vault](http://EdgarCayce.org/vault)).*

## NEW CAYCE MARKER PLACED

I have placed a historical marker at the site on Graf-ton Ave., where Edgar Cayce lived while he was in Dayton, Ohio. It is a vacant lot now. I thought you'd want to know and want a copy for the archives.

—R. Sheridan, email

## INSPIRED BY VIDEO

I have just watched the video "How to Live Your Life According to Edgar Cayce" put together by Sidney Kirkpatrick. It was very inspiring. I hope Sidney will pick up another case to present.

—Gillian Goetzlinger, Vienna, Austria

## NO MUSIC IN MOSQUES

I just received my Oct-Dec '14 VI and was thrilled to read it through. It was like a treasure of spiritual insights from various sources. I read Rev. June Bro's column, "The Beauty of the Body, the Temple of God." I have great respect for her spiritual insight and love for humanity.

However, I'd like to point out a factual error in this article. She says, "Every temple, church, or mosque has a place for music and artwork." Unfortunately, it is not so in Mosques where music is considered a taboo for the followers. In fact, it is preached that whoever listens to music or indulges in playing music has a hell prepared for him or her by God. Personally, I am pained by this decree and know that listening to good music puts me in tune with the Higher level of consciousness.

—Rashid Lalani, Sugar Land, Tex.

## THOSE AMAZING CRYSTALS

On Oct 18, I visited the A.R.E. and I had a profound experience and sense of inner balancing in the meditation room. I had been sailing from Toronto to Hampton. It was a great calming stabilizing moment for this sailor to be in the midst of those amazing crystals. I felt as if I was made level in my meditation by forces I could not see. I think there is a triangulation of vibrational energy between the quartz, lapis, and amethyst, and I want to return.

I first came to the A.R.E. in 1968, at age 18, from Montreal, Canada, for the Rural Retreat meditation week. I knew Eula and Harold Allen and Helen Main.

As a member, I appreciate the work of the A.R.E. and marvel at how the interest has grown steadily. The Cayce "Thought for the Day" quotes are part of my day.

—Kenneth St. Onge, email

## HEARTFELT THANKS

My heartfelt thanks to Andrea Mathews, PhD, for this insightful offering about our relationship with God within (Unveiling the Divine Self, Oct-Dec '14).

From the Cayce material I have come to accept that heaven and hell are not places in which to reside. Due to my understanding of the Cayce material I have the courage to accept that heaven and hell are choices we make; they are a state of being in the physical or spiritual body. It is good to find another who understands God's presence in us whether we choose to exist in heaven or hell. We are never separated from the Divine.

—William Kelley, Dade City, FL

## THE LAW OF ONE

My impression about the "Law of One" that EC often talked of, is that it is not so much about the "One God" of the Hebrews and their descendants in Judaism, Christianity, and Islam, but more about the Universal "Law" of the Unity and Oneness of All Life. As one sees life in its wholeness, thus eliminating the separation of man from God, heaven from Earth, the inner from the outer, as well as "we" from "them" ... from the Love for All of Life comes the peace that passes all understanding; certainly surpassing all understandings of the material mind.

Not only is it true that "God Is Love," but it is equally true that Love is God; God in manifestation, seen in the Light of All Life in our conscious awareness as Life comes through the manifestation of Love upon this earth; spiritually, emotionally, mentally, and even physically. Thus, the "Law of One" is simply that All of Life, Light, and Love is One! Thus, none of us is above or below another.

—Rev. John M. Kohlenberger, Prescott Valley, Ariz.

## OMISSION

In Oct-Dec 2014 *Venture Inward*, in the article "Life Seals," we inadvertently omitted the contact info for the author, artist Elizabeth Waitekus. She can be reached at her website, [LifeSeals.com](http://LifeSeals.com), for help creating your life seal.



## 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](mailto:letters@EdgarCayce.org). Letters may be edited for length and clarity.

## LOOKING FOR INFO

Cayce author Sidney D. Kirkpatrick is looking for any photographs or biographical information on author/Theosophist E. Valentia Straiton (1859-1948), also known as Emma V. Straiton or Emily Straiton, who lived for a time in Bayside, N.Y., where her father was a principal in the White Owl Cigar Company.

Also looking for photographs or biographical information on New York artist and art teacher Anne Neumark, born in Boston May 3, 1905 and died in NYC Sept. 16, 1997. Please reply to: [Letters@edgarcayce.org](mailto:Letters@edgarcayce.org) with subject line: "Kirkpatrick," and we will forward them.

# FOCUSING THE DIRECTION OF 21ST-CENTURY SPIRITUALITY



**T**HERE ARE TWO MAJOR, contrasting stories that frame the meaning of our existence. One is the story of something going terribly wrong at the beginning of humankind’s arrival in this world, with all of subsequent history reflecting attempts to restore that which was spoiled at the dawn of time.

We encounter this story in the traditional account of Eden, where Adam and Eve disobey God and are consequently thrown out of the garden. But this story is not unique to religious traditionalists. We often find a variation of it among those who embrace a non-religious spirituality when they emphasize turning away from the dream or illusion of earthly life and “going back home” to oneness with God. Here, life in these three dimensions is an entanglement to be undone as expeditiously as possible. The supreme good would be to know that this is one’s last incarnation!

The other framing story is not quite so quick to dismiss the intrinsic good that is bundled in with being here in the physical world—the inevitable mistakes, limitations, and messiness of such existence notwithstanding. This story begins with the Big Bang and traces a divine purposefulness in the nearly 14 billion years that have unfolded the manifest universe in all of its dazzling variety and complexity and which have brought forth a self-aware human race. This framing story concludes that the universe is going somewhere, and that we are here as key players in its destiny.

This is the evolutionary perspective on our existence, and it is the main theme fueling one of today’s fastest-growing spiritual movements—something that is often called “evolutionary spirituality.” I believe that this evolution-oriented take on the spiritual path is also central to what the Cayce readings say about the reason for our existence. That is why I put forth an exposition of this material in *Beyond Soul Growth: Awakening to the Call of Cosmic Evolution*. For while I have found the framing story of cosmic evolution to reveal the Cayce readings’ deepest and richest articulation of the spiritual path, this articulation continues to go largely unrecognized—by those within the evolutionary spirituality movement, as well as by those who are involved with the readings. I want to do my part to change that because, in my opinion, the evolutionary perspective offers a comprehensive, life-affirming, and compelling approach to the challenges and opportunities of our day and time. And I want to see the Cayce work have a place at the table in the growing global dialog about evolution’s spiritual significance.

# EVOLUTION RESHAPES OUR APPROACH



BY LYNN SPARROW CHRISTY

# TIME'S ARROW IS NOT POINTING BACKWARD, BUT FORWARD. THIS IS HUGE.

Despite what we might see on the news, the really significant action is not taking place in the battle between science and a few religious reactionaries who reject evolution. The real news stories are about the impact of evolution on literally every aspect of life. Evolutionary biology is shaping medical research in areas ranging from study of pathogens like bacteria and viruses to new understandings of autoimmune disease and cancer. Numerous bestsellers of recent years (such as Jonathan Haidt's *The Righteous Mind* and Richard Dawkins' *The Selfish Gene*) have dealt with evolutionary sociology, showing evolution's impact on the structures of human society as well as the values and biologically-programmed motivations behind them. Evolutionary psychology is continually giving us new understandings of why we behave as we do and how the evolutionary history of the human brain can be traced in our drives and impulses.

Evolutionary spirituality takes all of these fields into account, recognizing that just as brains and neurology co-evolve with consciousness, so also does consciousness co-evolve with human societies and civilization itself. This perspective does not look at one evolutionary story for how the species of animals have evolved, another for the story of the cosmos, and another for the spiritual take on who we are, why we are here, and where we are going. Instead it sees *one* evolution in which we are participating biologically, cosmologically, and spiritually.

**Even consciousness itself is evolving as we evolve.** Therefore, we are not simply here to return to a previous, higher state of consciousness; we are here to participate in creating a new level of consciousness in biological expression, a never-before state of existence that manifests as the outcome of ongoing evolution. From this perspective, our incarnate life is the vehicle of transition from one evolutionary epoch to the next.

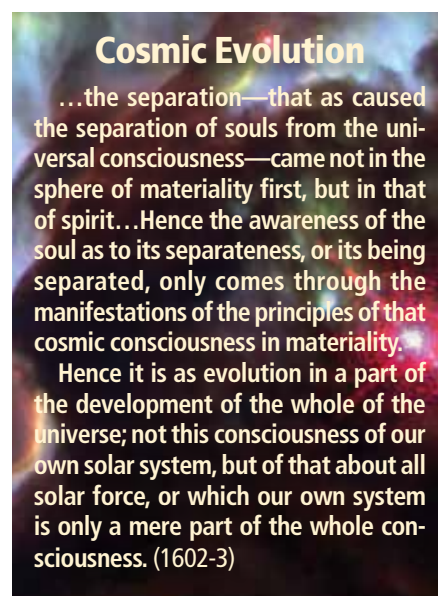
In other words, time's arrow is not pointing backward, but forward. This is huge.

For most of human history, people assumed a cyclic view of time. The seasons came and went. People were born and

died. Without the benefit of scientific knowledge of evolution (which brings us face to face with the vast expanse of time since the Big Bang and the relatively short tenure of human beings on this planet) people had only their limited experiences from which to draw conclusions about the meaning of their existence. It is important to realize that the spiritual traditions of the world were birthed in the midst of these limitations of human knowledge and that this was a time when it just made sense to focus on a better life beyond this world. Life on earth was short and hard and you could not see much progress for multiple generations. Without the ability to see the longer expanse of time and the bigger picture of the universe, it was hard to impute any transcendent meaning to the earthly portion of one's experience.

Whether your religion casts this world as not much more than a tryout for heaven or a school for souls, this fleshly life has largely been seen as secondary to the real meaning of our existence.

But when we look at the vastness of this cosmos—the sheer unimaginable size of the visible universe, the incalculable number of stars—with new ones being born even now as old ones are dying—the mathematical probability that we are only one infinitesimally small sampling of the life forms this universe has produced—is it possible that



all of this is nothing more than a school for souls? And that the entire point of the universe is for souls to learn that it is not real and therefore not have to come back?

Evolutionary spirituality would give a resounding no to those questions. This is not a denial of the soul's non-physical habitations, but rather an embrace of the totality of the soul's field of existence, a recognition that there is inherent meaning and purpose to our habitation of the earth plane, something we are here to do for the sake of evolution itself. As I like to put it, the earth is much more than a penal colony for wayward souls!

## The evolutionary beginning

I believe the Cayce readings concur with this embrace of our current home, planet earth, as a real and significant aspect of our existence. Readings and scripture alike tell us that we were made in the image and likeness of a God whose first act was to create the cosmos. It is no accident that two of the readings' most common terms for God are "Creative Force" and "Creative Energy." When our Deity is the Creative Force that brought something out of nothing, how can we deny the importance of a physical cosmos? Furthermore, these same readings repeatedly state that our purpose is to be "companions and co-creators with God." Since God apparently wanted to create a physical cosmos, and we are to be co-creators with such a God, it follows that we have a creative role to fulfill here in this physical cosmos.

Space here does not allow me to go into the marvels of Cayce's description of the birthing of the cosmos, or his many indications that both the cosmos and the individual entity are works in progress—evolving, in other words. Nor can we here plumb the mystery found in the readings' repeated insistence that we are corpuscles in the body of God and that the forces within our cells contain the pattern of the universe. For now, let me just say that within us—within this flesh body—the entire cosmic order is playing out and consciousness is finding expression in manifest form. We stand midway between an unimagin-

## EVOLUTIONARY SPIRITUALITY OFFERS INCENTIVES TO DO THE “GRUNT WORK”

ably expansive cosmos beyond us and an unimaginably expansive sub-atomic world within us. And as we bring consciousness into the very cells of our bodies we further the evolutionary advance.

These are just some of the ways that the Cayce philosophy is rich with evolutionary implications. And I can think of no set of implications more important to both our individual and our collective experience at this time in history. Consider, for example, the well-known maxim that the world's problems cannot be solved at the level of consciousness that created them. Wherever we look—politically, ecologically, economically, sociologically—we see evidence that futile attempts to recycle old approaches fail to bring lasting change. We need an evolutionary leap to a consciousness that will take truly new approaches to solving our collective problems.

On a personal level, evolution offers us a meaningful understanding of our times of chaos, struggle, and even failure. Seeing these challenging passages in life through the evolutionary lens contrasts to spiritual philosophies that make big promises for success but have little to offer but self-recrimination during life's darker chapters. One gets the impression that we will always be happy, healthy, wealthy, and spiritually wise if we hold the right affirmations or make a really good vision board. What do such approaches have to offer people who try their hardest and do not succeed? Who suffer financial setbacks and personal disappointments and physical illness? Evolutionary thinking certainly calls us to exercise our enormous creative power to create the very best, but it also adds the comforting caveat that chaos, destruction, and death are equally part of

the evolutionary pattern. For something new to be born, something old has to die. That makes it an excellent philosophy for Boomers like me, who are painfully discovering that we are not going to be forever young and vibrant after all!

**Evolutionary thinking also offers us a new way to work with our weaknesses and failings.** As we come to understand that some of the ways we fail to live up to our ideals or repeatedly succumb to our impulses are merely echoes of our evolutionary past (after all, what might we expect in a being that shares 50 percent of its DNA with a banana and 98 percent of its DNA with a chimpanzee?), we are freed from the paralyzing effect of self-condemnation and better equipped to consciously choose to chip away at the influences of the past and rise to the promise of our future as a human race.

And perhaps most important of all, evolutionary spirituality offers a strong incentive to do the kind of spiritual “grunt work” that has long been one of the liabilities of the Cayce approach. You know, things like putting others before self, setting ideals and holding yourself accountable to them, or evaluating your spiritual progress based not so much on how many amazing experiences you have had, but on how you treated your family members today. We all know that the roll-up-your-sleeves-and-get-to-work aspect of the readings has not tended to bring people in droves. Yet a few years ago, when I took a fairly pricey tele-course with one of today's leading evolutionary leaders, about 2,000 people from 39 nations around the world participated, eagerly lapping it up when he gave them what amounted to the same kind of spiritual development

assignments we know well from the Cayce *A Search for God* study group program.

### Cayce and the future

From where I sit, it looks like the time has come for a new look at what the Cayce material has to offer modern spiritual seekers. For a few decades, the emphasis on individual responsibility and duty that resonated with the “Greatest Generation” (to which most of the readings were given and which was certainly the target audience for the original *A Search for God* books) was often softened in order to reach “don't tell me what to do” Boomers and had limited appeal to Generation X-ers. But there is a new wind blowing, as indicated by the Millennial Generation's focus on both local and global responsibility, with networking rather than institutions as the chief means of social change. The time is ripe for a focus on personal responsibility that holds our impact on planetary and human evolution clearly in mind. I believe this evolutionary perspective will increasingly shape the direction of 21st-century spirituality. And it is in their evolutionary approach that the Cayce readings can find a significant fit with the collective mood at the leading edge of contemporary spirituality. Let's all see to it that the deep wisdom in the Cayce legacy finds its way to a new age and a new generation. 🌱

### ABOUT THE AUTHOR




**LYNN SPARROW CHRISTY** is a teacher, writer, Christian minister, and hypnotherapist-life coach, certified as a Master Hypnotherapist and hypnosis trainer, and Neuro-Linguistic Programming (NLP) Practitioner,

with a private practice in Virginia Beach. She is the author of *Beyond Soul Growth: Awakening to the Call of Cosmic Evolution*, available on page C-4 or at [ARECatalog.com](http://ARECatalog.com).

Join Lynn for these special events:


Feb 15-Mar 24, eGroup: **The Path of the Co-Creator: Living the Evolutionary Perspective of the Edgar Cayce Readings.** Visit [EdgarCayce.org/egroups](http://EdgarCayce.org/egroups) for details.

Feb 27-Mar 1, Virginia Beach, Va.: **The Turning Point: Prophecy and Revelations of the Future** featuring Gregg Braden. Visit [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences).

 **The Radiac®**


Spiritual unfoldment, energy balancing and meditation.

- Lifetime Guarantee
- Single Seal Technology™
- Leakproof, Rustproof
- Charcoal Enhanced
- No Assembly Required
- Trademarked for Your Protection




pronounced ray-dee-ack

*“I immediately feel a stillness, a stability, a calm that leads to peace and a sense of oneness.”* PL., IL



More personal experiences in *The Radiac* book.



Free Catalog **800-269-2502**  
Baar Products, Inc. [baar.com](http://baar.com)  
The Official Worldwide Supplier of Edgar Cayce Health Care



## The Moon's Influence in Astrology



The Moon in your horoscope reflects your emotional life that ebbs and flows like the ocean's tides.

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

Raye Mathis will mentor the online eGroup: **Discovering Your Life's Purpose Using Astrology as Your Guide**, Jan 28-Feb 24. Visit [EdgarCayce.org/egroups](http://EdgarCayce.org/egroups) for details.

**T**HE MOON'S INFLUENCE WAS mentioned in over 200 of the Cayce readings. For example:

*Be warned of riding in either (streetcar or automobile) through these phases—that is, until the waning of the Moon. (136-48)*

The Moon in its effect gives that of the great increase in the physical... (288-1)

*When the square of the Moon is with Saturn, things are very bad!...Just learn to use these and not let them use you! (303-2)*

*...with adverse Moon, the entity changes almost as the Moon does. (39-2)*

Modern astrology also puts great emphasis on the Moon as one of the two lights in the horoscope (the other being the Sun).

In addition to the placement of the Moon in your horoscope, there are other Moon-related factors that astrologers sometimes use, such as SuperMoons, the phases of the lunar cycle, and the nodes of the Moon.

A **SuperMoon** is defined as either a full moon or new moon that comes very close to the earth in its orbit, causing the Moon to appear much larger than usual. Since the Moon controls the tides of the ocean, and also reflects our feelings and emotions in astrology, a SuperMoon has been associated with an increase in intensity in these areas of life. In 2015 there will be six SuperMoons: January 20, February 18, March 20, August 29, September 27, October 27. There is a window of time, a few days on either side of the SuperMoon, where astrology suggests there may be an increase in extreme coastal tides, severe storms, powerful earthquakes or volcanic eruptions. (For example, on July 9, a few days before the SuperMoon on July 12, there were severe storms and flooding in Virginia Beach, and a lightning strike took out the power in the Visitors Center at the A.R.E. for about 24 hours.) Richard Nolle, who coined the term, SuperMoon, writes, "...the entire natural world surges and spasms under the sway of the SuperMoon alignment."

The **lunar cycle** is usually thought of as having two phases: waxing (increasing in size) or waning (decreasing in size), reflecting the relationship between the Sun and the Moon during the Moon's 29.5-day cycle. Astrologers work with


the lunar cycle divided into 8 phases: New Moon (0-45 degrees), Crescent (45-90 degrees), First Quarter (90-135 degrees), Gibbous (135-180 degrees), Full Moon (180-225 degrees), Disseminating (225-270), Last Quarter (270-315 degrees), and Balsamic (315-360 degrees). The specific phase of the Moon at your birth provides an overall theme for this particular lifetime.

For example, if you were born during the Balsamic phase of the Moon, then this particular lifetime represents the end of an 8-phase cycle and the preparation for a new cycle. You may experience a pattern of intense relationships from the past that need resolving before the new cycle begins. If you want to explore further, a good astrological site on the lunar phases is: [cafeastrology.com/natal/lunarphases.html](http://cafeastrology.com/natal/lunarphases.html)

The **nodes of the Moon** are not bodies in the sky, but are the points at which the Moon crossed the path of the Sun (the ecliptic) on the day you were born. It crosses twice each day, resulting in a north node and a south node and they are always exactly opposite each other. The nodes are considered karmic points in the horoscope. The south node (SN) represents habits, attitudes, behaviors, etc. you brought into this lifetime. These habits are often considered our path of least resistance and need to be balanced with the influences of the north node (NN).

For example: if your SN is in Aries, it reflects a previous life where you were an independent person, very self-oriented, and valued your freedom more than relationships with others. With the SN in Aries, the NN is always in Libra, the partner sign, and indicates that this lifetime you would need to place more importance on relationships with others in order to become more balanced.

Just as the visible Moon is constantly changing in the sky, the Moon in your horoscope reflects your emotional life that ebbs and flows like the ocean's tides. It symbolizes your daily habits, how you express yourself within your home environment and how you nurture others, including yourself.

The nodes of the Moon and the Moon's phase at birth are two of the components in your horoscope that are important to explore when searching for your life's purpose. 

# Is There Any Good News Out There? There Is!

BY KEVIN J. TODESCHI

**W**E ALL TOO OFTEN HEAR ongoing news about war, terrorism, economic hardship, the threat of illness and disease, tales of our inhumanity to one another, and almost unimaginable accounts of human suffering. Adding to these miseries, ongoing broadcasts regarding political divisiveness, economic inequality, abuses of power, and scandalous falls from public acclaim, and it is not too long before we might ask ourselves the question: "Is there any good news out there?" Whatever happened to the "dawning of the Age of Aquarius" we used to sing about? Whatever happened to the New Age concepts of oneness, peace on Earth, brother-sisterhood, and living together in global harmony and interconnectedness? Just where is the good news nowadays?



## The good news and the bad news

In order to find some for myself, I Googled "good news" and was actually pleased to find a number of sites dedicated to good news, and only good news. Those sites included happynews.com; goodworldnews.org; and the seemingly largest and oldest site: GoodNewsNetwork.org. The Good News Network® was founded in 1997 by Geri Weis-Corbley, "as a clearinghouse for the gathering and dissemination of positive news stories from around the globe." The site includes such recent headlines as "Business Forum in Cleveland to Focus on Purpose over Profit," and "Generous Cop Pays Vet Bill for Service Dog Injured in Hit and Run." One of the reasons cited for the necessity of creating such a site (which has been "liked" more than 266,000 times on Facebook) is because "In the 1990s while homicide rates in the U.S. plummeted by 42 percent, television news coverage of murders surged more than 700 percent." According to the site, "The Good News Network was founded because the media was failing to report on the positive." The old motto, "bad news sells," seems to have some measure of truth—or does it?



I next decided to find out if there had been any research done on the topic of a human affinity for bad news? There has. In fact, a 2007 Pew Research study found that when the U.S. public was given a choice of 19 different news topics the two of greatest interest had remained unchanged for the past 30 years: Disaster News and Money News were the hands-down favorites. The study was based on data collected from 165 national surveys involving nearly 200,000 adults. The bottom line: America's affinity for sensational news stories has remained unchanged through the "network news" era, the "cable news" era and now the "online news" era. Bad news sells.

In order to focus on some good news, I decided to look for some of the indicators that the Edgar Cayce readings suggested would eventually be the hallmark of this age:

- 1) globalization and an understanding of our connectedness with one another;
- 2) a renewed sense of personal spirituality with the eventual realization that each of us can have direct access to the divine; and,
- 3) a vibration that would eventually encompass the entire planet and be describable in one word—"purity." In terms of globalization, spirituality, and purity, what good news is there?

## Reaching out across the globe

Perhaps more than any other inventions since the printing press and modern air travel, cell phones and their proliferation have globalized the planet. We are connected to one another (and the world) in ways that our parents and grandparents would have deemed science fiction. A March 2013 article from *Time* magazine carried the headline: "More People Have Cell Phones than Toilets, U.N. Study Shows." Of an estimated 7 billion people on the planet, 6 billion have access to a mobile phone! Although the first commercially available cell phones were not released until 1983 (and few individuals could afford one), the latest generation of these phones has more computer power than was aboard the Apollo spacecrafts. These phones can plot our location, provide directions, respond to questions, stream television programs, and access the collective knowledge of the world. More importantly in terms of globalization, the social networking platforms available to individuals the world over now provides instantaneous feed of global news while it is occurring! We have become so used to instantaneous reporting that we forget the news used to take much longer to get to us.

For example, most Americans don't

realize that even though our presidential elections occur in November, up until 1937 the president wasn't sworn in until March *because it took so long to count and report the ballots*. Cell phones have brought the world together by enabling us to communicate with individuals at any time on any part of the globe. The proliferation of cell phones and the global expansion of communication via the Internet may one day be looked back upon as the very building blocks that led humankind to an awareness of our oneness with one another—an awareness that the Cayce readings suggest will change the world.

## The worldview is moving toward understanding and responsibility through Spirit

One of the Cayce predictions regarding spirituality that has always interested me was one in which he said that eventually China would be *“the cradle of Christianity, as applied in the lives of men. Yea, it is far off as man counts time, but only a day in the heart of God—for tomorrow China will awake.”* (3976-29, June 22, 1944) Before going any further let me make a distinction here. Too many individuals have come to think of Christianity as a religion *about* Jesus rather than trying to *emulate the life of Jesus* as an approach to religion. His was a life of service and a motto (according to the readings) of “others, Lord, others.” This is what the readings mean by “Christianity as applied in the lives of men.” That said, in April 2014 there was an article picked up by the *Huffington Post*, *Slate Magazine* and others with the headline, “China Could Become the World’s Largest Christian Country,” that estimated that if current trends continued, China would



reach that target by 2025. In order to find out what kind of interest in spirituality is actually occurring in China, I contacted some individuals in Shanghai and asked for a personal description of what was occurring. Here is a portion of that response:

“Shanghai has a population of more than 24 million. In 2008, there were a handful of meeting places where we could talk about non-mainstream spiritual topics. Now, there are more than a hundred places with weekly activities of study groups/meditation/lecturing, most of them are grass-roots organizations. Many yoga systems from India are very active in teaching meditation/prayer. Traveling to India and taking week-long workshops is in fashion for young white-collar workers. Many books on spiritual topics are available and published. For example, there are approximately 50 Krishnamurti books in Chinese. More than 100,000 copies of *A Course in Miracles* have been sold in past years. All of Dr. Brian Weiss’s books are published and many videos on every spiritual topic are available online. Christianity and Buddhism are growing fast. Some of the services are so crowded that people have had to divide into several groups. Some spiritual services are so attractive to the people that within 15 minutes of announcing something is going to take place, it is sold out...”

Clearly, there is something happening with this groundswell of interest in spirituality. Only time will tell how long it will be before the next step occurs as a collective worldview: individuals applying and living out their spirituality in their interactions with one another.

## The age of purity is coming

A third component suggested by the readings is “purity.” Actually, the readings stated that a time would come when we perhaps looked back on this age and referred to it as “the age of the Lily” because of purity. My first thought was that surely we were a long way from that, but then I started thinking about what purity actually means. Essentially, purity is the absence of contaminants in any substance, as well as the absence of vice in any person. And the more I thought about it the more I realized that



we are collectively becoming more focused on purity in every sense: the need for purity in the environment, the need for organic foods, the need to be free from pesticides and environmental toxins, and the list goes on and on. The first “Earth Day” did not

occur until 1970, and since then a tremendous “green movement” has been birthed on much of the planet. There has been the creation of the EPA, clean water acts, clean air acts, and global earth summits. Yes, we have a long way to go, but many of our own waterways and brown-outs in the atmosphere have been cleaned up because of a growing interest in purifying the environment. We have also made some strides in purifying human vice—at least in terms of our readiness to elect public officials who seem to think politics and vice are interwoven. Yes, we have a long way to go, but the worldview seems to be shifting in a more positive direction of what is and what is not acceptable.

So there is good news out there. And the good news the readings suggest we can look for at this time encompasses globalization (understanding our oneness with one another), awakening spirituality (understanding our connection to the divine), and a movement toward purity (understanding that we are responsible for the world in which we live—and that we are charged with ultimately bringing Spirit into the earth). Even in the midst of the bad news that sells, there is good news afoot. We just have to look for it. 🌱

—*Since we’d like to report more on the rise of Spirit in future issues of Venture Inward, in societies in every corner of the world, please send any good news you come across along these lines to: [letters@edgarclayce.org](mailto:letters@edgarclayce.org).*

### ABOUT THE AUTHOR



KEVIN J. TODESCHI is the Executive Director and CEO of Edgar Cayce’s A.R.E. and Atlantic University. He is also the author of 25 books, including Edgar Cayce on the Akashic Records and Edgar Cayce on Vibrations. His most recent book co-authored with Henry Reed, *Contemporary Cayce*, is available on page C-2 or at [ARECatalog.com](http://ARECatalog.com).

The Cayce readings are often inspiring and informative. However, if you are like me, you sometimes find them mystifying and confusing. The latter was the case when I stumbled upon the following reading excerpt:

*"Know then that the force in nature that is called electrical or electricity is that same force ye worship as Creative or God in action!" (1299-1)*

# CAYCE ON ELECTRICITY AND GOD

BY DOUG KNUEVEN, DVM

**H**OW IS GOD LIKE ELECTRICITY? Well, in this day and age that may be an easy comparison. Everything in our world seems to be run by electricity. In our homes and businesses, electricity is an invisible force that we can plug into for light, heat, food preparation, information, and of course, entertainment. It is hard to imagine living without electricity. And when the power lines go down, it's "lights out" and nothing much gets done.

But somehow I don't think this is the analogy that Cayce had in mind. Let's dig a little deeper into the readings.

*"Electricity or vibration is that same energy, same power, ye call God. Not that God is an electric light or an electric machine, but that vibration that is creative is of that same energy as life itself."* (2828-4)

*"For, all life is electrical energy."* (3491-1)

Now we're getting somewhere. Since life is an expression of God, and according to the Cayce readings, life is electrical in nature, then electricity in a living system is a manifestation of God. Let's explore just what life is from a biological perspective.

**Cellular Life** The cell is the unit of life. Death of the body results when its cells cease to function. Health is a reflection of the proper functioning of every cell of the body. In fact, the Cayce readings indicate

that each cell is a "universe within itself" and that each of these individual entities has consciousness. So each cell of the body is not only a unit of life but a unit of consciousness.

It has recently been estimated that the human body is made up of 37.2 trillion cells. They must be working together diligently on the first chapter of *A Search for God: Cooperation*. Each cell contains 10,000 biomolecular machines (enzymes and organelles). The various equipment within a given cell allows it to complete 6,000 chemical reactions per second. It is hard to imagine the complexity of communications needed to coordinate all of the activities within cells, between cells, and between body systems.

To start to tie this all together, let's look at the role electricity plays in the functioning of the body to its deepest level and how this reflects the influences of the Divine.

**Bioelectricity** Electricity is a force that results from the interaction between positive and negative charges. Like charges repel while opposites attract. In the body there are different atoms and molecules that have positive or negative charges associated with them. We call these charged particles ions. Bioelectricity (the kind of electricity used in the body) is generated by the movement of these ions.

It is the controlled flow of ions that allows signals to be carried by the nerves of our brains and nervous systems. That means that every thought we have is a result of bioelectricity. This same basic process is responsible for the contraction of our muscles. So, every movement we make and every beat of our hearts are powered by electricity. But there are still deeper implications of bioelectricity.

**Life Force Energy** The power source within every cell is an organelle called the mitochondrion. The average cell contains 1,000 mitochondria and they take up 1/10 of the cell's total volume. The mitochondria convert glucose, fat, and protein from food and the oxygen from respiration into energy by creating adenosine triphosphate (ATP) which is the energy supply for many of the cellular, biomolecular machines.

Mitochondria fulfill their task by pumping protons (positively charged ions) from the inside to the outside of their organelle membranes. This creates a gradient of electrical charge where the inside of the mitochondrion is negative compared to the outside. Because positive and negative charges attract, an electrical field is created. In this way, the mitochondrion becomes a miniature bio-battery.

It is the electrical energy of these cellular batteries that powers the process of cre-

ating ATP. If the mitochondrial electricity were to fail, no ATP could be produced and the cellular machinery would stop. When this happens in the cells of the brain or the heart, bodily death results. So, as indicated by the Cayce readings, electricity is the ultimate energy of the life force.

Furthermore, the cells of the body actively transport positive, sodium ions out of themselves using pumps fueled by ATP. This creates another gradient of charge where the outside of the cell is positive compared to the inside. Similarly to the mitochondria, the cells themselves function as batteries. When the cellular membrane allows certain ions in or out of the cell, a tiny current of electricity results. This current further powers the cellular machinery of life.

Recently a University of Michigan biophysical chemist used a tiny voltmeter to measure rat brain cells' electrical potential and detected fields as strong as 15 million volts per meter throughout. This is actually a tiny amount of electricity per cell, but when multiplied by trillions of cells, it becomes a huge force. In fact, assuming the rat measurements also apply to humans, we all have the electrical power of a lightning bolt within us! Now that's what I call the power of the Almighty!

**The Current of Injury** Another aspect of the difference in charge from the inside to the outside of the cell is something called the current of injury. When a cell membrane is ruptured there is a very fast and unregulated flow of ions as they are attracted to ions of opposite charge. This *current of injury* alerts the body that damage has occurred and it is this signal that brings in the body's healing response.

The current of injury also works on a larger scale. It turns out that skin cells have more sodium pumps on the side of the cell facing inside the body. As all of the cells of the skin pump together, the outer surface of the skin becomes relatively negative with respect to the inner surface. When the skin barrier is interrupted, as when there is a cut, a current of injury is created in the skin which signals the body's repair system.

The Divine manifesting as bioelectricity is responsible for bodily healing. The Cayce source tapped into this healing potential with many of the devices that came through the readings such as the radioactive device and wet cell battery.

Acupuncture also utilizes this powerful healing force.

**The Bioelectric Body** The electrical forces generated by the cells of the body set up a complex pattern of electrical fields. It is the summation and interaction of all the electrical activity of the body and mind that results in the overall bioelectric field which interpenetrates and is emitted by the body. This electrical field which reflects the body/mind is part of what some people are able to sense as the body's aura.

The bioelectric fields of both amphibian and chick embryos have been analyzed and found to be quite similar. According to several studies, changing the electrical fields of chick and amphibian embryos causes changes in their development. Further research has revealed that the bioelectric field guides the body's formation.

Let me explain what this means. Scientists think they know everything because they've figured out the genetic code. We often think of the DNA as being the blueprint for the body, but this is not exactly right. Actually, the DNA contains codes for the protein building blocks for every cell in the body. Certain genes in the genetic code can be "turned on" and create a liver, other genes can be "turned on" and make a brain. The genetic code within every cell of the body is identical. It is the activation of specific genes that determines a cell's organ system and function.

DNA does not turn off and on its own genes; therefore DNA is not a blueprint for the body. So how is it that in the embryo, the brain always forms inside the skull while the liver develops inside the abdomen? How does the body know where to turn off and on the needed genes? According to the research mentioned above, it is the body's electrical field that dictates the regulation of genes related to the appropriate development of the body. The embryo's electrical field acts as a template for the forming body. God's electrical hand is at work from the moment of conception.

**Bioelectrical Fields and Bodily Regeneration** Research done by Dr. Robert Becker in the 1960s and '70s found some even more amazing effects of bioelectricity. Becker discovered that the electrical field at the stump of limb ampu-

tation was different in frogs as opposed to salamanders. He postulated that it was this difference in the electrical field that allowed the salamander to naturally regrow a leg when it was severed while the frog could not.

In fact, Becker found that if a salamander's leg is amputated and the frog's electrical field is mimicked at the stump, the leg does not grow back. Incredibly, if a frog's leg is amputated and the salamander's electrical field is mimicked, the frog's leg will grow back. In fact, this has also been proven to be the case in young laboratory rats as well.

Apparently, the body's electrical field is not only a template for the formation of the body, but is also responsible for the maintenance of bodily form. This fact highlights the potential for all healing modalities that manipulate the body's bioelectric field. It also demonstrates another role for God as a manifestation of electricity.

AS WE CAN SEE, the Cayce readings' assertion that God manifests as electricity in the body is quite profound. Biologically speaking, it's the electrical energy within the mitochondria that is the fundamental life force. The flow of electricity in our nervous and muscular systems makes possible our thoughts and actions. Bioelectrical fields are a template for the formation, regeneration, and healing responses of the body. The interplay of positive and negative charges in biological systems is truly an expression of Divine power. 🔗

#### ABOUT THE AUTHOR



**DOUG KNUEVEN, DVM**, is a practicing veterinarian in Beaver, Pa. He has earned certification in veterinary acupuncture, veterinary Chinese herbal medicine, and veterinary chiropractic, and has advanced training in natural nutrition, massage therapy, and homeopathy. He is the author of *The Holistic Health Guide: Natural Care for the Whole Dog*. For more information, go to [BeaverAnimalClinic.com](http://BeaverAnimalClinic.com).

Dr. Doug is presenting a new day-long workshop **Caring for Your Pet, Naturally: Holistic Health for the Life of Your Animal Companions** July 18 in Virginia Beach, Va. For more info and registration, visit [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences) or call 800-333-4499.

# THE LIFE AND TEACHINGS OF THE BUDDHA

BY JERRY LAZARUS

**G**ROWING UP IN INDIA as a Christian laid a foundation for my basic understanding of the life of Jesus. While I felt close to Jesus and his teachings, attending Sunday mass did not fulfill my spiritual longing. So I turned to a Yogi who was also an Ayurvedic physician; his clinic and ashram was just walking distance from my house. At the ashram I learned yogic practices—pranayama, hatha yoga, chanting AUM, meditation, and listened to talks given on Hindu scriptures. In my late 20s, I studied in-depth the primary scriptures of Hinduism and Buddhism. Inspired by the Buddha's dedication to meditation, I took up the spiritual practices that I had learned during my teenage years, specifically meditation. As I deepened my meditation practice, I had a dream:

*I was in a forest and saw the Buddha sitting in deep meditation, eyes closed. Crystal*

*clear water was running over his body, flowing from the top of his head down. It looked natural and he was unperturbed, still in silence. The land he was on was surrounded by water—like a moat. It was wide and deep that one could not get across easily. The dream ended with me standing there wondering how I could get across to approach the Buddha.*

The dream was affirming and encouraging my meditation practice, confirming the potential of meditation as seen through the life of the Buddha. Water on the Buddha represents one who was full of Spirit and has approached the superconscious state cleansed by the Spirit. The moat represents the gulf that exists between the conscious, waking mind to the superconscious mind, the Holy of Holies. Effort is needed to get to that state by consistent meditation.

When Cayce gave readings, he obtained information from various sources, collec-

## The Four Noble Truths are:

1. **Suffering (dukkha)**  
*Dukkha is a Sanskrit word that loosely translates to suffering, but it also means: imperfection, impermanence, emptiness, grief, or misery.*
2. The cause of suffering
3. The cessation of suffering
4. The eightfold noble path that leads to the release from suffering

“FOR NEVER DOES  
HATRED CEASE  
BY HATRED  
HERE BELOW:  
HATRED CEASES  
BY LOVE; THIS IS  
AN ETERNAL LAW.”

**Dhammapada** is a collection of 423 sayings of the Buddha, sometimes referred to as the *Buddhist Book of Proverbs*. The Four Noble Truths and the Eightfold Path laid out in the *Dhammapada* are considered to be the central teachings of the Buddha.



tively called the universal source or Christ Consciousness. Whenever needed he could draw from any religion, including “the spirit of Buddha, or Buddhism in its *crystallized* form.” (311-3) Cayce said that the Christ Spirit “associated with” the spirit of the Buddha in meditation. Hence, Christ “influenced either directly or indirectly all those forms of philosophy or religious thought that taught God was One.” (364-9) Here, Christ is to be viewed as “the Universal consciousness of love” whose “impelling spirit” is in all religions. (1376-1) And in meditation, we attune to or associate with the *universal consciousness of love* that existed before the worlds were. This is perhaps why Jesus said, “Before Abraham was I am.” (John 8:58) Therefore, all religions represent the one God. The idea of oneness is repeatedly emphasized in the readings, which quoted the biblical phrase: “Hear, O Israel: The Lord our God, the Lord is one!” (Deuteronomy 6:4)

## WHO WAS THE BUDDHA AND WHAT DID HE TEACH?

**THE EARLY YEARS** When we read the stories of saints and sages, we find that most grew up with economic woes, even to the point of poverty. Standing in sharp contrast is the story of Siddhartha Gautama, born in the 6th century BC to the King of Sakya—a tribe in ancient India. Reminiscent of the Holy Spirit’s revelation to Simeon of Jesus, the seer Asita saw in meditation gods rejoicing at the birth of Siddhartha, bringing understanding and welfare to the world. The sage traveled to meet Siddhartha, and holding the child, he prophesied that Siddhartha would become

a preeminent sage whose work will be of universal scope. Concerned that he might renounce the throne, Siddhartha’s father sheltered him from the miseries of the world and raised him in opulence with all the pleasures of the royal palace.

Siddhartha’s watershed moment came when, for the first time, he encountered persons who were old, sick, and dead, as well as an ascetic. These aroused in him a desire to know the meaning of life, the cause of suffering and death. Siddhartha claimed that this was the moment that all pride of his youth deserted him. What makes Siddhartha’s story most incredible is that he gave up all his riches, pleasures, power, and the kingdom that he was heir to for a life of asceticism—a practice prevalent among spiritual seekers of his time.

**THE INNER JOURNEY** At age 29, Siddhartha’s strong desire to discover truth set him on a journey at all costs, leaving his wife and newborn child behind. For six years, he wandered about the valley of Ganges, studying with various spiritual teachers. Among other spiritual practices of the day, he observed severe austerities including starvation. Through these extremes, he learned that moderation and balance were better; he called this path the Middle Way, a harmonious state between hedonism and asceticism.

After years of studying with various teachers and practicing many spiritual disciplines, he realized that though the teachers could attain to a higher state of consciousness, none had the greater concept of truth he was seeking. Hence, he abandoned all teachers and sought the truth, sitting alone

and still, deep in meditation in the forest.

While in meditation, all his past lives were revealed to him and he understood the purpose of life, reincarnation, suffering, and death. There are intimations in the Cayce readings, that we may know our past lives by the opening of our spiritual (glandular or *chakra*) centers in the body, through meditation. Thus we may claim Jesus’ promise: “I will bring to your remembrance all things, from the foundations of the world.” (281-32)

A man reported to Cayce that while he was reading *The Varieties of Religious Experience* by William James, “I felt every pulsation of my heart, of the nerves, of the blood—I became conscious of a vibratory force moving everything within my body—even the chair upon which I was sitting seemed to be in motion.” He wanted to know if it was “purely a case of the nerves” or a “religious experience.” Cayce assured him that it was the latter, much like what Swedenborg (as he studied), Socrates, Paul the Apostle, and the Buddha experienced when they meditated. “And as was by Buddha, in that position when meditation in the forest brought to the consciousness of the entity the At-Oneness of *all force* manifested through physical aspects, or physical, in a material world.” (900-187)

Throughout his life, and especially during his meditation periods, the Buddha faced temptations by *Mara*, the Tempter, personifying ego, evil, lust, and illusion—all aspects of himself. With steady faith and with the help of gods (*devas*) he triumphed over the temptations. Through a disciplined practice of meditation, at age 35, Siddhartha attained enlightenment (*Nirvana*)—a state

## VERSES FROM THE DHAMMAPADA

The Buddha said that the Dharma is “lovely at the beginning, lovely in the middle, lovely at the ending” and “the gift of the Law (Dharma) exceeds all gifts; the sweetness of the Law exceeds all sweetness, the delight in the Law exceeds all delights.” (*Dhammapada* 354) A comparison may be drawn to Psalm 1:2, “Delight in the law of the Lord; and in his law meditate day and night.”

Here are some examples of verses from the *Dhammapada* that are strikingly similar to teachings in other religions.

*“Long is the night to him who is awake; long is a league to him who is tired; long is the round of rebirth to the foolish who do not know the true Law.”*

*“All men tremble at punishment, all men fear death; remembering that thou art like unto them, do not strike or slay.”*

*“The fool who knows his foolishness is wise at least so far. But a fool who thinks himself wise, he is called a fool indeed.”*

*“The fault of others is easily perceived, but that of one’s self is difficult to perceive; a man winnows his neighbors’ faults like chaff, but hides his own, even as a dishonest gambler hides a losing throw.”*

*“A man is not an elder because his head is grey; his age may be ripe, but he is called ‘Old-in-vain.’ He in whom there is truth, virtue, gentleness, self-control, moderation, he who is steadfast and free from impurity, is rightly called an elder.”*



*“The Buddha’s perception of the Dharma—as the central element of his faith-object and worldview—was such that we may properly include him in the category of those who taught that God is one.”*

—RICHARD DRUMMOND, PROFESSOR EMERITUS OF COMPARATIVE RELIGION, DUBUQUE THEOLOGICAL SEMINARY

of consciousness free from ignorance, selfishness, and suffering, and endowed with wisdom and compassion.

**THE TEACHINGS** People were so impressed by the Buddha, his countenance, and his teachings that they asked him, “Are you a god?” “No.” “An angel?” “No.” “A saint?” “No.” “Then what are you?”


Buddha answered, “I am awake.” The Buddha means the “Awakened one,” or the “Enlightened one.”

The heart of the Buddha’s teachings is the *Dharma* (Truth, spiritual laws), which the Buddha said was not confined to him, but has a larger, cosmic origin and significance. He told his followers that *Dharma* was to guide their thoughts and actions, and they must ground themselves in *Dharma*. The concept of *Dharma* and the emphasis on living the laws may be of interest to the students of the Cayce readings, for Cayce

also placed such an unequivocal emphasis on an identical concept he called “the Christ ideal”—a set of spiritual truths with a primary focus on the life and teachings of Jesus. Cayce emphasized that the ideal must guide every phase of one’s life. The Buddha told his followers that their primary objective should be studying and living the truths before teaching others, an objective that Cayce, too, placed over any other.

The Buddha’s ministry lasted 45 years; he taught all classes of men and women without distinction or discrimination—unlike the Brahmin teachers of his time. After his death at age 80, Buddhism spread mainly to other Asian countries. It was not until the 1800s that Buddhism was introduced to America. The 2010 estimate shows 488 million Buddhists in the world, representing 7 percent of the world’s population.

For me, the Cayce readings’ compelling

argument is that “The Christ Consciousness is a universal consciousness of the Father Spirit.” (5749-4) The Buddha and all beliefs that contain the spirit of Christ Consciousness “are as teachers or representatives” to be respected, whereas Jesus is the pattern for all to follow, whatever their religion. Cayce taught: “the Law of One [is] manifested in the man Jesus, as signified in the Christ Consciousness. (Please gain the difference of these!)” (1010-12) 

**ABOUT THE AUTHOR**



*JERRY LAZARUS is a spiritual teacher, counselor, and author, with a master’s degree in religion and meditation. He leads workshops and retreats on meditation and dreams, and is a speaker*

*at A.R.E. conferences. His book, Dreams: Listening to the Voice of God, is available at [jerrylazarus.com](http://jerrylazarus.com).*

*Come experience a different type of vacation in the lush Blue Ridge Valley paradise of A.R.E. Camp!*



*A.R.E. Camp 2015*

Spend your days eating home-cooked meals straight out of our organic garden, having meaningful conversations with like-minded individuals, taking a hike up to White Rock Mountain, swimming in the peaceful pond, meditating in a shady oak grove, listening to the sound of children’s laughter, and living the ideals put forth by Edgar Cayce of a balance between mind, body, and spirit.

- May**    **May 26 - June 10**  
Construction Camp (FREE!)
- June**    **June 11 - June 15**  
Dancing the Path (ages 18 - 30+)
- June 28 - July 4**  
Cayce Kids (ages 7 - 12)
- July**     **July 5 - July 11**  
Family Camp One
- July 12 - July 25**  
Children’s Session One (ages 10 - 16)
- July 25 - August 1**  
Wilderness Hike One (ages 12 - 16)

- July 12 - July 25**  
Mind the Gap! (ages 17 - 20)
- July 26 - August 1**  
Family Camp Two
- August** **August 2 - August 15**  
Children’s Session Two (ages 10 - 16)
- August 15 - August 22**  
Wilderness Hike Two (ages 12 - 16)
- August 16 - August 22**  
Adult Retreat

**Register at [EdgarCayce.org/SummerCamp](http://EdgarCayce.org/SummerCamp) or call 800-333-4499**



## Meditation—Key to Personal Transformation



**“Everything about your life is predictable—driven completely by your habits of thought, emotion, and behavior. In fact, you really have only one choice today: Whether or not you will meditate.”**

**—HUGH LYNN CAYCE**

**M**ANY DECADES AGO, WHEN I was a freshman in college and newly involved in the A.R.E., I was excited to hear one evening at our study group meeting that Edgar Cayce’s son Hugh Lynn would be coming to Houston to give a public lecture. I was eager to learn from someone whose writings and lecture tapes had already been so helpful to me. Thinking back now upon that lecture, there is one vivid memory. Hugh Lynn asserted a startling claim. “Everything about your life is predictable—driven completely by your habits of thought, emotion, and behavior. In fact, you really have only one choice today: Whether or not you will meditate.”

If we are interested in growth and change—if we are committed to personal transformation—then some kind of regular meditative practice is indispensable. That means creating some “space” in our lives. It’s not so much physical or temporal space, although it’s certainly important to have a supportive place and a regular, uninterrupted time period for the practice. But “space” particularly has to do with creating *a new relationship* with our thoughts and feelings. It means disengaging from the routines of attitude, emotion, and thinking. It means experiencing directly that “I have thoughts, but I am not my thoughts. I have feelings, but I am not those feelings.” A new sense-of-self begins to emerge. *We remember* something about our own deepest nature.

So let’s assume that we’re convinced by 1) Hugh Lynn Cayce’s principle about how change is made possible, 2) some 25 centuries of human experience with contemplative practices, and 3) a mountain of modern research about the physical and mental health benefits of meditation. It still leaves us with the question of exactly how to go about *doing* the practice?

**Meditative practice can be like a two-sided coin.** There are two “faces” of the practice, but it’s just one “coin.” One face is a mindful openness to the present moment. This approach involves becoming super-alert to physical sensations—for example, the feelings of one’s breath as the belly rises and falls, or the ambient sounds of the environment. It might include a body scan, attentively and slowly moving

awareness from the top of one’s head down to the tip of the toes. We gently ask ourselves, “What am I experiencing right now?” And this process is directed not only to the physical sensations of body and environment; it is also turned inward. “What am I noticing right now as a thought or an emotion?” But it’s *just noticing*, and not letting oneself get caught up and carried away in that mental activity. And all of this open mindfulness is done without judgment or evaluation. Nothing is good or bad. It just is.

The other side of the coin is to become so absorbed in one’s chosen focal point of attention that impressions of the environment and the body fall away. This kind of deep, concentrative work takes a lot of practice, but much can be transformed in us by even short periods of sustained attention to that heart-felt focal point. But what to choose as the object of one’s absorption? The Cayce philosophy of meditation seems to emphasize this second side of the coin, and it urges us to select a focal point that resonates to our highest spiritual ideal—an “affirmation.” What words can evoke the feeling and spirit of your ideal? It’s not that we have to come up with some formula or time-tested incantation that will work its magic on us. It’s simply choosing words that have deep personal meaning.

For example, if your spiritual ideal is “loving service,” then this affirmation from Cayce might work well for you, “Let me ever be a channel of blessings to others.” You enter into this deep, absorptive side of meditation when you let the repeated affirmation awaken in you deep feelings of caring and loving. Then you hold in silent attention those feelings, even as you let go of the words—coming back to them only if you notice you’ve drifted away and need reorientation.

Which side of the coin is best? Which is more likely to promote transformative change? The answer might well be that we need both, and that nurturing one’s own meditative life involves learning right timing and approach for moving back and forth between the two—much like we walk forward by shifting effort from one leg to the other. Open, attentive awareness to all the impressions of the present moment. Deep absorption in the feelings and spirit of an ideal. Nurturing our capacity for both is one key to transformational change. 🌱

---

MARK THURSTON, PhD, is an author, psychologist, and educator who worked at A.R.E. and Atlantic University from 1973 through 2008. He is now a faculty member at George Mason University’s Center for the Advancement of Well-Being where he teaches courses about consciousness, meaning, mindfulness, and spirituality. More about his work can be found at [markthurston.com](http://markthurston.com).

## An Easy Passage



**“Learn to live! Then there is no death, save the transition, when desired.” (900-465)**



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

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

**Y**OU AND I HAVE taken this journey before. We know all the traffic signals, all the landmarks. Once we set out on this path, we begin to remember each step. We see lighted passageways and familiar faces. We know that we have done this before. Departing on this trip should be like any other important leave-taking. It should be a comfortable, even a peaceful takeoff. And yet, facing death brings up many fears. Is this truly the end, or a new beginning? Is there a hell and is that where I’m headed? What about all the mistakes I’ve made? Can they be forgiven? Will I see anyone familiar or will I be all alone?

According to Edgar Cayce we don’t die at all: we just leave one lifetime with its gains and losses and move to another realm to prepare for the next one. The soul never dies. The brain may die but consciousness continues. The truth of this is corroborated in many exciting stories of near-death experiences.

Dr. Eben Alexander, a neurosurgeon, who has spoken here several times, tells the story of his own near-death experience. If you have any doubts about the next world, read his book entitled *Proof of Heaven*.

Dr. Alexander had believed that the brain is the beginning and the end of consciousness. After a severe case of meningitis he was pronounced dead. He could see his body on the bed, with the doctors and family members standing around, the life supports removed. His brain was dead and yet he was aware of all that was going on in that hospital room. How could that be? Then he found himself traveling in the beautiful life-after-death-mode. His story is inspiring and this experience completely changed his understanding of death, the brain, and consciousness.

A question was asked at his last conference here. “Did Edgar Cayce ever have a near-death experience?” There were serious accidents in Edgar’s childhood when he might have had one, but I had seen Edgar Cayce go into his prayer/trance state and I was aware of his disciplined focus and complete offering to God of his body, mind, and spirit.

Hugh Lynn Cayce told my husband Harmon and me that every time his father gave a reading, he moved into a prayerful, focused state that was more like a death state than anything else.

When he was giving a reading, he was in the


Spirit and it would have been very easy for him to leave his body for good: the threads between this life and the next were very delicate in this trance state and needed to be treated with the greatest respect and prayer. The vibrations around Edgar always needed to be of the highest order. The pull of the ‘other side’ with its freedom from the responsibilities of the physical realm, and the peace and joyful atmosphere of the spiritual realm, could be very enticing,

Hugh Lynn also told us about a time at the end of a reading period, when Gertrude was slow in giving Edgar the suggestion to return to consciousness, and his breathing became slower and slower and more and more shallow, until Gertrude, Gladys and Hugh Lynn all got down on their knees beside the cot to pray for his life. Finally, his breathing became more normal and he returned to consciousness.

There is no way that Edgar Cayce was afraid of death. On his own deathbed he heard the music of the spheres—heavenly choirs. For him, the passage to the other side was easy. He had been practicing it for most of his life.

Some of you will remember Jim Dixon who was head of the Study Group Department for many years. When his wife was dying of cancer, he invited my husband and me to visit them in Arizona. His wife Beth and I were very close because she had a beautiful soprano voice and whenever we got together we would spend hours at the piano making music together. I had a dream shortly after this visit.

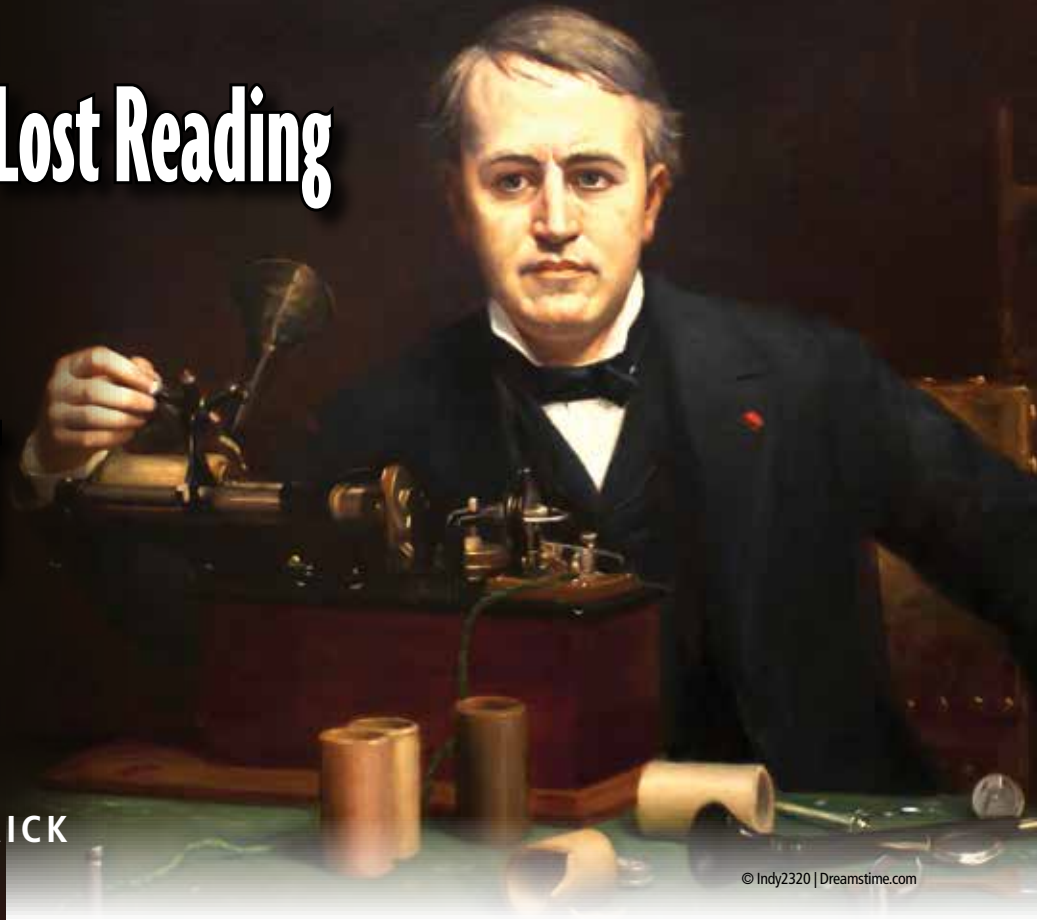
In the dream, I saw Beth sitting on their king-size bed. In front of her lay shells of all sizes, colors, and shapes which she had arranged in beautiful designs. In the dream I started to weep. I turned to Jim who sat on a chair near the bed and I said through my tears, “Beth is not afraid of dying, Jim. Look at these designs! She trusts the beauty of the process. But there are so many people who don’t know how to die!” Jim nodded in agreement. I awoke, my face wet with tears.

*“Then there should not be sorrow and sadness in those periods when the physical turmoils and strifes of the body are laid aside, for the moment, for the closer walk with Him. For indeed to be absent from the material body is to be present with the Lord... And then when...there is the meeting at the river, there will be indeed no sorrow when this barque puts out to sea.” (1824-1)* 

# Thomas Edison's Lost Reading

## A MACHINE TO CONTACT THE DEAD

BY SIDNEY D. KIRKPATRICK



© Indy2320 | Dreamstime.com

Notable men and women of the early 20th century with a profound interest in psychic phenomenon include scientists Nikola Tesla and Charles Steinmetz, social progressive Upton Sinclair, authors Thomas Mann and Arthur Conan Doyle, poet William Butler Yeats, psychiatrist G. Carl Jung, dancer Vaslav Nijinsky, and pioneer nurse-advocate Florence Nightingale. Many other names ought rightfully be on the list, but their biographers didn't wish their subjects to be saddled with the stigma of oddity.

So it was with Thomas Edison (1847-1931), whose accomplishments include the development of the phonograph, the motion picture camera, and a long-lasting, practical electric light bulb. What went unreported is that Edison attempted to build a device to record psychic vibrations and that he once partnered with Edgar Cayce to test the technology. Had Edison succeeded, paranormal research would have been given an instrument as valuable as the microscope has been to science.

**T**HE UNTOLD STORY OF EDISON'S life-long interest in psychic phenomenon dates back to his youth in Port Huron, Michigan. A Boston friend of the Edison family wrote in the spiritualist publication *Banner of Life* (May, 1896), "Thomas Edison's parents were Spiritualists. I have many times sat in Circles in their home when this great inventor was a mere child." Another Spiritualist, from Port Huron, concurred: "I have known Thomas Edison from a boy, and all of his father's family. His parents were all good Spiritualists, and a son, William Pitt Edison [Thomas Alva's eldest brother], was a pronounced believer in the phenomenon, and I understand that Thomas is also a believer in spirit-return and mediumship, but that he does not talk upon the subject except to persons he is familiar with."

The diminutive, hard-of-hearing young Edison, teased by classmates, may not only have witnessed table tilting, spirit rapping, and trance communications, but is reported in one Spiritualist publication to have put pen to paper to channel spirit messages. Equally significant was his exposure to teachings he would later embrace as his own: a certainty that the soul continues to exist after the death of the physical body, that spirit communications are real, and the conviction that the entire natural world—down to the smallest molecules—possess a transcendent divine energy. This is not to say that Edison believed in God, the Redeemer. Rather, he was a card-carrying, dues-paying Theosophist who was convinced, like Nikola Tesla (another recipient of a Cayce reading), of the intelligent design of the universe. "I do not believe in the God of the theologians, but that there is a Supreme intelligence I do not doubt," he told a New York reporter. "Life entities live forever," he told another. "The eternal life which many of us hope for is a reality."

At the risk of undercutting his scientific credibility in a profession that increasingly sought to liberate itself from Victorian mysticism, Edison made his position clear in an interview he conducted with Charles Forbes, who would later found *Forbes* magazine:

"If our personality survives, then it is strictly logical and scientific to assume that it retains memory, intellect, and other faculties and knowledge that we acquire on this earth. Therefore, if personality exists after what we call death, it's reasonable to

conclude that those who leave this earth would like to communicate with those they have left here.

“...I am inclined to believe that our personality hereafter will be able to affect matter. If this reasoning be correct, then, if we can evolve an instrument so delicate as to be affected, or moved, or manipulated... by our personality as it survives in the next life, such an instrument, when made available, ought to record something.”

## Pioneers

Beyond the influence of his Spiritualist forebears and Madame Blavatsky's Theosophist movement, Edison's views were shaped by friend and colleague Sir William Crookes (1832-1919), the British physicist whose scientific contributions included the discovery of the element of thallium, the development of vacuum tubes that facilitated X-rays, high-resistance glass, and a chemical process for separating gold and silver from their ores. He was also president of the Society for Psychical Research and one of the first researchers to apply scientific methodology to the study of paranormal phenomenon, just as botanist J.B. Rhine would later do at Duke University.

Edison, too, was intimately familiar with the work of physicist Oliver Lodge who, in addition to the development of key patents in wireless telegraphy (a subject of keen interest to Edison, who began his career as a telegrapher), followed in Crookes's footsteps as president of the Society for Psychical Research. The metaphysical work of these scientists, along with many books about psychic power and reincarnation, were housed on the second tier of Edison's 12,000-volume library in his New Jersey laboratory complex, along with an inscribed edition of Blavatsky's *The Key*

to *Theosophy* and Swedenborg's *Heaven and Hell*.

That Edison believed himself to be telepathically gifted (no pun intended), is similarly well documented but overlooked in the inventor's many biographies. Mentalist Joseph Dunninger, (1892-1975), known as “The Amazing Dunninger,” was one of the most famous and proficient mentalists of all time. At the age of 17 he was invited to perform at the home of Thomas A. Edison, avid admirer of his mysticism. Dunninger was a debunker of fraudulent mediums. He carried on a correspondence with Edison (as he did with Theodore Roosevelt), and noted that the inventor conducted experiments “where he would concentrate on someone and they would come and see him—or concentrate on doing a thing, and it would pass on to the person it was intended for without any verbal communications.”

According to lab assistant Walter Dinwiddie and private secretary William Meadowcroft, Edison made no secret that the inspiration for many of his technological advancements came to him in an altered state of consciousness. Convenient as it has been for Edison biographers to dismiss such reports as idle speculation, evidence suggests something more.

## Pursuing proof

Given Edison's interests it was no small wonder that he conducted experiments with known psychics. Before Edgar Cayce there was Bert Reese (1851-1926), an American-Polish medium, known for his ability to read the contents of sealed envelopes. According to Edison, Reese proved his abilities beyond doubt (an opinion which was not shared by leading skeptics). In one of Edison's experiments, a lab as-

## Edison's Unique Meditation

Edison spent hours meditating in his chair while holding a steel ball in each hand. On the floor, on either side of him, he placed flat steel pans. If he fell asleep, the balls dropped out of his hands and would land in the pans, waking him up. Was Edison practicing lucid dreaming as a way to tap into the Akashic Records or contact spirit guides?

Edison described his mental process during this practice in his diary: “I will shut my eyes and imagine a terraced abyss, each terrace occupied by a beautiful maiden. [At] the first [terrace] I will deliver my mind and they will pass it down to the uttermost depths of silence and oblivion.”

sistant was sent into an adjoining room to write down on a slip of paper intimate facts about his mother's birth in Norway. Not only did Reese accurately spell the difficult Norwegian names, but he correctly stated that the lab assistant carried a “ten-crown” coin for luck.

Edison—then experimenting with alkaline battery technology—next challenged Reese to perform a task that required both telepathy and precognition. Edison went into the next building and wrote down the question: “Is there anything better than hydroxide of nickel for an alkaline battery?” As Edison subsequently reported, “After having written this sentence, I took up another problem in my mind and gave all my attention to solving it; so as to throw Reese off the scent, if he was trying to read in my mind what I had written. I then came back into the room where I had left him with my men. The moment I entered the room, Reese turned to me and said, ‘No, there is nothing better than hydroxide of nickel for an alkaline battery.’ Reese was right. Then, as today, NiCad batteries are still the most popular.

Edison next attempted to build a device capable of reading a spectrum of electrical energy which he believed psychically-inclined people tapped into. In this endeavor, he sought a means of convincing people of the presence of what he described as “the cloud of witnesses that surround us” and “which the majority of the world, I am afraid, is inclined to doubt.”

Edison described his experiment: “I tried to solve the [telepathy] phenomenon by the help of an electric apparatus fastened to

**RETIREMENT INCOME GUARANTEED FOR LIFE**

**Now Earn up to 9.0%** Rate of return based on age

- ✓ Secure and stable **lifetime income**
- ✓ Generous **charitable tax deduction**
- ✓ **Tax-Free** Income
- ✓ **Supports Edgar Cayce's global vision** in these changing times

**Ask about new 2015 CGA Guidelines!**  
Minimum \$10,000 investment

**For a FREE personalized report**  
contact: Susan Luscomb at  
757-457-7125 or email  
susan.luscomb@edgarcayce.org

Member of the American Council on Gift Annuities Code 2015VIW

the head of operators. Four among us first stayed in different rooms, joined by the electric systems... Afterwards we sat on the four corners of the same room, gradually bringing our chairs closer together toward the center of the room, until our knees touched, and for all of these, we obtain no results.”

## Edison turns to Cayce

Edison developed a second prototype device to try and record or meter psychic vibration. For testing he needed a subject whose psychic talents were beyond question. A promising candidate was recommended by Joseph Dickey, a professor at Bowling Green Business College (who would soon become president of the institution, which was considered at the time to be Kentucky’s finest university). Psychic diagnostician Edgar Cayce had not only proven himself to physicians state-wide, but had received novelist and psychic researcher Sir Arthur Conan Doyle’s highest stamp of approval. He described Cayce: “He was in a class all his own.”

While no diary or first-person correspondence now exists to detail the trance session, which is believed to have been conducted in May, 1906, letters between Edison and Cayce were later reviewed by Cayce’s secretary Gladys Davis and by *Hearst* reporter Roswell Field. This evidence, along with the text of a speech Cayce delivered in Washington, D.C., and a brief passage in one of Cayce’s memoirs, provides tantalizing clues to what happened when Dickey escorted Edison and Cayce into a classroom in Bowling Green’s McCormack building.

What transpired was likely a trance discourse on electricity and psychic phenomena—a subject that was not only of interest to Edison, but to Dickey. And although the reading today does not exist (it was likely lost in a fire in Cayce’s Bowling Green photo studio), what may have come through can reasonably be inferred from later readings given to inventor Tim Brown, a Dayton engineer who helped to found Delco, and Mitchell Hastings, a pioneer of FM radio at NBC. “Electricity is at the heart of all life,” Cayce told the scientist-inventors. “Electricity is life,” and “energy is the mind seeking to find expression—the seeking is the energy, and that expressed is the matter.” Cayce would further this concept in other readings:

“And in the seeking is the putting forth of that energy, that élan vitale that makes for the growth.” (1125-1) “Electricity or vibration is that same energy, same power, ye call God. Not that God is an electric light or an electric machine, but that vibration that is creative is of that same energy as life itself.” (2828-4)

Such a response would surely have delighted Edison, as it paralleled statements the inventor himself made. So, too, were these remarks Cayce gave in a reading dedicated to the afterlife: “The spirit of all that have passed from the physical plane remain about the plane until their development carry them onward or are returned for their development here. When they are in the plane of communication... any may be communicated with. There are thousands about us here at present.” (3744-1)

## Testing...testing...

Many Cayce researchers (including myself) long assumed that Edison’s experiment consisted of Edison trying to record Cayce’s voice with a device similar to the phonograph Edison invented in 1877, and with improvements (a wax recording cylinder), marketed a decade later. It’s now clear that Edison was attempting something altogether more monumental: to meter or record psychic vibration.

As Edison told Allan L. Benson, [“I shall yet put before the world a phonograph that will render whole operas better than the singers themselves could sing them in a theater...I shall do this by virtue of the fact that with a phonograph I can record the voices better than any person in a theater can hear them.”—Thomas Edison, as quoted by Allan L. Benson, “Edison’s Dream of New Music,” *Cosmopolitan* 54, May, 1913] a friend of many years who wrote a biographical article on Edison for *Liberty* magazine, the device was an “attempt to break down the wall between the living and the dead,” and that his objective was “to make a machine that would enable the hereafter to prove itself without the aid of mediums or other living agencies.”

In summary, Benson outlined Edison’s understanding: “If spirits could communicate directly with the earth, doubting would soon have to stop. Edison was a scientist and, as such, had a profound respect for facts. He might be wrong about

the soul, a hereafter, and the possibility of conducting conversations between two worlds. If so, he wanted to shift his course to fit the facts.”

The only Edison associate who went on record as having seen the device was mentalist Joseph Dunninger, who said that it contained a vacuum tube—its most essential component—which could be used to amplify delicate “psychic” vibrations, and an aluminum speaking tube, which acted as a microphone. The device may



have looked similar to the Psycho-Phone of the 1920s, which has erroneously been credited to Edison, but operated in a significantly different way. (The Psycho-Phone was designed to play pre-recorded subliminal messages on a wax cylinder to its slumbering users). That Edison didn’t exhibit his spirit recorder or discuss its construction was not evidence that it didn’t exist. A shrewd and litigious businessman, Edison was well known to be secretive of all experimental technology before he had patented it.

The device failed to perform. This was not necessarily only due to faulty technology. While testing Cayce, Edison held the speaking tube over the psychic’s face, at which point the reading came to an abrupt end. As Dickey and others knew from previous experiments, holding something over Cayce’s body interfered with the transmission—as if an invisible cord connecting the sleeping man and his etheric body was severed, breaking the psychic connection. The same occurred when the conductor leaned too far forward over the prone Cayce.

In the most notable instance, Cayce’s assumed connection to his etheric body was severed and the muscles around his solar



# Edison may indeed have experienced proof of the hereafter. Only not in a vacuum tube.

plexus contracted and Edgar suddenly jerked upward, startling those who were present. This incident is likely the genesis of the seemingly spurious account of Cayce “levitating,” promulgated by Joseph Millard in *Miracle Man of Virginia Beach*. Edgar didn’t levitate. He contorted.

The experiment ended, but several postscripts are worthy of mention. On January 19, 1934, three years after the inventor’s death, an Edison wax-cylinder recorder was used to record Cayce’s voice during an hour-long discourse on world affairs in what was arguably the most controversial trance reading of his career.



More intriguing was Edison’s alleged appearance in a 1941 séance by New York medium Mary Olson. Among the sitters was J. Gilbert Wright, the GE chemist who developed silicone, and was a collaborator with renowned mathematician, engineer, and psychic researcher Charles Steinmetz.

Wright would also work with GM’s chief of research, chemist Charles Kettering, himself a believer in the spirit world and the recipient of Cayce trance advice.

In the midst of the Olson reading, the spirit of Thomas Edison announced himself: “I think it might interest you to see the blueprint of the device I was working on,” and then provided names and addresses of three people who had worked with him to develop the device.

There is no way to know if the blueprint Wright eventually obtained was genuine. The apparatus depicted consisted of an aluminum trumpet, an aerial, a microphone, and a chemical electrolyte to generate an electric current for amplifying the supposed etheric waves from the spirit world. The account of Wright’s adventure (*Fate*; April 1963) contains few other specifics, only that the team of Edison associates, who called themselves the “Society for Etheric Research,” tried and failed to make the device work.

Fanciful as this story may be, Edison

may indeed have eventually experienced proof of the hereafter. Only not with a vacuum tube. As Edison lay on his deathbed, drifting back and forth into consciousness, he whispered to his wife, “It’s very beautiful over there.”

## ABOUT THE AUTHOR



**SIDNEY D. KIRKPATRICK** is an award-winning documentary filmmaker and bestselling 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](http://PortageInn.ca)) in Muskoka, Ontario.

Join Sidney in presenting **Living the Legacy of the Edgar Cayce Readings: Insight, Inspiration, and Secrets from the Vault** May 2, in Detroit. For more info and registration, visit [EdgarCayce.org/fieldconferences](http://EdgarCayce.org/fieldconferences).

## Learn the Unique Cayce/Reilly® Massage

Discover the difference of this trademarked massage routine and embark on an exciting and enriching journey of professional development that will enable you to improve the lives of others through the healing art of therapeutic massage. The staff and faculty are dedicated to providing a holistic educational environment in preparation of a rewarding career in the health care industry. Massage is a global, positive force that promotes health and supports personal growth, professional fulfillment, and spiritual awareness.

**Full and Part-Time Schedules:** Our 700-hour program can be completed within 8 to 14 months. Contact our Admissions Office for details or apply online.

**Tuition Assistance:** We are approved by the Department of Education to offer federal financial aid to those who qualify and by the Veteran’s Administration for students with GI Bill® education benefits. Flexible monthly payment plans are also available to students with private funding.

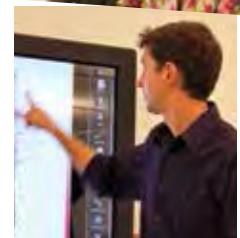
**Location and Facilities:** Our state-of-the-art Education Center is located on the beautiful oceanfront campus of Edgar Cayce’s A.R.E. in Virginia Beach, Virginia.

Visit us and take a tour!



SCHEV certified to operate as a proprietary school

Visit us on the web and request a catalog at [CayceReilly.edu](http://CayceReilly.edu) or call 757-457-7270





## DOCTOR IN THE HOUSE

BY JOSEPHINE B. ADAMSON, MD, MPH, CMT



# The Body Doesn't Lie

**P**AIN IS AN IMPORTANT MESSAGE notifying us of imbalance somewhere in our life. Discomfort may be the first indication that there is a problem we need to address, and recurring pain often precedes a dire physical warning like a heart attack. The physiology of pain is much more complicated than the simple neurological feedback loop we learned about in high school. Neuroscientist Dr. Lorimar Moseley, in his talk on “Why Things Hurt,” summarizes the interaction between the brain and the body, “A key conceptual shift that we think is really important is that you can understand that pain is the end result, pain is an output of the brain, designed to protect you...it’s not something that comes from your tissues.” Pain is an alert from our brain to make a change. If we are disconnected from our bodies or are afraid to acknowledge physical and emotional pain, healing is difficult.

A physical trauma like a broken leg will certainly cause pain that prompts us to get help, but emotional and spiritual imbalance also can manifest as discomfort in the body. Our bodies reflect stress as well as unhealthy attitudes towards self and others. Small children, afraid to go off to school for the first time, may complain of stomachaches, reflecting fear. Anger can feel like fire in our chest. Worry can gnaw at our bellies. Mental stress can even lead us to use physical means—cigarettes, alcohol, drugs, cupcakes, etc., to relieve the psychic discomfort. For any of us facing a physical or a mental health challenge, the first step in healing is listening to our body.

Most of us are more comfortable living in our thoughts and ignoring news from our bodies. Our culture puts a high value on intellectual and spiritual pursuits, but keeping our bodies feeling good creates a positive environment for our entire being. Medical studies reinforce the precept in many Cayce readings that “mind is the builder, the physical is the result”—unresolved mental or emotional stress does eventually appear in the body as disease. Scientific studies have repeatedly demonstrated that our physical, emotional, and spiritual environments influence our immune systems, our bodies’ innate healing forces. Chronic psychological stress is associated with a greater risk of depression, cardiovascular disease, diabetes, autoimmune diseases, upper respiratory infections, and poorer wound healing, as authors of a 2012 review article in the *Proceedings of the National Academy*

*of Sciences* found. All of these diseases exist as discomfort many years before they develop into chronic conditions. The body doesn’t lie: we just don’t listen!

Listening to our bodies helps dissolve denial. Working through denial is the initial stage described in Dr. Elisabeth Kübler-Ross’s 1969 classic, *On Death and Dying*. Though her book discusses healing from grief, steps to healing remain the same whether we have emotional or physical illness. Ignoring the pain, whether through drugs, alcohol, or other means, deprives us of the opportunity to investigate the cause and move towards healing. The first step in Alcoholics Anonymous’s addiction recovery involves working through denial to acknowledge reality. Denial blocks the flow of information between the body and the mind. Meditation can help us slow down our minds enough to reopen that flow and register messages from our body. Attention to breathing is an excellent way to calm the anxiety that heightens pain sensitivity. Lamaze focused breathing has been shown in numerous studies to decrease birthing mothers’ fear and pain medication requirements. Yoga, walking, prayer, and other contemplative activities are other means to listen to the inner wisdom of our bodies. Quietly resting with our bodies allows us to feel. Basic questions of “Does any part of my body hurt?” and “What parts feel good?” may lead to considerations like, “Am I nourishing my body with the right amount of healthy food and water?” and “Am I getting enough exercise, rest, and relaxation?” Our bodies hold the answers to these questions.

Though listening to the body’s messages may initially cause fear, surrendering to reality and taking action by making changes in our lives, and getting help if needed, will lead us toward healing. The old traffic-crossing instruction of, “Stop, look, and listen” translates well into our adult way of life: “*Stop* doing things the way I’ve been doing them, look honestly at myself and my actions, and *listen* to the messages from my body.” If we anchor ourselves in reality, we can reframe our suffering as a learning opportunity for emotional and spiritual growth. Pain and discomfort then become transformative tools helping us become our highest selves. When body, mind, and spirit communicate as one, true healing occurs.

*Josephine B. Adamson*



Most of us  
are more  
comfortable  
living in our  
thoughts and  
ignoring signals  
from our bodies.



الله

# The Way of the Sufi: The Mystical Path to God

BY PETER WOODBURY, MSW

*"Like grapes, we have always accompanied the vat.  
From the view of the world, we have disappeared.  
For years, we boiled from the fire of love  
Until we became that wine which intoxicated the world."*

—SUFİ POET DR. NURBAKHSH  
(1926-2008)

WHEN I FIRST CAME TO the A.R.E. some 10 years ago, I was recruited by Leslie Cayce for the position of Headquarters Conference Facilitator. I served in that capacity for 4 years. I often refer to that time as my "metaphysical-PhD years." I attended every conference at the A.R.E. for those years. It was a very significant period of learning and growth for me. I was reminded of those years recently when I went to hear Herbert Puryear, PhD, speak at the A.R.E. this past September. I had heard from many people what a great teacher he was. He was introduced that night by Charles Thomas Cayce, who called him the greatest interpreter of the Cayce work of his generation. It was an extremely thoughtful and stimulating lecture that he gave that night.

What I took from his discourse that evening was an insight regarding the impact that our thinking about God has on our reality. Puryear divided the thought into two basic perspectives: Either seeing God as existing in everything versus seeing God as *not existing* in everything. If we see God as existing in everything, then we treat our world with awe and respect, whereas if we see God as only existing in segments of our reality, then we do not treat the Godless parts with that same respect and dignity. For example, if God does not exist in nature, then we can use and abuse the physical environment as we see fit, as is so currently in evidence in our world.

His lecture reminded me of one of my favorite speakers that I have heard at the A.R.E., the late Huston Smith, PhD, renowned University of California at Berkeley professor and author on world religions. In a similar manner to Dr. Puryear, he taught us about the different views on God. He divided those into atheism (no belief in God), agnosticism (skepticism about the existence of God),

polytheism (the belief that there are many gods), monotheism (the belief in one God) and mysticism (the belief that all is God).

## Teachings of Mysticism

What both of these learned gentlemen referred to is the belief that all is God, we are thus part and parcel of God as is everything else. Cayce would say that we are like cells in the body of God. Mysticism is the belief that we can only attain our connection with God directly. Jesus' teaching that the Kingdom of God is within, is an example of mysticism. Most religions start with a prophet who has achieved a line of direct connection with God. That experience is first taught, then written down, and then the teaching becomes the focus of the religion, sometimes at the loss of the importance of the direct communion with the Creator.

For example, in Christianity, the Cross can be interpreted from a mystical perspective. The longer vertical line of the cross symbolizes our direct connection with our Creator. This is represented in the Judeo-Christian first commandment: love God above all else. The horizontal line represents the commandment to love our neighbor as ourselves. But note that the vertical line is longer than the horizontal one. This represents that we must have our deepest connection with our Creator, first and foremost. A criticism of modern churches is that they have created a cross with a longer horizontal line than the vertical one, a sort of shorter and wider cross, meaning that churches are very good at the horizontal element of creating community, but have neglected the vertical element, helping create a direct connection with God.

Edgar Cayce said in a reading that "In prayer we speak to God, and in meditation we listen to God." Meditation is a mystical practice that claims that if we still ourselves, we can come to hear that



# LOVE

By Rumi

“still small voice within.” This is the essence of mystical teachings. Christianity, Judaism, and Islam each have their mystical sects. The Kabbalah is a set of mystical teachings of Judaism. It can be argued that all of Jesus’ teachings were mystical. And Islam has its mystical branch in Sufism. Let’s take a deeper look at this religious tradition.

Sufism is understood to have arisen from within Islam in the 8th to 9th centuries as a mystical and ascetic movement (asceticism is the practice of self-discipline and abstinence). How Sufis got their name is debated. Some argue that it came from the coarse wool garments they wore as part of their asceticism and others say it is derivative of the Persian word for wisdom, kin to the Greek word of the same meaning, “Sofia.”

The primary focus of Sufism is the search for Truth and the actualization and expression of that Truth in your life. The Truth is found within, through practices of love and devotion (service and attunement). This is called Tarigat, the spiritual path to God. The Sufi is seen as a lover of Truth and in this search becomes perfected or more Godlike in the earth. The Sufi aspires only for this union and all else is to come second. The Sufi seeks the actualization of “divine ethics,” meaning seeking God’s way and not man’s way. This actualization occurs, not through logic or reason, but by revelation and witnessing. In order to gain this God-perspective, the Sufis must lose themselves into the whole. If the whole is seen as the ocean, and we are seen as drops of that whole, the drop must merge into the ocean to experience the whole, while also maintaining a sense of being a drop. This is very much like Cayce’s teaching that we must come “to know ourselves, to be ourselves, and yet be one with God or Creative Forces.”

Rumi, the best known Sufi poet, teaches this lesson in his version of the three men and the elephant. The three men, who have never seen an elephant before, come upon one in the darkness. One touches the elephant’s leg and describes how this animal is like a tree. The other touches the ear and argues that the animal is like a thick leaf. Then the third touches the tail and is confused by the others, saying the animal is like a rope. Each description is true to their individual experience, but the whole includes each aspect. The Sufi seeks the light of Truth so he or she can see the “elephant,” or God, more clearly.

The Sufi way involves mastery of certain rituals and practices that include reciting poetry and hymns (some of the most beautiful literature and poetry of the Islamic world has been written by the Sufis), ritual prayer, reciting God’s name, as well as bodily rituals such as those practiced by the “Whirling Dervishes,” the Turkish Sufi order that practices God contemplation and meditation through spinning. There are currently about 9 million Sufis.

*Love makes bitter things sweet.  
Love turns copper to gold.  
With love dregs settle into clarity.  
With love suffering ceases.  
Love brings the dead back to life.  
Love transforms the King into a slave.  
Love is the consummation of Gnosis.  
How could a fool sit on such a throne?  
Visit the sick, and you will heal yourself.  
The ill person may be a Sufi master,  
And your kindness will be repaid in wisdom.  
Even if the sick person is your enemy,  
You will still benefit,  
For kindness has the power to transform  
Sworn enemies into firm friends.  
And if there is no healing of bad feeling,  
There certainly will be less ill will,  
Because kindness is the greatest of all balms.  
The book of Sufi wisdom  
Is not written on the blank page,  
But on a heart white as virgin snow.  
Scholars pursue penmarks.  
Sufis track footprints in the snow,  
Like hunters tracing a musk-deer’s trail,  
Until they breathe in the sweet scent  
That the deer exudes from its navel,  
And rush to catch their quarry.*



## The deep roots of Sufism

There is some belief that Sufism may predate Islam, having existed in Afghanistan and Iran, then Persia, as an earlier religious movement with roots in an ancient religion called Zoroastrianism. As students of Cayce, we may know of Edgar Cayce’s connection with Zoroastrianism, having had an incarnation as Uhljdt, the father of Zend, the father of Zoroaster (also known as Zarathustra to the Greeks). Zend was an incarnation of Jesus. Cayce described how Jesus was taken to India, Egypt, and Persia during his supposed “lost years” from ages 13 to 30. While in Persia, Jesus learned about Zoroastrianism and later many of those teachings were incorporated into Christianity. Zoroastrianism is believed to have influenced many religions. Mysticism—the oneness of God, the struggle to choose between “good and evil,” and the law of karma (we reap what we sow) are all core Zoroastrian tenets.

It is my thought that Jesus’ teachings were indeed mystical and encouraged our seeking direct communion with our Creator. Cayce’s teachings, so aligned with Jesus’ teachings, are also mystical. We are all encouraged to set aside time to meet with our Creator and seek that joy that comes in serving others. Sufism is also in agreement with the philosophy that we are all “wired” for God-contact, and in fact there is no other way. We all have to walk that path ourselves. No one else can do it for us. It is helpful, I believe, in this time of division and separation, to see the commonality in our different traditions and in our varied attempts to have a closer walk with our Creator. Indeed Cayce saw that in The New Age, we would all deepen our mystical and personal communion with God. 🕊

### ABOUT THE AUTHOR



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

In April of 2015, Peter will lead a tour of **Southern Spain and Morocco**, where Sufism is largely concentrated. See p. 61 or visit [EdgarCayce.org/tours](http://EdgarCayce.org/tours) for details.

Peter will present **Many Lives, One Source: Understanding Karma, Grace, Reincarnation, and Your Place in the Divine Plan** Jan 17, Vacaville, Calif.; Feb 18, Phoenix, Ariz.; and Mar 21, Charlottesville, Va. For info and to register, go to [EdgarCayce.org/fieldconferences](http://EdgarCayce.org/fieldconferences).

# 2015 Virginia Beach Conferences and Training Programs

## JANUARY

16-18 **NEW!**

### Experiencing Sacred Inner Realms: Awakening to the Call of Your Soul

Experience proven techniques for reaching a deeper state of spiritual awareness and enlightenment through meditation, chanting, mindfulness practices, soul writing, and more, with John Van Auken, James Van Auken, Joanne DiMaggio, and Judith Pennington.\*\*



## FEBRUARY

27-March 1 **NEW!**

### The Turning Point: Prophecy and Revelations of the Future Featuring Gregg Braden

During these times of rapid socioeconomic, political, spiritual, and planetary changes, Gregg Braden, John Van Auken, astrologer Kirk Nelson, and Lynn Sparrow Christy take an in-depth look at what has been predicted for our times and for the future.



## MARCH

8-13

### Foundations in Hypnosis: Training and Certification Course

Be certified in Hypnosis by the A.R.E. with one of our best-rated and most experienced trainers, psychologist and master hypnotist Dr. Jason Parker. **Limited enrollment—register early to ensure your place!**

27-29 **NEW!**

### Breakthroughs Toward a New Consciousness: Science, Spirituality, and the Limitless Mind

Explore the latest research into the nature and power of consciousness, the very essence of our being, with Apollo 14 astronaut Edgar Mitchell, Neil Helms, MA, Marilyn Schlitz, PhD, Kevin J. Todeschi, and Douglas Richards, PhD.



## APRIL

17-19

### Medical Intuition: Self-Diagnosis and Healing with Your Body's Energy Systems

Caroline Myss, PhD, returns with Dr. C. Norman Shealy. Take control of your total body-mind-spirit health with this experiential workshop. Plus Denise Furgason and Ellen Selover.

## MAY

2 **NEW!**

### The Quickening: Leaping Ahead on Your Spiritual Journey with Gregg Unterberger, MEd, LPC

Stop reading about someone else's spiritual experience and start having one yourself! Consciously accelerate your soul growth and take a dynamic leap forward on your spiritual journey. **Your life will be forever changed.**

3 **NEW!**

### Edgar Cayce and A Course in Miracles: Seeing with the Eyes of Christ

Touch the peace of God that passes all understanding and learn how to nurture it to become part of your everyday life through these two great spiritual works, with psychotherapist Gregg Unterberger, MEd, LPC.

28-31

### Neuro-Linguistic Programming (NLP) Practitioner Certification Training

With Master Trainer Dr. Yvonne Oswald, author of *Every Word Has Power*. Learn the transformative power of NLP and gain the ability to create positive, lasting change. Completion leads to certification as an NLP Practitioner.



## JUNE

20 **NEW!** *Soul Growth Saturday*

### Edgar Cayce on the Wisdom of Dreams: Listening to the Voice of God

Nothing of significance ever happens to us without it being first previewed in our dreams! Author and *Venture Inward* magazine columnist Jerry Lazarus shares ways to interpret and apply their meaning and messages.



21-26

### 84th Annual A.R.E. Members Congress: Bringing the Edgar Cayce Readings to LIFE!

Come home to your spiritual family at A.R.E. and celebrate the Cayce legacy with special guest Sidney Kirkpatrick and more!\*\*

# Fun & Fellowship

Come Join with Like-Minded People

## JULY

18 **NEW! Soul Growth Saturday**

### Caring for Your Pet, Naturally: Holistic Health for the Life of Your Animal Companions

Holistic veterinarian and author Dr. Doug Knueven brings you insights and techniques that will enable you to ensure your pet enjoys optimal health and energy.



## AUGUST

14-16 **NEW!**

### Advanced Hypnosis Techniques Certification: Creating Lasting Change

Be certified in Advanced Hypnosis by the A.R.E.! Dr. Jason Parker brings intensive training designed to increase the depth and effectiveness of your hypnosis sessions and improve client outcomes. Must have prior certification in basic hypnosis. Limited enrollment.

## OCTOBER

8-11

### Our Annual Ancient Mysteries Conference **Remnants of the Distant Past: Sacred Sites, Lost Lands, and Legendary Places**

Erich von Däniken, John Van Auken and James Tyberonn are joined by researchers and

explorers Freddy Silva, Robert Schoch, PhD, and Jason Martell who reveal ancient secrets long buried. **Register early—this program is expected to be SOLD OUT again!**

17 **NEW! Soul Growth Saturday**

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

Join hypnotherapist Peter Woodbury, MSW, for this hypnosis and regression program that will help you heal the past and build the future.\*\*

18-23

### Past-Life Regression Hypnotherapy Training Certification

Learn this popular healing modality with Cayce teacher, psychotherapist, hypnotherapist, and Harvard University graduate Peter Woodbury, MSW, who was trained by Dr. Brian Weiss, and be certified in Past-Life Regression Hypnotherapy by the A.R.E. **Register early—this program sells out every year!**



## SEPTEMBER

25-27

### You Are Psychic: A Step-By-Step Course for Advancing Your Intuitive Potential

We are all naturally psychic, and this experiential weekend will give you practical hands-on ways to develop and apply your innate intuitive abilities and take them to the next level! Featuring professional psychic, trainer, and author Carol Ann Liaros plus Henry Reed, PhD, and others.

## NOVEMBER

5-8

### Life Beyond Death: Afterlife Communication, Mediumship and Your Eternal Soul

THREE days with THREE renowned psychic mediums! Lisa Williams, Robert Brown, and Karen Noé bring afterlife wisdom and messages from departed loved ones, and John Van Auken brings Cayce's insights into mediumship and the continuity of the soul.



## DECEMBER

29-31

### Annual New Year's Conference

Ring in the New Year with like-minded friends old and new at this traditional gathering which includes a festive party with music, dancing, and refreshments and a peaceful midnight meditation.\*\*

Visit [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences)  
or call 800-333-4499

See inside back cover for more information.  
Use code C15VI at registration.

\*\* Open to anyone, Life Members may redeem their passes.

## Being Nice to Others Is Good for You

An article by Lindsay Holmes (*The Huffington Post*, Sep 10, 2014) outlines the benefits of being nice to others. She defines being nice as giving pleasure or joy, something that is attractive or of good quality, or someone who is kind, polite, and friendly. Research from the University of Buffalo suggests that

our capacity for goodness may be genetic; some people are born with specific receptors to oxytocin and vasopressin, hormones associated with feelings of love and generosity. Researchers also found that genetics works with individual upbringing and life experiences, and the combination of both can suggest how social you become (*Live Science*).

Charitable actions and helping someone not only improves their lives, but studies have found that volunteers may also live longer (ABC News). Those who are compassionate and sensitive to other people's emotions may be more successful at work; they are also happier, trusted more, and paid better (University of California-Berkeley).

There are also health benefits. Practicing compassion through meditation reduces stress. Simply being kind causes our brain to release endorphins and boosts serotonin levels, providing feelings of satisfaction and well-being (*Psychology Today*).

*Let those things that would cause you to fear, to doubt, become the stepping-stones for those things that have been promised in and through you... Be patient, be kind, be just in your... activities to your fellow man; for only in such will you find peace and harmony. For some cry Peace when they themselves become, through the condemnation of self in others, that which is the stumbling-block to many. Make a joyful noise unto the Lord for the mercies, the promises, the glories that may be yours in the earth through the love you may show unto your fellow man. (262-72)*



## Loss of Smell Could Predict Death

*"For, there is no greater influence in a physical body... than the effect of odors upon the olfactory nerves of the body... Nothing has had much more influence than such in the material life." (274-7)*

Not only is the olfactory sense the strongest sense tied to memory; new research suggests it may also be a predictor of death within the next five years. A new study, reported by Sharron Macfarlane (*Diabetes Insider*, Oct 2, 2014), found that the inability to detect certain scents seems to correlate with the death of elderly patients within five years. According to the study published in *PLOS ONE*, during the testing period, researchers documented the death of 40

percent of subjects who failed a simple smell test—compared to 19 percent with moderate smell loss, and 10 percent with no loss of smell. This new research suggests that olfactory function is better at determining mortality than a diagnosis of heart failure, cancer, or lung disease. Loss of the ability to smell seems to be an early warning mechanism for other problems. In the future, it may be used as a quick and inexpensive test to identify patients most at risk.

## New Monuments Revealed Beneath Stonehenge



Advances in technology have allowed researchers to use ground-penetrating radar and other high-resolution equipment to peer beneath Stonehenge. The project produced detailed maps of 17 previously unknown monuments and a large timber building, which is thought to have been used for burial ceremonies, reported Birmingham University (*Associated Press*, Sep 10, 2014). "New monuments have been revealed, as well as new types of monument that have previously never been seen by archaeologists," said the project

leader, Professor Vincent Gaffney.

Researchers have also discovered prehistoric pits which are aligned with the sun. Virtual archaeology will be used to create the maps to reconstruct the timeline for the development of Stonehenge and activities and settlements from the Bronze Age, Iron Age, and Roman periods.

Perhaps one day, this new technology will allow for virtual excavation of the Giza Plateau and lead to the discovery of the Hall of Records beneath the Sphinx, as predicted by the Edgar Cayce readings.

## Ancient Cult of Baal Discovered in Israel

An article by Dominique Mosbergen (*The Huffington Post*, Oct 15, 2014) reported that archaeologists in Israel have discovered an "ancient cult complex" dating back 3,300 years. Tel Burna, located near the Israeli city of Kiryat Gat, is especially large, measuring more than 50 feet on one side.

Researchers found enormous jars, ceremonial masks, and burnt animal bones. Itzhaq Shai, director of the excavation project, told *Live Science* that the complex was most likely dedicated to the worship of Baal, worshiped as a fertility god by ancient Middle Eastern cultures. Another possibility, according to UPI, is that members of the cult worshiped a female god, like the ancient war goddess Anat.



Credit: The Tel Burna Excavation Project



## ANCIENT MYSTERIES

BY JOHN VAN AUKEN

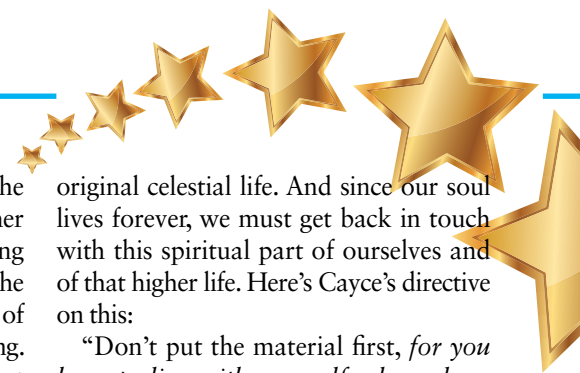


# OUR CELESTIAL ORIGIN: *We Are Not of This World*

**A**S PHYSICAL AND WORLDLY as we are, and as our daily life may be, we are not of this world. This reality and this life are *temporary*—some 80-100 years if we can stay healthy. Ah, but another part of our being never dies, as Edgar Cayce's discourses so often pointed out: "The *soul* cannot die; for it is of God" (262-85) and "The soul will never die." (294-7) Cayce was asked, "What is the soul of a body?" to which he answered: "That which the Maker gave to every entity or individual *in the beginning*, and which is seeking

the home again or place of the Maker." (3744-1, my emphasis)

He develops this teaching in another reading: "As the entity moves from sphere to sphere, it seeks its way to the home, to the face of the Creator, the Father, the first cause." (136-8) Cayce identified the "first cause" as: "That the created would be the companion for the Creator." This is the reason we were created, and as a result, the created—*our soul*—is given opportunities to "show itself to be not only worthy of, but companionable to, the Creator." (5753-1)



Let's journey back to the beginning, to our origin with Cayce:

"When the earth became a dwelling place for matter...then matter began its ascent in the various forms of physical evolution—in the *mind* of God! The spirit chose to enter (celestial, not an earth spirit)...Then those so entering *must* continue through the earth until the body-mind is made perfect for the soul, or the body celestial, again." (262-99, the parenthetical comment was Cayce's)

Cayce's discourses explain that prior to the evolution up through matter that we are so familiar with, there was an *involution* into matter from out of pure energy, or mind-spirit (no physical body).

Here's another example of this:

"We find in the beginning, when the first of the elements were given, and the forces set in motion that brought about the sphere as we find called earth plane, and when the morning stars sang together, and the whispering winds brought the news of the coming of man's indwelling, of the spirit of the Creator, became the living soul. This entity came into being with this multitude." (294-8)

His mention of the "morning stars" comes from the biblical book of Job (Job 38:7), which Cayce said was written by the high priest Melchizedek. (262-55) We were among those morning stars. We were the voices that whispered in the wind of the news of our coming into matter, into material expression and incarnation.

Here's a different reading about our distant beginning:

"We find the entity was among those in the day when the forces of the Universe

came together, when there was upon the waters the sound of the coming together of the Sons of God, when the morning stars sang together, and over the face of the waters there was the voice of the glory of the coming of the plane for man's dwelling. In all of these we find some of this present entity's individuality, and in some, some personalities are brought through." (341-1) It is important that we state here that the "Sons of God" included the feminine spirit: "In the beginning there was presented that that became as the Sons of God, in that male and female were as one." (364-7) Also, we should point out that Cayce uses the term "individuality" to indicate the persona of our immortal soul, while he uses "personality" to indicate the temporary persona of our incarnate mortal being.

## Why we came into the physical

We may ask why celestial soul beings would ever decide to enter this physical body and world, Cayce answered: "The intention was to be able to partake of the physical but not be a part of same—more and more feeding upon those sources from which you emanate, or of the *spiritual* life, so that the physical body, [and] the mental body are attuned to your soul forces, your soul source, your Creator, your Maker, in such a way and manner as you develop." (364-10)

We were initially intending to become aware of another of our Creator's many dimensions of life or, as Jesus stated it in John 14:2, our Father's "many mansions." However we became too enmeshed in and ensnared by self-expression and self-gratification, causing us to lose touch with our

original celestial life. And since our soul lives forever, we must get back in touch with this spiritual part of ourselves and of that higher life. Here's Cayce's directive on this:

"Don't put the material first, *for you have to live with yourself a long, long while!* Become acquainted with yourself. Know yourself and the relationship to the Creative Forces." (3484-1, my emphasis) If we—that is, our souls—are immortal, then it would behoove us to again become familiar with this part of our being. And apparently this awareness is *imutely* latent within each of us waiting to be awakened! Consider this reading:

"The entity knows innately the *relationship* of the soul 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)


## Opportunities to awaken

And we have had and continue to have many opportunities to awaken again to our celestial nature. Consider this reading:

"Each experience of a soul-entity in materiality is part of the *whole experience* of the entity. Each conception upon which the soul depends for its period of manifestation [incarnation] is as but a moment, a day, a year in the activity of the entity itself. Thus it could not be said that an individual conception is a beginning. It is *a part of a whole*—from those activities first conceived in mind—and there is no time in spirit, see?" (281-55)

When Cayce says, "there is no time in spirit," he means it! Consider Mr. "877" (for privacy names were replaced with numbers) who asked if he and his friend Edgar Cayce had a relationship in a past life, the "sleeping" Cayce explained that the period being discussed in their reading was *500,000 years* before even the Law of One entered the world! (877-26, my emphasis) It is so difficult for our three-dimensional minds to comprehend a relationship *500,000 years before* we ever came to this

<h2 style="margin: 0;">Renew for Two Years and <b>SAVE 20%</b></h2>	<h2 style="margin: 0;">Join Us for Life <b>SAVE \$250</b></h2>
<p style="text-align: center; color: #0070C0; font-weight: bold;">PLUS CHOOSE YOUR FREE GIFT:</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p><b>Edgar Cayce's Tour of Egypt DVD</b> with John Van Auken. Includes beautiful visuals of pyramids, temples, and more. Total run time: 90 min. Code: J2INTTEQ</p> </div> <div style="width: 45%;">  <p><b>Western Yoga For All DVD</b> Peter Van Daam leads you through Cayce-styled exercises. Total run time: 90 min. Code: J2INTCEQ</p> </div> </div> <p style="text-align: center; color: #0070C0; font-weight: bold;">Visit <a href="http://EdgarCayce.org/renewfor2">EdgarCayce.org/renewfor2</a></p>	<p style="text-align: center; color: #0070C0; font-weight: bold;">PLUS RECEIVE THE OFFICIAL EDGAR CAYCE READINGS (DVD-ROM)</p> <p>Increase your support as a <b>Life Member</b> and enjoy a lifetime of benefits, special discounts, and free tuition to a specially selected conference each year.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 45%; text-align: center;"> <p style="color: #0070C0; font-weight: bold;">Monthly payment option available.</p> <p style="color: #0070C0; font-weight: bold;">Visit <a href="http://EdgarCayce.org/life">EdgarCayce.org/life</a></p> </div> </div>
<p style="color: #0070C0; font-weight: bold;">To learn more, call Customer Service: 800-333-4499 or 757-428-3588.</p>	



God is mindful of each of us  
and our opportunities  
for soul growth are  
right here now.

planet, that it boggles the mind!

It helps if we think of ourselves in a *different condition* than we experience today: “Individuals in the beginning were more of *thought forms* than individual entities with personalities as seen in the present.” (364-10, my italics) I find it much easier to accept our existence as soul-minds without bodies prior to ever coming to Earth than some version of who I am today. Somehow that settles best with me.

## Our true nature

Cayce’s readings actually state that “Spirit is the natural, the normal condition of an entity.” (816-10) Now this is difficult to grasp: *spirit*, really? Our dense physical bodies and personalities and many physical relationships make it difficult for us to comprehend that *spirit* is our *normal* condition. Where is this spirit in our bodies and personalities? Where is it in the bodies and personalities of those we know in this life?

In another reading it states that our true nature is “as light, a ray that does not end, lives on and on, until it becomes one in essence with the source of light.” (136-83) This reminds me of the ancient-Egypt idea that we are all rays from the Great Ray (Ra).

With “spirit” and “light” being our true nature, we may be better able to comprehend this using the difference between a live being (person) and a dead one. We have their dead body but there is no light, no life force or “spirit.” With this in mind, our true nature and the true nature of those around us is perceived if we look to the light, the life essence they project *through* their physical bodies. And we may observe this with ourselves too: feel the essence, the

light that is your expressed self *through* the body and mind—not the body or mind, but the expressed *essence* of you. Here Cayce would add to what I have written by saying, “the expressed essence of your *better* self!” From his perspective we have a light spirit and a dark spirit. He identifies that darker spirit as “self” and “selfishness.” Cayce: “Self is the only sin; that is, selfishness—and all the others

are just a modification of that expression of the ego.” (1362-1) And again he develops this: “What is bad? Good gone wrong, or something else? It is good *misapplied*, misconstrued, or used in a selfish manner—for the satisfying of a desire within self. And so is sin, so is illness; a lack of at-onement with a *coordinant*, *cooperative* force of a *living* influence that may—through *this* entity—become such a marvelous force for *good*, for a channel of manifestation of good among its fellow man.” (1089-5)

So how do we get out of this or more correctly make the best of it? Cayce answered, “A soul becomes conscious, aware, of its contact with the universal-cosmic-God-Creative forces in its experience by feeding upon the food, the fruits, the results of spirit, of God, of Life, of Reality: Love, hope, kindness, gentleness, brotherly love, patience. *These* make for the awareness in the soul of its relationship to the Creative force that is manifest in self, in the ego, in the *I AM* of each soul, and of *I AM THAT I AM*.” (378-14)

## God is mindful of each of us

He says to someone else, “Never think too highly of yourself and never belittle yourself too much. You have almost lost hold of yourself at times in feeling sorry for yourself. You have nothing to feel sorry for! God is just as mindful of you, though you have made a wreck of some people’s lives—and you’ll have to meet it. But that you are alive, that you are conscious, and that you have the opportunity in this period to apply self in the reconstruction of what man is to look forward to, should encourage you to know that God is mindful of each soul.

Then use the abilities that you have, and you have many.” (3689-1)

Just the very fact that you and I are alive and have this life before us and these souls around us is an indication that God is mindful of us and our opportunities for soul growth are right here now.

Cayce gave this directive:

“Do that which is good, for there has been given in the consciousness of all, the Fruits of the Spirit: Fellowship, kindness, gentleness, patience, long-suffering, love; these be the Fruits of the Spirit. Against such there is no law. Doubt, fear, avarice, greed, selfishness, self-will; these are the fruits of the evil forces. Against such there is a law. Self-preservation, then, should be in the fruits of the spirit, as you seek through any channel to know more of the path from life to life; from good to good; from death unto life, from evil unto good. Seek and you shall find. Meditate on the Fruits of the Spirit in the inner secrets of the consciousness, and the cells in the body become aware of the awakening of the life in their activity through the body. In the mind, the cells of the mind become aware of the life in the Spirit. The spirit of life makes not afraid. Then, know the way; for those that seek may find.” (5752-3)

If we seek, we will find—it’s a guarantee. And not only will we find our celestial nature but we will begin to perceive it in those with whom we share this incarnation. The “Morning Stars” will sing together again. 🌟

Join John Van Auken for these special activities:

Jan 24, The Villages, Fla.; Mar 14, Philadelphia, Pa.; Apr 18, Chicago, Ill.: **Edgar Cayce on the Spiritual Forces Within You: How to Rejuvenate and Illuminate Your Body, Mind, and Spirit.** Visit [EdgarCayce.org/fieldconferences](http://EdgarCayce.org/fieldconferences) for details.

Jan 16-18, Virginia Beach, Va.: **NEW! Experiencing Sacred Inner Realms: Awakening to the Call of the Soul.**

Feb 27-Mar 1, Virginia Beach, Va.: **The Turning Point: Prophecy and Revelations of the Future Featuring Gregg Braden.**

Visit [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences).

—John’s latest book, *Edgar Cayce on the Spiritual Forces Within You*, is available at [ARECatalog.com](http://ARECatalog.com) or see page C-4.

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



From Development Director Patrick Belisle

## CREATE Campaign's Final Year—Recognizing the Role of Women

### The Women of the A.R.E.

When you look back at the history of the A.R.E., you will find that women played critical roles at every step. The two most obvious being **Gertrude Cayce**—Edgar's wife and the conductor of most readings—and **Gladys Davis Turner**, who recorded, organized, and preserved the readings with meticulous, loving care. The simple truth is that, **without these two women, there would be no A.R.E.**

Digging a little deeper, you'll find the women of Study Group #1 who buoyed Edgar's depressed spirits after he lost the hospital in 1931. These same women went on to write *A Search for God*, Books 1 and 2. As we come forward in A.R.E. history, we find luminaries like Eula Allen, Elsie Sechrist, Dr. Gladys McGarey, and Meredith Puryear, to name a few. Women have always been the heart and soul of A.R.E.

In fact, when you look at our membership today, you'll see that nearly two-thirds are women. Our staff is 80 percent women. And our student population and volunteer corps are predominantly women. Women around the world pray for us, send us donations, run most of our field conferences, put us in their wills, give Cayce material to their friends to recruit new A.R.E. members, and support us in myriad ways.

Knowing all this, as I was raising money for A.R.E. my first few years, I kept asking myself, "where are our women major-gift donors?" Don de Laski had committed more than \$1 million to help us build our new Education Center. Richard Copeland and Ruben Miller teamed up to renovate the Cayce Hospital building and created the Cayce/Miller Café and Copeland Dining Room. Don Dickinson was underwriting our archaeological research and more. But where were the women at this same level?

### Women as A.R.E. Major Donors

It all started with Laurie. It happened one night in Scottsdale, AZ, at the home of David Dodge. **Laurie Sands Harrison** committed \$50,000 to our building projects. And she offered to host a fundraising event at her home in Dallas where she committed



Laurie Sands Harrison



Hazel Zachar



Margie Smith-Scaletta

another \$100,000. And then another. It's like her gift had opened the door for other women. **Doris Oestreicher** stepped forward with a \$100,000 IRA Charitable rollover. **Margie Smith-Scaletta** gave \$100,000 to our capital projects. Many other women followed suit with gifts of \$10,000 and \$50,000, as they were able.

And then—as if to put a fine point on just how important women have been and continue to be to the A.R.E.—**Hazel Zachar** first gave \$150,000 to endow conference scholarships and then another 6-figure gift to build the porch on the Cayce Hospital building. When I asked her if we could put her name on it in honor of all she's done for A.R.E., **she said she'd like to name it for Gladys Davis...and the women of A.R.E.!** Well, let me tell you... until she attended the Grand Opening last June, Hazel had no idea what that gesture would mean to the current women of the A.R.E. One after another, they come to her with their thanks for recognizing them. Some with tears in their eyes, all with sincerity and love in their hearts.

In this final year of our **CREATE** Campaign, I encourage you all—men *and* women—to look into *your* hearts and consider how you feel about the A.R.E. and the support role you have played to this point. If you'd like to do something more to reach our lofty goals, please call me.

If you haven't yet been back to visit us in Virginia Beach and see the newly renovated Cayce Hospital building and sit on Gladys's porch, please consider this your personal invitation to come. And as you sit there eating your Cayce-friendly lunch, looking out at that beautiful Atlantic Ocean, you'll get a sense that the many A.R.E. women luminaries are looking over your shoulder, cheering you on along your journey. And they are—their pictures are hung on the walls of the porch as a tribute to them... and

to you. **You have ALL helped the A.R.E. in your own way as you are able.**

Yes, where would the A.R.E. be without our committed women? I don't want to imagine it. **I am just grateful you are all part of this wonderful organization.** And you are helping to ensure its financial health way into the future.

**Thank you!**



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





## Artist Donates Seven Original Chakra Paintings to A.R.E.

A member artist from the state of Washington, Nick Payne, and his wife, Pat, hand-delivered a stunning series of seven paintings A.R.E. as a gift. The series portrays the seven chakras, or spiritual centers in the body, each represented by a plant or flower. While creating the paintings, he says he was aware of Spirit working through him to reveal truths, share teachings, and add beauty to the space in the historical Cayce Hospital Building. Visitors to A.R.E. headquarters will be able to view the paintings in the remodeled Health Center and Spa, a fitting home for artwork that inspires balance and healing. Future issues of *Venture Inward* will feature the vibrant images in a new series on the chakras.

“As an artist, I’m fascinated that the spiritual centers can be represented by colors. In the literature, the association of colors with spiritual centers is not entirely consistent, and there is some disagreement about the order of the sixth and seventh spiritual centers. In my paintings, I chose to represent the colors of the spiritual centers using Newton’s classic colors of the visible light spectrum, and I used the order that made sense to me,” Payne said.

It’s no surprise to Payne that the spiritual centers are said to be affected by our thoughts and actions. “The soul becomes dyed with the color of its thoughts,” is how Marcus Aurelius, Roman Emperor and Stoic philosopher, poetically expressed the dynamic of color and thought in his *Meditations*. The frequency of vibration in each center is associated with levels of consciousness. The first center has a lower vibration and lower level of awareness than the seventh center.

Payne believes that opening the spiritual centers and working with them is a choice. When the centers are inactive, our awareness is limited to the realm of the physical. How curious that the energies of color which we perceive in nature are said to be within



Detail of “The Sixth Chakra—Pineal Gland.” Future issues of *Venture Inward* will feature the vibrant images in a new series on the chakras.

us as the energies of spirit! The colors of rainbows, birds, trees, fields and flowers—the world of our five senses—appear to be related to the colors in the world of spirit.

Rudolf Steiner, a scientist and clairvoyant, stated that, “the range of color in the higher worlds is immeasurably greater.” If the relationship of color in the physical and spiritual worlds is true, what might be some of the implications for artists? Payne leaves this to the reader, “because the best answers to this question are the ones we provide for ourselves.”

Nick Payne gets some of his inspiration from the Volunteer Park Conservatory in Seattle. In his imagination, plants in the conservatory represent the sites within us where the Creative Force interacts with the physical body. Imagination is powerful because thought is energy, and thought charges a work of art. Nevertheless, he says, “my paintings are just paintings. They are not keys for opening the spiritual centers of the body. They cannot cure illness. Such powers are within the observer.”

As Nick painted each plant, his awareness was focused on the specific spiritual center being represented. “Color is a form of energy, and in that sense when combined with the energy of my thoughts, the paintings are comprised of fields of energy. Although we can assume the spiritual centers and their representative colors are the same for all of us, the significance and meaning of a color depends on cultural and personal experiences. Thus, you, the observer of the paintings, have the opportunity to explore the positive and negative characteristics of the seven centers and colors within yourself,” Payne said.



Artist Nick Payne in his studio displaying the seven chakra paintings



## Sweden's 25th Annual Conference: A Big Success

The Foundation Edgar Cayce Centre in Sweden presented its 25th Conference in September, 2014. The special lecturer was John Van Auken. The theme of this conference was "Edgar Cayce on the Life Forces within You: Unlock Your Soul's Dimension of Life"



John with the Swedish translator

(also the subject of John's latest book). Saturday morning, September 6, chairwoman Gun Olofsson welcomed all the participants telling them about the Swedish Foundation and about the historic hotel where the event was happening. She also

gave a short biography of Edgar Cayce since some of the participants were attending the conference for the first time. Then it was John Van Auken's turn to present his first lecture—Edgar Cayce's Vision of our Ancient Existence as Celestial/Cosmic Beings. The next talk was titled: Understanding and



Left to right: Conference Chairpersons Gosta Montelius, Gun Olofsson, and Ole Barry, the founder of the Swedish Foundation

Mastering Ego, with lots of exciting and useful information. After a nourishing and delicious lunch, Van Auken spoke on Dreams, Intuition, and Higher Consciousness.

In the early 1990s, Mr. Ole Barry in Sweden read the book, *Edgar Cayce on the Dead Sea Scrolls*, by Glenn D. Kettler, and he decided to introduce Edgar Cayce to the people in Scandinavia. In 1992, he started his publishing house called Reincarnation Books, and published his first translation of *The Sleeping Prophet*, by Jess Stearn. In 1994, he established Foundation Edgar Cayce Centre and organized the first conference with help from the A.R.E. The Foundation was established in Tyringe, a small town with about 10,000 inhabitants, in the south of Sweden, where the conferences were held for about the first 10 years. The conference is now back in Tyringe, after several years at a different seaside location. The conference hotel, Tyringe Kurhotell, was established in 1904 as a health resort with different kinds of water and light therapies available. A couple of blocks from the resort there is a mineral spring where guests can still drink the healthy water. The health resort was active until the end of the 1950s when it became a place for conferences. Many of the participants come every year to meet friends, listen to interesting lectures, and also to make new acquaintances. Edgar Cayce said that "Friendships are only the renewing of former purposes, ideals." (2946-2)

## Modesto Group's 50th Anniversary

It was 50 years ago, in October 1964, that the Modesto, Calif., A.R.E. Study Group #1 was founded by Lillian Bennett.

On September 6, 2014, about 40 people, including A.R.E. members and guests, gathered at the Unity Church in Modesto for the group's 50th birthday celebration. It was a heartfelt occasion as the group members shared their profound memories and experiences.

Nancy Eubel, A.R.E. eGroup mentor and former executive director, gave a presentation on Edgar Cayce's experiences with angels, including Archangel Michael's messages to those working to create the original Cayce Hospital. Nancy also led everyone in a meditation to connect with, and receive a message from, their own guardian angel. Her talk was followed by a potluck lunch and time for socializing.

The Modesto group studies

the *A Search for God* books, and they explore other tools the Cayce readings suggested, such as dreams, astrology, and numerology. The group's purpose is to learn and apply the spiritual principles. They have a daily group meditation at 9 a.m., and have seen many miracles as a result of their group prayers.

Each month after the group meets, they enjoy a potluck dinner and share the joy that comes with application of their spiritual ideal and their connection with each other. Some long-time members drive many miles to attend the monthly meetings. Although several have moved, they keep in touch via email or phone, and come to the meetings whenever they can. There is even one of the founding members still participating. Hugh Lynn Cayce was just one of the many distinguished presenters from Virginia Beach that the group has hosted over the years.



Front row: Naomi Martin, Mary Johnson (inset), Maureen Donovan, Lillian Bennett (inset), Sharon Baker

Second row: Sharon Ray (inset, passed), Dolores Chavez (inset)

Top row: Leslie Lovaas, Phyllis Agers, Sandee Stewart, Karen Baker, Mary Moore (charter member)

Not shown: Sheri Pence, Donna Chapin, Sandra Shaw-Kovacs, and Tina Driskill



## Doug and Darian Torrance Establish the First-Ever Endowment Fund for A.R.E. Library

Longtime members Doug and Darian Torrance, of Columbus, Ohio, were moved by the letter they received from Charles Thomas Cayce, and decided to pledge \$25,000 to establish the Douglas and Darian Torrance Library Endowment Fund—the first such endowment for the A.R.E. Library. Funds generated by the Torrance Endowment will augment the library's program budget annually in perpetuity! "We are moved to support the A.R.E. Library since it has such a large influence and strong effect on all three major areas of the

Edgar Cayce Work: A.R.E., Atlantic University, and the Edgar Cayce Foundation," Doug said at the Endowment Signing Ceremony with President and CEO Kevin J. Todeschi and Director of Financial Services Brenda Butler, in September. "We are grateful for all we have received from the Cayce material and want to give back to the future." Library Manager Laura Hoff said, "We are so grateful to Doug and Darian for this amazing gift to the library! This endowment will benefit many future generations of seekers."



Brenda Butler, Laura Hoff, Doug and Darian Torrance

### The 2015 Earth-Keeper Star-Gate Gathering Co-Sponsored by A.R.E.

Join the Earth-Keeper family in beautiful Denver, Colorado, May 29-June 1, for the 2015 Earth-Keeper Star-Gate Gathering—four magical days of love, fun, teaching, and celebration. Our epic lineup of presenters includes Graham Hancock, David Hatcher Childress, Robert Schoch, PhD, Dr. Charles Thomas Cayce, PhD, John Van Auken, Rick Strassman, MD, John Major Jenkins, and more. Hosted by James Tyberonn and Anne Meiklejohn.



Hosts James Tyberonn and Anne Meiklejohn

Visit [Earth-Keeper.com](http://Earth-Keeper.com) for more details.

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



## A Donor-Funded Salute to Our Returning Veterans

Thanks to the generosity of A.R.E. member Sheila Garrett of Covington, Virginia, the Cayce/Reilly® School of Massage now has a wonderful way to help veterans reenter the work force. Moved by the Cayce/Reilly School's efforts to reach out to, and enroll, our returning veterans, Sheila has created the **George Williams Garrett Fund for Veteran Support** at A.R.E. to honor the memory of her beloved husband who generously served his country in the United States Air Force and volunteered for two tours of duty in Vietnam.

To exemplify his spirit of service to his country, the Garrett Fund will be utilized to promote, expand and facilitate enrollment, provide job placement assistance, and otherwise help prepare our veterans to become professional members of the allied health community, especially in the many healthcare facilities that specialize in treating veterans. It is Sheila's dream that these newly-trained massage therapists and healers will not only have new, meaningful careers but that they will then be equipped to help heal many others (both vets and non-vets) throughout the country.

**Do you dream about making a difference?** You can *create a fund of your own* to honor someone special and support your passion at the A.R.E. We also have other existing funds and endowments which may match your passion, like A.R.E. Camp's Osborne Endowment or the new Torrance Library Endowment. Let me help you find the best match for your desire to make a difference in the world! Call me at 757-457-7125 or email me at [susan.luscomb@edgarcayce.org](mailto:susan.luscomb@edgarcayce.org).

### Cayce Call Center

Edgar Cayce's A.R.E. provides members with a call center, staffed by volunteers, to answer questions regarding topics or concepts from the Edgar Cayce readings. Call 1-800-333-4499 or send your question(s) via email to [volunteers@edgarcayce.org](mailto:volunteers@edgarcayce.org). The Cayce Call Center's hours are weekdays from 10 a.m. to 4 p.m. Eastern Time.

**1-800-333-4499**



### 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](http://EdgarCayce.org/members), or contact Claire Gardner, Corporate Secretary, at 757-457-7116 or [claire.gardner@EdgarCayce.org](mailto:claire.gardner@EdgarCayce.org).



## 50th Annual A.R.E. Seabeck Summer Retreat

A.R.E. members in the Pacific Northwest will celebrate the 50th Annual Summer Retreat at the Seabeck Conference Center at Seabeck, Washington, June 23-28, 2015. Featuring 90 beautifully wooded acres and sweeping views of Hood Canal and the Olympic Mountain, it is reminiscent of a small seaside village, complete with an inn, schoolhouse, a dozen old homes that have been turned into dorms, and a road that meanders past manicured lawns, a lagoon, orchards, and wooded trails.



Ginger and Arthur Schade with Victor Ross's mother, Rogueda Olson (center) at the 1993 Retreat

Fifty years ago, in 1964, when Hugh Lynn Cayce was in Portland, Oregon, on a speaking tour, he recruited Arthur and Ginger Schade to locate a suitable location for a summer retreat in the northwest. The Schades accepted the challenge and found the perfect site on the shore

of Puget Sound. Just west of Seattle, Washington, they located the Seabeck Conference Center which was equidistant from Portland Oregon, and Vancouver, BC. As Hugh Lynn had requested, this site would accommodate both Canadian and American members.

The first Seabeck A.R.E. conference took place Thursday, May 15 to Sunday, May 17, 1965. Hugh Lynn Cayce and Elsie Sechrist were the speakers. In attendance were 49 women, one man, and one child. Three-year-old Victor Ross, a piano student, surprised that first group by playing the Brahms Lullaby. Victor still attends regularly, bringing his own family. Attendance grew steadily and by the mid-'80s was close to 300 as more and more families became aware of the opportunity to spend a week with like-minded old (and new) friends.

Washington, British Columbia, and Portland A Search for God study group councils created a Seabeck planning team. They met several times each year to work with their dreams, pray, and meditate together as they planned the adult and youth programs, always with a Cayce focus. The youth program has grown steadily and many of the early youth campers are now counselors, returning every year with their own children.

From the beginning, Art initiated the fun and community fellowship that exists at Seabeck today by a morning tidiness inspection of children's cabins. Art involved parents in conducting the impartial review, and then rewarded the winner with a watermelon celebration. This inspection earned him the nickname of "Sarge," which he relished. Area teams in the Pacific Northwest treasured the leadership and zeal of Art and Ginger Schade through the years. Arthur continued to volunteer until his death in 2011.

The 2015 A.R.E. Summer Seabeck Planning Team will be hosting the 50th Annual A.R.E. Summer Retreat and Family Camp, June 23-28, 2015. The Team is very pleased that John Van Auken, representing A.R.E. headquarters, will be the featured speaker. Special events are being planned to honor those who have attended and supported the A.R.E. at Seabeck over the years. For more information contact William or Judith Munns, juwilmunns@shaw.ca, or call 250-753-2110. To register call 1-800-333-4499.

## New Free Lecture Series Delivers Tools for Empowering Seniors

Please join us at Edgar Cayce's A.R.E. in Virginia Beach for a new Holistic Aging Series presented in cooperation with Senior Advocate, an organization that strives to empower seniors to enjoy healthy, productive lives. The free presentations will provide tools for personal wellness, spiritual growth, and personal empowerment. Featured presenters include Peter Van Daam, Peter Woodbury, MSW, Dr. Judi Doumas Henry, Dr. J.P. Amonte, John Van Auken, and Betty Davis.

Programs are listed on p. 59 and are held on the 3rd Wednesday of each month, January to June, 2015, from 10 a.m. until 12 noon (registration opens at 9:30 a.m.) at A.R.E. headquarters. Come to one session or the entire six-month series. Open to all, registration is required. To learn more, please visit SeniorAdvocateOnline.com; call 757-724-7001; or visit EdgarCayce.org/HolisticAging.

## Apollo 14 Astronaut and IONS Founder Edgar Mitchell to Speak

On January 31, 1971, Apollo 14 lifted off from Cape Kennedy, and three days later, Edgar Mitchell and Alan Shepard walked on the surface of the moon. As amazing as this feat was, for Mitchell, the most extraordinary journey was yet to come. As he plunged toward Earth through the vastness of space, Mitchell became engulfed by a "sense of universal connectedness"—a profound sense that he and the beings on the planet below were connected as part of a deliberate design—and that the universe itself was somehow conscious. The experience changed Mitchell's life in ways he could never have anticipated before his moon flight.

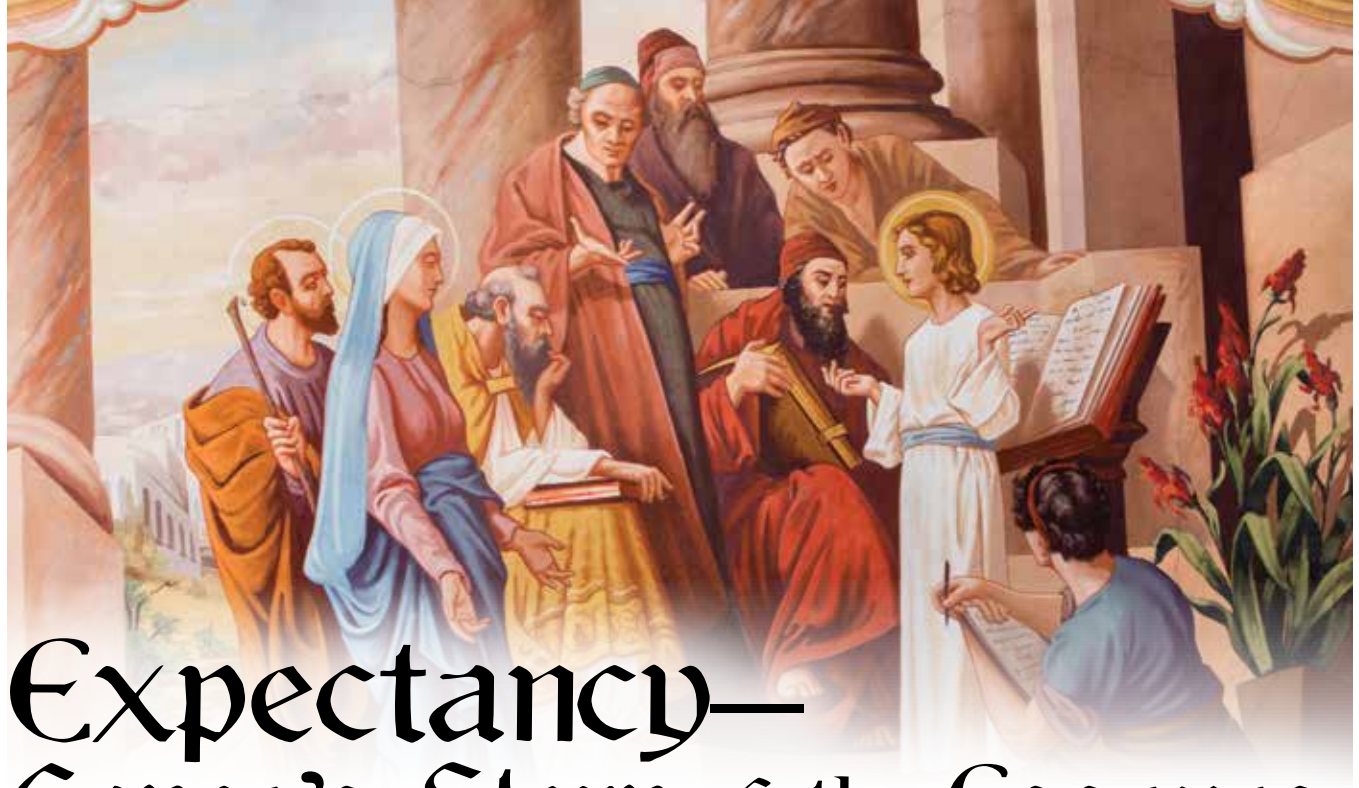
Once home, he began to study the nature of consciousness and felt a need to unite what was separate in his and most people's lives—science and religion. Mitchell left NASA to found the Institute of Noetic Sciences (IONS), and initiated research in areas of study of the mind and the nature of human consciousness neglected by traditional

science. He constructed a theory that could explain not only the mystery of human consciousness, but psychic phenomena as well—what people of faith call a "miracle," but science dismisses altogether.

Dr. Mitchell will speak at A.R.E. headquarters for the March 27-29 program **Breakthroughs Toward a New Consciousness: Science, Spirituality, and the Limitless Mind**, where presenters will explore the latest research into the nature and power of consciousness, including the reality of psychic ability, the body-mind connection, the near-death experience, and subtle energies. Also featuring Stephan A. Schwartz, Marilyn Schlitz, PhD, Kevin J. Todeschi, Doug Richards, PhD, and Neil Helm, PhD. This special event will provide new insights into the miracle and mystery of the conscious mind—the very essence of our being.

See p. 63 or visit EdgarCayce.org/conferences for details.





# Expectancy— Cayce's Story of the Essenes

BY DANIEL BIERMAN

*The School of Prophets*



*Working with Melchizedek, Abraham established the School of Prophets on Mount Carmel. "Then Melchizedek King of Salem brought forth bread and wine; and he was the priest of the Most High God. And he blessed him and said, Blessed be Abraham, of the most High God possessor of heaven and Earth." (Gen. 14:18-19)*

*From this school came many who dedicated their lives to bring a better understanding and knowledge to themselves and to their children. From generation to generation, Abraham's family, both male and female, prepared; first for the deliverer, Moses, and then for the coming birth of the King of Kings, Jesus. This group was later known as the Essenes.*



I'VE ALWAYS BEEN INTRIGUED by the Essenes ever since learning through the Edgar Cayce readings that Jesus, Mary, and Joseph were part of that group. Edgar Cayce mentioned the Essenes in the readings before the Dead Sea Scrolls were discovered in 1947 in caves at Qumran, South of Jericho, near the Dead Sea confirming Cayce's information.

Growing up attending a Lutheran school, we had Bible class every morning. Reading about Moses and all the prophets didn't make sense to me until the stories were linked with the information about the Essenes.

The Essenes were a deeply spiritual people "sincere in their purpose, and yet not orthodox as to the rabbis of that particular period." (2067-11) Their activities included "meditations, certain ritualistic formulas, as may be outlined very well from some of those activities as may be gathered from the activities of the priest in the early period when there was the establishing of the tabernacle." (2067-11) When asked about the meaning of the term Essenes, Edgar Cayce answered from trance, "Expectancy." (254-109)

He explained that the Essenes had long been preparing for the birth of Jesus "the children were dedicated (by their

parents) and then there was the choice of the individual through the growth, as to whether they would be channels for general services." Twelve girls were selected and prepared; "When there were the activities in which there were to be the cleansing through which bodies were to become channels for the new race, or the preparation, these then were restricted...as to certain associations...activities and the like. ...Hence the group we refer to here as the Essenes, which was the outgrowth of the periods of preparations from the teachings of Melchizedek, as propagated by Elijah, Elisha, and Samuel." (254-109)

## Preparing the way

One of the first Bible stories after Moses was Ruth. She was married to one of the sons of Naomi, a Hebrew in Moab. Following the death of Naomi's husband and both sons, and Ruth's husband, she decided to return to Bethlehem. Because of her love for her mother-in-law and her faith in God, Ruth went with her. "Ruth said, Entreat me not to leave thee...thy people shall be my [people], and thy God my God." (Ruth 1:16) The story is filled with examples of Ruth's selfless devotion and obedience to God. Ruth marries Boaz, an especially kind Hebrew, and their

## JUDY, ESSENE TEACHER OF JESUS

Before her birth, Judy's parents were told that their child was destined to "lead that group [Essenes], and aid in the early teaching of the prophecies of the life of the child Jesus, as well as of John. For, John was more the Essene than Jesus. For Jesus held rather to the spirit of the law, and John to the letter of same." (2067-11)

Her teachers included her parents and the Holy Spirit as well as "all of the teachings of the East." (2067-11) Judy was an important teacher to a teenage Jesus. Answering a question about where and what she taught Jesus, the readings explain: "The prophecies! Where? In her home. When? During those periods from his twelfth to his fifteenth-sixteenth year, when he went to Persia and then to India. In Persia, when his father died. In India when John first went to Egypt—where Jesus joined him and both became the initiates in the pyramid or temple there."

She was present at many of his major events and for his teaching "for a period of some five years," as well as the healings or the feeding of the multitudes when "she chose to, but she was very old then. She lived to be sufficiently old to know, of course, of the feeding of the first five thousand." (2067-11) When asked if she was present for the Crucifixion or the Resurrection, the source replied: "No. In spirit—that is, in mind—present. For, remember, Judy's experience at that time was such that she might be present in many places without the physical body being there!" (2067-11) Imagine being able to perform a feat like this today.



great-grandson is David. It was the love and devotion of Ruth that created the environment that prepared the way for the other entities to be born.

This preparation is shown again in the next story in the book of Samuel. Samuel's mother, Hannah, dedicated herself to God's will just as Ruth had done: "So Hannah... prayed unto the Lord, and wept sore. And she vowed a vow, and said, O Lord of hosts, if thou...give unto thine handmaid a man child, then I will give him unto the Lord all the days of his life." Hannah gave birth to Samuel and gave him the priest Eli to be trained by the Lord. As a boy, Samuel heard his name being called by God. Ever a servant, he responded and God appeared before him. He became a great prophet and God was with him. (I Sam. 3:9)

These stories are not just random history of the struggle of the Hebrews. These are the women and men who dedicated their lives to develop and bring a higher consciousness so that the prophecies could be fulfilled. Melchizedek started the School of Prophets, Samuel established it, and Jesus completed it. These people, in tune with their higher selves, prepared the way for the Christ Consciousness to enter into the world.

The school was set up with one purpose; to bring the entities to a place of higher knowledge so they could train John the

Baptist and Jesus when they arrived. Jesus was trained to do all the things that the prophets before Him could do, plus one more: He overcame the world.


The earlier incarnations of Jesus parallel the development of the School of Prophets and the preparation for his birth as Jesus: "Jeshua, the scribe, translated the rest of the books written up to that time...the same entity as mentioned who...was the mouthpiece of Moses [the channel through which Moses received the commandments or tables of stone from Exodus 12:18], who gave the law...the same soul-entity who was born in Bethlehem...who in those periods of the strength and yet the weakness of Jacob in his love for Rachael was their firstborn Joseph. This...was that one who had manifested to father Abraham as the prince, as the priest of Salem, without father and without mother, without days or years [Melchizedek, Gen. 14:18], but a living human being in flesh made manifest in the earth from the desire of Father-God to prepare an escape for man.[I Cor. 10:13], as was warned by the same entity as Enoch, and this was also the entity Adam. And this was the spirit of light." (5023-2)

The Essenes finished their work at a place called Qumran in Israel. They not only dedicated their lives but they also were the recorders of the stories and the authors of the Dead Sea Scrolls. They hid

these writings in clay jars in caves before the Romans were able to destroy their outpost at Qumran. These scrolls were first discovered in 1947 by a shepherd. Edgar Cayce had described the Essenes long before their records were found in 11 caves, corroborating his vision.

A dream I had in June, 2013, enabled me to see the whole story of how these people prepared themselves physically, mentally, and spiritually for many years to bring in a unique soul who would fulfill the most important prophecies of old. They dedicated themselves to preparing the way so that Jesus would have a perfect vessel to bring Him into the world. Within this community, He would be educated and prepared to overcome the world in a physical body. He would manifest the divine and remind us of our origin and potential.

The "new" Essenes will be those who dedicate themselves to live a life that brings a higher vibration to themselves and the world. Jesus will come again one day "As ye have seen Him go, so will ye see Him come again." (3615-1) He left in the state of a higher vibration. We can once again bring that higher vibration to the world in our lives so He can again return. Good examples of this are the *A Search for God* study groups that meet regularly and study and apply the lessons from *A Search for God*, and the Glad Helpers Healing Prayer Group who meet to pray for everyone who requests prayer. These are the new Essenes: people who are dedicating their lives to raise the vibration of the world and be of service to humanity.

They continue the purpose and the ideal of the Essenes given by Edgar Cayce: "Thus He that came into the earth as an example, as a way, is an ideal—is the ideal. They that climb up some other way become robbers of that peace, that harmony which may be theirs—by being at-one with that He manifested in the earth." (2637-1) 

### ABOUT THE AUTHOR



DANIEL BIERMAN and his wife Mary, Life Members of A.R.E., live in Katy, Tex., where they host A Search for God study group, their most valued activity. Daniel has presented workshops on Creation, Atlantis, and Moses at the Southwest Region retreat. His article about Moses appeared in the Apr-Jun 2013 Venture Inward. His website about Atlantis is [danielbierman.com](http://danielbierman.com).



## Visit the Member-Only section of our website at [EdgarCayce.org/members](http://EdgarCayce.org/members) for exclusive materials.

ALL MEMBERS have access to the 14,306 documented Edgar Cayce readings in a searchable online database with more than 24 million words! [24,020,287 exactly.] Along with the readings, you'll find background information, letters from Edgar Cayce, historical documents, an index, reports including a follow-up survey, and so much more.



### SEARCH

Simple and advanced search options (click on the blue Search button):

- Find readings with specific words, or a phrase with at least one of the words.
- Search by specific document type (text, index, background, or reports).
- Arrange search results by reading number or reading date.
- Find readings for a specific year; age category such as adult, teen or child; age range; or gender of the reading recipient.

### RESOURCE

In addition to available search options, you'll find Resources (click on the pink Resource button) such as:

- "The Cayce Herbal" is a comprehensive guide to the botanical medicine of Edgar Cayce, with more than 100 herbs including their botanical name, background, and history of use, and excerpts from the readings.



■ **NEW VIDEO ADDED** *How to Save the World* by John Van Auken, discusses the mounting evidence for our inner spiritual resources and how we need to remember to apply those soul qualities.

All of this in addition to recent and archived audio and video files, downloadable files such as circulating files on a specific topic from the readings, *Venture Inward* magazine and *Newsletter*, and more are available now in the online member section—start exploring today!

## Audio and Video Conference Courses, and Digital Downloads

■ ATTEND AN A.R.E. conference from the comfort of your home with live and on-demand videos and digital downloads of some of our most popular conferences. Visit [EdgarCayce.org/online](http://EdgarCayce.org/online) for price, details, and registration.



■ JOIN US FOR the new *Reflections: The Wisdom of Edgar Cayce* Internet television and radio talk show. We'll broadcast a new show every week and you can watch an encore or past shows anytime. Recent guests include: Dr. Jo Adamson; 'From the Archives'—Dr. Harmon Bro and Hugh Lynn Cayce; Kim O'Neill; Kala Ambrose; and Dr. Herb Puryear. For upcoming guests and for links to watch or download past shows, visit [EdgarCayce.org/reflections](http://EdgarCayce.org/reflections).

## eA.R.E. Groups

Exciting Online Learning Experience

Online mentored personal enrichment based on A.R.E. teachings and Edgar Cayce readings.

Jan 14 • Feb 10	<b>Remote Viewing: Learn the Power of Your Consciousness</b> • Henry Reed
Jan 28 • Feb 24	<b>Discover Your Life's Purpose Using Astrology as Your Guide</b> • Raye Mathis
Feb 11 • March 10	<b>Vibrations: Moving You to a Higher Dimension</b> Nancy Eubel
Feb 11 • March 24	<b>A Search For God, Book One, Lesson 1-6</b> David McMillin
Feb 25 • March 24	<b>The Path of the Co-Creator: Living the Evolutionary Perspective of the Edgar Cayce Readings</b> Lynn Sparrow Christy
March 11 • April 7	<b>Explore the Mysteries of Your 8th and 12th houses</b> • Carmen Turner Schott
March 11 • April 7	<b>Develop Your Psychic Ability</b> • Henry Reed
March 25 • April 21	<b>Rediscovering Happiness: Train Your Mind to Think Positively</b> • Josie Varga
April 8 • May 5	<b>Achieving Higher States of Consciousness Using Ancient Mayan, Toltec, and Aztec Concepts</b> John Van Auken

[EdgarCayce.org/egroups](http://EdgarCayce.org/egroups)

Register at [egroups@EdgarCayce.org](mailto:egroups@EdgarCayce.org) or call 800.428.1512



Interact with us online on Facebook, YouTube, Twitter, and Google+. Go to [EdgarCayce.org](http://EdgarCayce.org) under "Follow Us" for links.



# Psychic Ability— the Language of the Soul

BY ROBERT L. FERRO

**W**HEN EDGAR CAYCE MOVED to Dayton, Ohio, in 1923, he associated himself with a group of serious researchers who were interested in exploring his unique gift. A series of five readings were given to help them understand the essence of this gift. They asked many questions dealing with the mind, the soul, life after death, and metaphysics in general, and they began by asking Cayce to define “psychic power.”

“Psychic means of the spirit or soul, for cooperation of the phenomena, or manifestation of the working of those forces within the individual, or through the individual, from whom such phenomena, or of such phases of the working of the spirit and soul, to bring the action of these to the physical plane...”

“Psychic forces cover many various conditions, depending upon the development of the individual, or how far distant the entity is from the plane of spirit and soul forces.

“Psychic means not understood from the physical, or material, or conscious mind.

“Psychic means that of the mind presenting the soul and the spirit entity as manifested in the individual mind... Psychic, meaning the expression to the material world of the latent or hidden sense of the soul and spirit forces, whether manifested from behind, or in and through the material plane.” (3744-2)

Certainly these answers are broad, and far-reaching, but basically they tell us that psychic power is an attribute of our souls and is the way the soul expresses itself. Or it could be said that this is the language of our souls, a language that is without nouns or verbs—with syntax composed of universal visions and perceptions, emphasizing not the measure of comprehension, but the extent of the application.

Needless to say, psychic phenomena are not well understood in the present and it would be fair to state that we are at the threshold of this new age of understanding. A good comparison might be to look at how we viewed psychology in the late

1800s. Back then psychology was in the early stages of research, and conclusions were made that later had to be redefined.

A good example would be Sigmund Freud’s theory on sex, which ultimately had to be revised because some of his conclusions were biased. But past experiences can be useful tools in our present dialog and they can insert a measure of caution as we formulate our conclusions. In the case of psychic powers we will have many points of view—as the readings point out—and each and every one of us define psychic powers according to our personal experiences and conclude that this is therefore the truth. But the readings insist that there is also an ultimate truth which is the universal truth called “God.” If we are not careful these two “truths” can create a duality within us and eventually will manifest in unwanted biases. Managing this duality is essential and should be accomplished in the simplest and most practical way, and if differences arise let us not view them as indictments, but embrace them in sincerity and gain a better understanding of our spiritual heritage.



## Making the connection

So, for the time being, let us accept the premise that this psychic power is our ability to connect with the ultimate source of information stored in the “skein of time and space” and collectively called the Akashic Records. When Cayce was asked to give a reading he went to these records for the answers, but if for some reason he couldn’t, he refused to give information rather than speak from a lesser-reliable source. It bears noting that these records, in part, exist in our own superconscious minds, therefore, some information is within ourselves and we can retrieve it if we make the effort. Reading 900-59 gives us some good advice on how we can accomplish this.

First it emphasizes that the conscious mind must be put aside to allow the superconscious mind to surface without obstructions. If this is not done, we will not obtain the full truth. Then the reading compared this process to immersing a straight stick in water and to the observer, the stick will appear bent. Likewise if the conscious mind is not put aside, our awareness of these powers will be altered and our understanding will be wavered or bent by our perception. So for us to really understand psychic phenomena we must connect with our inner soul.

This principle came in the form of a warning for a 26-year-old man when he asked Cayce what pitfalls he should avoid when using psychics. “They that deny that He has come in the flesh, have naught to do with. They that profess and live not in their daily life that they profess, have naught to do with. They that are egotistical, self-centered, or of such that belittle anyone, have naught to do with.” (1058-5) In short, this can be stated as “like attracts like”—if we seek spiritual advice we need to associate with spiritually minded people.

## Consider the source

By taking an even closer look at the readings we find a variety of helpful suggestions given to individuals who were seriously striving to harness this psychic power. Primarily they were told that they should seek with a sincere spiritual desire, and when this was done the pursuit would be well justified. “Act upon but do

not take advantage of others, using same rather to assist and develop the latent forces in entities upon whom the forces direct the entity’s endeavors.” (137-5) If we fail to understand and apply this principle the task can become a psychic tug-of-war, and eventually we will fail in our quest.

\* A 36-year-old psychologist, heading the psychology department at Columbia University, wanted to support the A.R.E.’s work by conducting a classroom experiment intending to prove the validity of the phenomena. The plan he presented to Cayce was the typical scholastic research approach of testing telepathy and mind reading, which the sleeping Cayce rejected. He told the man that personal experience must be, ever, the first approach. Cayce then suggested that the research should revolve around his students applying a spiritual truth in their

Individuals who were seriously striving to harness their psychic power were told by Cayce that they should seek with a sincere spiritual desire.

lives and record how this truth changed them, because these, “when presented out of their realm of activity dealing with...a helpful experience in the seeking” of the individual, can be distorted. This answer was not what the psychologist wanted to hear and he asked additional questions to justify his own approach. Finally Cayce replied that if this was his desire, to go ahead with his own plan, and then ended the session with; “But remember—what has been given!” (1135-6)

By all means the right to choose is our birthright and should never be delegated or shunned. Our choices set our future and that responsibility will be borne by us. “First it must be lived, desired, practiced within self, in its dealings with its fellow man. Do not teach that which is only theory. Live in thy own experience that thou would teach thy neighbor, thy brother.” (1500-4) Before consulting a psychic, let’s be sure of the source and its legacy. Edgar Cayce’s source and legacy

are clearly represented in the readings themselves.

\* A 32-year-old woman asked Cayce if her psychic friend was reliable with her information and received the following: “There are through mediumships various interpretations by the sources from which such information comes. For, as we have indicated through this channel heretofore, oft there are those sources that are purely of the subconscious mind of the individual entity. At other periods there are the interpretations, or attempts to read from those records that are a part of the universal forces: and in the intent to interpret such there may be many misleading interpretations and directions taken, from that attempted to be given. Not intentionally false, but not always true.” (1947-5)

Other individuals were told to be on the lookout for information that may come from purely material influences, such as debased thoughts, or purely of animalistic radiations and they were cautioned that these sources will often reflect a distorted view. An example of this form of distortion was shown when Cayce was asked to give a reading but the person was not at the appointed place and said; “Don’t find the body here. We have many of those impressions and those conditions as surround the body, but these are only impressions.” (5451-6)

Mediums, like the rest of us, can honestly and inadvertently misread information, yet the readings do support the occasional seeking of this kind of help, provided we first do our homework and realize that; “Much depends, my children, upon what ye seek. If ye seek a lie, then the source must be those from which there may come that which will gratify thine own self. If ye seek to know the truth, then seek only through those channels or from that source that may bring thee to the knowledge, to the understanding, that those promises are thine that have been ever to man...” (5752-5)

## Information and free will


In our search we must always strive for unbiased and relevant information and then decide for ourselves what is appropriate at this time and place. Here

simplicity seems to be the key word. If we follow this process the application of these powers will provide a better life for us and fulfill our soul's purpose and the Universal good. But if we deviate from this path and become self-centered, are we not building hardships for our own future? This was the common warning in the readings, whether this advice came in a direct and forceful way, or whether it was veiled. Our present age is unique in that it personifies a high level of scientific development. But along with that it brings greater responsibilities and a better understanding of who we are and why we are here.

The Atlanteans inadvertently misused these psychic powers and through misapplication they destroyed their whole civilization. According to the readings they realized their mistake and took steps to warn future generations hoping they would not repeat the same fate. The readings clearly point out that Edgar Cayce, as Ra Ta, was instrumental in preserving these records which the

Atlanteans called "The Law of One." The records were encoded in the Giza pyramids in such a way that they won't be decoded until we are ready to apply them properly. The readings also stated that in a yet-to-be-discovered pyramid there are additional records for our enlightenment, but again, these will not be revealed until we are ready. Here the emphasis is we. If we—you and I—don't prepare the way for the opening of these records by changing our ways, and build better channels, who will?

More than likely we were the Atlanteans that lived during that time and it really doesn't matter if we were the "good guys" or the "bad guys." Now we are here to fulfill a particular purpose. Edgar Cayce, as Ra Ta, entombed these records, then as Cayce he opened the door and reintroduced them to us. This kind of dedication to a purpose is similar to the dedication the Essenes took on a little over 2,000 years ago. This small group of spiritual people dedicated

themselves to good deeds and service to others and made it possible for the son of God to be born. They were not the majority, but dedication and persistence bore fruit. Likewise we are not the majority, yet through earnest dedication to the unfolding of this Law of One, we, too should take on our task and facilitate the uncovering of the pyramid of records by opening our own inner "pyramid," our superconscious mind. This is the worthy pursuit suggested by the readings, and as always, the choice is ours. So the question remains with us: What are we to do with this psychic power? 

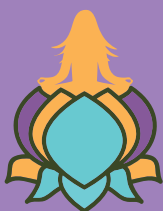
#### ABOUT THE AUTHOR



*ROBERT L. FERRO, from Glendale, Ariz., an A.R.E. member for 45 years with his wife Rose, holds postgraduate degrees in business and Jungian psychology. They have served in many positions, such as study group coordinators and council chairpersons, and are currently Regional Representatives for Arizona.*

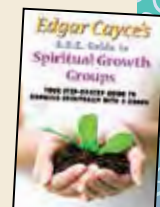
## Transform Your Life!

### Join A Search for God Spiritual Growth Study Group



- Tap into your relationship with God
- Explore your intuition
- Find your inner peace and joy
- Practice listening "soul to soul"
- Learn to love and appreciate your life
- Spend time with like-minded people

For more information on study groups, to find a group in your area, or download a **FREE STARTER KIT** on how to start your own, visit [EdgarCayce.org/studygroups](http://EdgarCayce.org/studygroups) or call 800-333-4499.





## Jorge, Cancer, and the Arousing of Hope



**Giving hope and bringing an awareness of faith in all circumstances, especially for a health care provider, is essential.**

**I**N MAY I RECEIVED a phone call from a 73-years-young man named Jorge with a poignant story: In late 2008 he got diagnosed with prostate cancer and a surgical removal of the organ was performed towards the end of that year. In 2010 he went to his doctor with a complaint of lower mid-back pain. Upon examination, metastasis of the original cancer to the 12th dorsal and 1st lumbar vertebrae was found. The treating physicians decided to perform radiation treatment to that area. During the series of radiation, Jorge got a feeling of numbness and tingling, and lost strength in his leg, which seemed to worsen as time and treatment went on. By the end of the radiation treatment he experienced great difficulty walking, no feeling in his left leg and little feeling in his right, no appreciable balance to stand and walk, and a constant feeling of numbness and tingling which woke him up at night. The radiation had destroyed much of a section of his spinal cord (T12/L1) and his physician told him, that all this was a side effect of the treatment and went on to explain, that the treatment given was the only feasible choice. He said he is experiencing a deep depression and hopelessness about his situation.

Thinking about his situation, a portion of a reading came to my mind in which it was stated that we are all our brother's keeper and are to provide, as circumstances are given in life, help in word and deed. Giving hope and bringing an awareness of faith in all circumstances, especially for a health care provider, is essential. In a reading for a surgeon, Edgar Cayce said that *"the personality and the individuality of the entity is much more important to those the entity would help than the dosing which may be given. While, true, medicines, compounds, mechanical appliances, radiation, all have their place and are of the creative forces, yet the personality of arousing hope, of creating confidence, of bringing the awareness of faith into the consciousness of an individual is very necessary."* (5083-2)


**I met him when he and his wife Martha came to the office. He described his situation in detail and, based on the outlook given by his pro-**

**viders, expressed his feelings of hopelessness. I told Jorge, that the providers were not God with a final, unchangeable, verdict and that there is hope in all situations. We discussed possible program options, which included nutrients such as pure fish oil, natural Alpha lipoic acid, and vitamin B-12 (*methyl cobalamin*) to support nervous system function. He also should receive the Cayce/Reilly massage in intervals, physical therapy, and do some exercises at home. By the end of the office visit, he said that he would give it all a wholehearted try and include spiritual activities. Since they live out of town, we decided to stay in touch via email and monitor and promote his progress.**

About four months later he came in for a further office visit. He said he felt better with days of more strength in his legs, better balance, and less pain. And there are days with increased pain, fatigue, and weakness, especially after water exercises or a massage. He is using also the scar-massage formula from the Edgar Cayce readings in the area of radiation, applying it twice each week. In addition, an organic ointment to stimulate circulation and tissue healing containing *Arnica montana* and other herbs will be applied to the area on the remaining days of the week. Arnica

was recommended in the readings four times. Magnesium was added to reduce the muscle spasms. He also gets castor oil packs on his back four days each week and his wife Martha stated that these pack make him feel incredibly good.

**Jorge and Martha and their son came in today, and he had had some difficult days and felt better yesterday and today. But he is talking about going fishing and perhaps a bigger trip to France. Hope and faith and consistent application are part of his life and Jorge and his family believe that improvement and healing are possible.**

*For who healeth all thy diseases? Only when any portion of the anatomical structure of a human being is put in accord with the divine influences, which is a portion of the consciousness of an individual entity, may real healing come. Without it, it is nil and becomes more destructive than constructive.* (5083-2) 



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

BY KEVIN J. TODESCHI AND HENRY REED

# Cayce's Paradigm of Healing



OF THE 14,000 READINGS on file in the Edgar Cayce archives, almost 9,000 deal with the topic of health and healing. Although known for his focus on holism and incorporating the entire individual (body, mind, emotions and spirit) in the healing process, Cayce drew from every school of medicine. The Edgar Cayce Hospital for Research and Enlightenment (1928-1931) employed physicians, physiotherapists, body workers, nurses, and dieticians, and the readings themselves recommended every imaginable treatment: surgery, diet, massage, exercise, pharmacology, mindfulness, vibrational therapies, energy medicine, meditation, prayer, and much more. Cayce's formula for creation—"spirit is the life, mind is the builder, the physical is the result"—is also his formula for health and healing. When we get sick, it is because conditions in the body have arisen that prevent the life force from flowing freely. These conditions must be addressed not just physically, but also mentally and spiritually.

Years ago, Dr. Harold J. Reilly, one of Cayce's contemporaries and a strong proponent of the health information in the readings, coined the acronym C.A.R.E. to describe the readings' approach to preventative medicine and the underlying importance of involving each individual in her or his own healing process. Those initials stand for Circulation, Assimilation, Relaxation, and Elimination and their

overall importance in the establishment of health and the maintaining of personal wellness. However, even beyond the wide scope of information covered by the readings, the suggested treatment protocols, the insights that were literally decades ahead of their time, and the myriad of things each and every one of us can do to maintain personal wellness, there are deep principles at work that seem to come together to create Cayce's Paradigm of Healing.

Edgar Cayce's own psychic work began as he learned how to heal himself of a throat and voice problem through self-hypnosis. It should be no surprise, then, that his approach to healing is one that he shares with the story of hypnosis. It is a common, almost archetypal vision of health as being the result of the "life force" flowing through us. As perhaps a synonym for God or Nature, the life force is health and vitality itself.

Hypnotism got its start as a search for the *élan vital*, the life force, and how to harness it for healing. Early explorers of what became called "animal magnetism" were somewhat like modern-day "tree huggers" who attempt to tap into the life force flowing through the tree's magnificent trunk. By the time of Cayce, hypnosis had been streamlined to the use of suggestion. Some doctors had also employed "medical clairvoyants" to help them diagnose patients. Through the means of hypnosis, it was clear that the mind could communicate with the body and participate in healing. In Edgar Cayce's case, it was not considered surprising that Mr. Cayce, while in the hypnotic state, could summon forces within the body to bring an increased blood flow to his throat and heal his voice.

Over time, his readings provided a great deal of information on healing, including the important role played by the patient in the healing process, and the need to address the spiritual, mental, and physical components of the individual. In terms of unique concepts, he pointed out the role of the endocrine system as the bridge between emotions and bodily functioning. Thus he provided a handle on what would become a scientific revolution in medicine. Such revelations earned him the title: "father of holistic medicine."

## A story of true holism in healing

We can get an insight into Cayce's overall approach to healing by considering a story that took place in 1972 at a historical meeting of many people concerned with new findings on consciousness and its role in the healing process. The place was Council Grove, Kansas, a spot that got its name from the practice of Native Americans to gather there for important meetings. The meeting was sponsored by the Menninger Foundation, a well-respected agency devoted to research on healing. In attendance at that meeting was a Native American named Rolling Thunder. He was there to share with others, for the first time, the Native American view on healing. As it turned out, he was also able to demonstrate it. One of the participants' sons had an accident on the grounds, seriously hurting his knee. Rolling Thunder agreed to perform a healing on the knee while everyone watched.

Rolling Thunder knelt down to be at the boy's level and asked him about his knee. The boy explained how it happened

and how it hurt. Rolling Thunder asked the boy why he wanted to have his knee healed. The boy answered that he wanted to be able to play soccer again. Rolling Thunder acknowledged that the boy had good reason to want to get well. He then began to treat the boy's knee with prayers and wrapping it with a beef steak. Afterwards he suggested that the boy go rest for a while before returning to his soccer game. A little while later in the conference, the boy was once again playing as before his injury.

After the demonstration, William McGarey, MD, who at the time was co-director of Edgar Cayce's A.R.E. Clinic in Phoenix, addressed the audience. He was interested in the way Rolling Thunder spoke to the boy. In particular, he pointed out how Rolling Thunder asked the boy why he wanted to get well. Dr. McGarey stated that the same question had been posed by Edgar Cayce on a number of occasions and was a wonderful and straightforward example of what Edgar Cayce meant by addressing the spiritual in healing. It is not simply a matter of praying for healing; rather it is important for us to summon our purpose for healing, which naturally arouses our attention toward our purpose for living. Evoking purpose in that way places the healing in a much larger context than simply the physical problem.

## 1. Awareness

As in every adversity or challenge, attempting to grasp the positive in the situation or seeing if it is possible to find a gift in illness can be a wonderful way to begin the healing process. As we might recall from Jesus' encounter with the blind man (John 9), illness offers us the opportunity to affirm our creative partnership with God as we assume the responsibility ourselves for being the conductor and facilitator of our own healing. Many of Cayce's suggestions for our role in healing mirror universal themes in humanity's search for meaning. Why are there illness and a need for healing? It is one way that the Creative Forces, through the activities of the Akasha and our response to these influences, teaches us that we've veered off the path and need to pay attention to the task of making a correction. In some way we've gotten out of balance in our lives, and our body's functioning is trying to communicate that issue.

In the myths of the search for the Holy

Grail, the cup that Jesus drank from at the Last Supper, there is a lesson about healing. In the stories, the king is not well, and thus the kingdom as a whole is suffering. All sorts of remedies are attempted, but nothing works. It takes the innocence of a fool, Parsifal, to ask the question of the king that no one had asked, "What ails you?" At the contemplation of that question, as the stories go, the king was healed and then subsequently died. Understood symbolically, the king stands for the governing ideal. It was no longer adequate to the task. For healing to occur, the first step is the honest acknowledgment that something is wrong, that you don't feel right—what is it? Turning one's attention inward in a sincere attitude of seeking is the beginning of healing. That the king died as he was healed suggests that healing required replacing the old ideal with a new one. With this in mind, one of the first principles at work in Cayce's paradigm of healing begins with awareness.

## 2. Self-forgiveness

A second important principle is that there needs to be self-forgiveness. Cayce reminded us that Jesus spoke of healing through the forgiveness of sin. In this perspective, a sin is simply a mistake that produces consequences that operate as our teacher to help us move out of error and into truth. The transformation often requires accepting aspects of ourselves that previously had been unconscious, thus bringing about a greater wholeness, which is the key ideal of healing.

A good example of this very principle comes from the revolutionary work of Carl Rogers. He began his career as a minister, but shifted to counseling psychology. He believed that the important factors that allow spiritual faith to be a powerful influence in life came not from a church pulpit but from within a person. In order to demonstrate this belief, Rogers turned psychotherapy on its head by no longer offering advice and consultation to his clients. Instead, he "merely listened" to them, and watched as they unraveled their problems and found a healing source from within. His mode of listening was crucial. He found that most problems come about when a person's self-judgment begins to distort which aspects of a person gets to live and which do not. Such judgment

and the suppression or repression it brings about has a person limping, in effect. As the person discussed his or her feelings, Rogers found that by his active listening, by reflecting back to the person what that person is expressing, but with an accepting tone and devoid of the judgment in the person's own voice, individuals came to be more accepting of their feelings. As self-acceptance allowed the person to experience and process more of their previously unaccepted feelings, they came into possession of a more complete set of data about themselves. As a result, they became more emotionally intelligent and were able to allow the life force full access for healing.

## 3. Our responsibilities

A third principle in the Cayce readings on healing is that we have a role in the healing process itself. Once we have become aware that something is ailing us, and then once we have let down our judgments and are honestly open with ourselves so that we can become better aware of guidance from within, we can begin a process of review.

Obviously, we are all responsible for such practical measures as diet and exercise, as well as working with attitudes, emotions, our own spiritual beliefs, and following through on recommended treatments but in addition to that modern research has confirmed that simply "getting it off your chest" can be very therapeutic. For example, the use of personal journaling to write out one's feelings about a given trauma can reduce the negative effects of that trauma. Research has shown that if given a chance to do journal writing about a past trauma, those whose writings do address the trauma end up seeing a doctor significantly less often than those who avoid discussing the trauma in their journal writing. In that vein, Cayce also honors the fact that "humor is the best medicine." Using the principle of contrary conditioning, pairing the focus on trauma with the experience of humor and laughter can itself be healing. Having a person make up a joke about a past trauma and its effects, when the time is right, can be very healing.

Our role is also important in that our belief systems and what we have faith in regarding what can help heal us has a substantial impact upon healing itself. Cayce suggested that whatever belief one maintained regarding healing needed to



be taken into account. For example, if you have a belief in one remedy versus another, or one physician versus another, or what will and won't work—all these factors have an impact upon the health process. Modern research has confirmed many of these same ideas in its use of placebos that demonstrate when someone possesses faith that something will work the outcome is just as significant as actual medicine.

#### 4. Body/mind communication

The fourth principle that Cayce would recommend is the importance of utilizing what he called “the imaginative forces” in any healing remedy. The mind plays an important role in our healing. Under the right conditions, we can communicate with our body, via the subconscious mind, to support the body's healing process. We may do so via meditation, hypnosis, visualization, or other forms of suggestion.

Along these lines, we can “raise the vibrations” of the body, to make it more amenable to change and healing. Edgar Cayce's work on the nature of vibratory energy has led to the field of “energy medicine,” and the role of unseen forces in bringing about healing in the physical. Cayce noted that of all the things we could do physically for our bodies, we can best raise our physical vibrations by using the voice, such as chanting—we can produce sensations of vibrations in our body through the use of our voice, especially when mentally holding the feeling of an ideal. As we hold that felt image of an ideal, and we allow that feeling to be expressed in a vibrato voice, not only does the physical body join in an attunement you can feel, the vibratory forces in the atoms of the body also become attuned.


We can also add visualization to person-

al healing. Using imagery as a means of affirming an ideal for healing, for affirming a normalization and harmonization in the body parts is an important dimension to the healing process. At one time, science believed that we had control only over the “voluntary” nervous system. Today we realize that if given feedback, we can achieve control over a single nerve in the body. That kind of precise feedback needed to gain that level of control is not available to us except under special laboratory conditions. Yet with sufficient meditation, we can learn to be sensitive to shifts in how our body feels when we shift our perspective or attitude.

Using a simple example, when working on a construction project we might hit our thumb with a hammer. Rather than cussing and continuing to work, we can use this opportunity to stop for a moment, taking time out to focus on our thumb, reaffirming its value to us in our work. We can sit back and relax for a while; staying mentally connected to our thumb as we allow the pain to subside. We may give thanks for the opportunity to reassess how we were approaching our work. Were we in too much of a hurry? During this time out we can reconnect with our ideal and bring the feeling of it into our work, focusing on the pleasure of working the craft rather than the ego ideal of finishing quickly. Our wounded thumb then becomes a teacher for us and we are better for it.

#### 5. Understanding

To understand ourselves to be somehow better for having experienced any health issue is the true measure and criterion for healing. When our intent is merely to undo the adversity, to get rid of the headache so we can continue as before, then the aspirin

is merely a cure, a palliative treatment. When the aspirin is combined with time out and a brief meditation, it becomes an aid to a transformation in attitude. Work is taken up again but with a new mental set. That is healing. That is using the opportunity to reaffirm, re-experience, and reapply our co-creative relationship with God. Cayce's paradigm of healing includes a number of factors that call upon our joint participation in the healing process. In addition to understanding the patient's role in the healing process, the readings were decades ahead of their time in understanding the nature of illness and the workings of the human body. 

#### ABOUT THE AUTHORS



**KEVIN J. TODESCHI, MA**, is Executive Director and CEO of Edgar Cayce's A.R.E., an authority and spokesperson on the Cayce Work, and the author of more than 25 books, including *Edgar Cayce on the Akashic Records*.



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

Join Henry for these special activities:

Jan 14-Feb 10, eGroup: **Remote Viewing: Learn the Power of Your Consciousness**. Visit [EdgarCayce.org/eGroups](http://EdgarCayce.org/eGroups).

Mar 12-15, Palestine, Tex.: **Conference with Don Carroll Learn to Understand the Mind of God: Bringing Together Heaven and Earth**. Visit [EdgarCayce.org/fieldconferences](http://EdgarCayce.org/fieldconferences).

Join Kevin for this headquarters event:

March 27-29, Virginia Beach, Va.: **Breakthroughs to a New Consciousness: Science, Spirituality, and the Limitless Mind**. Visit [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences).

—Kevin and Henry's new book, *Contemporary Cayce: A Complete Exploration Using Today's Science and Philosophy*, includes 24 chapters on the most important concepts in the Cayce readings in modern language, and is available on page C-2 or at [ARECatalog.com](http://ARECatalog.com).




**Wellness and Rejuvenation Retreat 2015**  
 — VERY LIMITED ENROLLMENT —  
 June 13-19 and August 8-14  
 Edgar Cayce's A.R.E. Health Center & Spa  
 Virginia Beach, Virginia  
 All-inclusive, one-of-a-kind Cayce spa retreat!

**EDGAR CAYCE'S A.R.E. HEALTH CENTER & SPA**  
 Details and registration:  
 EdgarCayce/Spa  
 757.457.7202



## Should We Go Paleo?



The Cayce diet has great long-term potential and offers nutritionally balanced eating that is healthy and sustainable.

ONE OF THE HOTTEST TRENDS in eating, the Paleo Diet is based on the premise that the healthiest foods for humans today are those consumed by our Paleolithic hunter-gatherer forebears: large amounts of lean meat from animals hunted in the wild (including organ meats), as well as fish, eggs, vegetables, tree nuts, and fruit—all locally and seasonally gathered, of course. Grains and dairy products are excluded, as are refined foods of any kind.

But does it truly make sense for us to eat as our ancestors did thousands of years ago? I applaud any diet that gets large numbers of people off refined foods and eating meals prepared with natural, whole, and locally grown ingredients. Perhaps a major attraction of the Paleo Diet is the ready availability of its components and their relative ease of preparation. And the sheer numbers of people who report having achieved weight loss and other health benefits with this diet are impressive.

If you feel good on the Paleo Diet and you enjoy eating the fare it has to offer, I would not try to dissuade you. You're eating much better than most. However, besides being partial to the Cayce diet, I'm not convinced that Paleo is an advisable or sustainable nutrition plan for everyone.

**Risk of protein overload** Protein is of first importance in human nutrition, and the Paleo Diet provides plenty of it in the form of meat, fish, and eggs. Eating lots of protein makes you feel full and keeps hunger at bay—this and the fact that dietary protein boosts metabolism may partially explain why protein-rich diets help people lose weight. While protein foods are essential, they are also acid forming, and we know from the Cayce readings that acid-forming foods should not make up more than 20 percent of our overall food intake. Excess dietary protein, especially if taken over long periods of time, can lead to digestive trouble, kidney stress, and leaching of bone minerals. It is also suspected of encouraging the growth of cancer cells.

Those who are physically active need more protein, so this might have worked out well for Paleolithic people who needed great physical endurance just to hunt and gather their food. Our shopping trips to the supermarket today don't

require nearly as much physical effort. Modern lifestyles are totally different.

**Lack of dietary fiber** A common complaint among Paleo Dieters is constipation, which is no surprise with the high-protein/no-grain regimen and resultant lack of dietary fiber. Like the Paleo Diet, the Cayce diet takes a low-starch approach, but also makes allowance for the important role that fiber-rich whole grains play in the diet, especially for those wanting to lose weight: "Those of bread—keep those that are of the whole wheat, or those of rye, or those of the nature that are easily assimilated, and we will find in two to three months a normal body, with the proper weight, proper adjustments, and feeling better..." (2261-1)

If we're looking to ancestral diets to determine how we should eat today, we can find plenty of ancient relatives of our modern staple grains that are flavorful, richly textured, and highly nutritious, including spelt (mentioned in the Bible), amaranth (a sacred food of the ancient Aztecs), kamut (an ancient Egyptian grain), and quinoa (cultivated in South America for centuries). Thus, even if we wish to avoid wheat, alternatives abound.

Unless intolerances or sensitivities are present, whole grains in moderation do have a place in the modern diet. They can help with weight loss and even with managing type 2 diabetes. An extremely low-carb approach may, in fact, be quite stressful for those with blood sugar imbalances.

Soaking grains prior to cooking and sour leavening, as in bread baked with sourdough, helps improve their digestibility.

**Dairy** There's no dairy in the Paleo Diet, in contrast to the Cayce diet, which allows for moderate amounts of yogurt and cheese. Both are highly nutritious and have been part of the human diet for thousands of years. Ideally, dairy foods should be derived from naturally raised, grass-fed cattle.

Although the Paleo Diet is a vast improvement over the typical North American fare, I believe that the Cayce diet has greater long-term potential and offers a nutritionally balanced way of eating that is healthy and sustainable, both for planet earth and the people who live on it. 🌱

SIMONE GABBAY, RNCP, is the author of three books based on the Cayce readings, including *Edgar Cayce's Diet Plan for Optimal Health and Weight Loss*, available at [ARECatalog.com](http://ARECatalog.com). Visit her website: [simonegabbay.com](http://simonegabbay.com).





## Mindfulness in Schools: A New Way to Educate

By Marella Gregory, M.Ed



*Marella Gregory, M.Ed., a long-time advocate of children and families, serves as the Lower School Counselor at Collegiate School in Richmond, Va. She works with parents and other educators to meet the growing and changing needs of children in the community. She is a contributing author in Making Our Pact: Lower School Programs for Character Development published in 2012 by the Center for Spiritual and Ethical Education. She also earned a certificate in Spiritual Guidance Mentor Training (SGMT) from Atlantic University in 2014. She enjoys being in nature, long bike rides, the beach, and spending time with her husband, their two daughters, Alden and Kyra, and their two dogs, Lily and Buddy.*

**M**ost of us would like to be an expert at something—especially after decades of dedication. As I begin my fourth decade as an educator I would expect to have some expertise or “inflated” knowledge. I have come to understand, however, that perhaps I know very little—unless, of course, I am willing to begin again year after year to get to know intently, love well, and “up-lift” the students with whom I work to be all they are meant to be, at least during the limited time we have together. I have been an elementary classroom teacher for 10 years and a school counselor for over 20 years. I think most educators would agree that working with children—especially elementary age children involves much more than transferring or expecting our students to merely acquire knowledge. The “love” piece that “up-builds,” however, is difficult or even impossible to quantify, while “knowledge” can be measured with test scores and school standings. Still, it is important to ask: **Of what worth is the latter without the former?** It seems that as I continue to gain experience, I ask even more questions.

Our U.S. schools seem intent on accountability as measured by standardized test scores. We repeatedly compare ourselves to other countries and strive to be “#1.” While I must agree that top ratings are admirable and accountability is undoubtedly important and perhaps even necessary, the question begs to be asked: **Are there not some intangibles that we might be overlooking with such competitive comparisons?** The abilities to show respect for self and others, to manage anxiety well, to engage productively in one’s local and global communities, to live honorably, to value and deliver excellence, to engage in creative endeavors, and so many more attributes that may not be easily measured or compared, are surely *equal* in value to knowledge. It could even be argued that such life skills are even *more* valuable than the knowledge we routinely measure and consequently prize so highly. I wonder again: **As we push our students to achieve and “test well,” do we compromise their love of the learning process itself?**





A multitude of books, commentaries, articles, and TED talks exist to explore these very questions. Nancy Carlsson-Paige writes in *Taking Back Childhood: A Proven Road Map for Raising Confident, Creative, and Compassionate Kids*, “A host of social forces and trends is putting tremendous pressure on children and their parents...An over emphasis of standardized tests in our schools is robbing children of genuine learning opportunities and resulting in the loss of unstructured play, art activities, and social time, all of which are essential to their well-being.” (p. 1) Fortunately, she offers a wealth of solutions to address her concerns. We find today’s ever-increasing frantic pace addressed by Richard Louv in *Last Child in the Woods*. Louv says, “As the federal and state governments and local school boards began to push for higher test scores...about a dozen states halved or even canceled recess...considering such breaks a waste of potential academic time.” (p.98) Louv states further that well intentioned “parents have an acutely tuned sense of responsibility—to the point where they consider relaxation and leisure, for themselves or their children, a self-indulgent luxury.” (Pp.120-121)

Answers and reassurance can be found in the following Cayce reading: “...**there are no shortcuts to knowledge, to wisdom, to understanding— these must be lived, must be experienced by each and every soul.**” (830-2) **Given** that ideal, there is no need to rush— perhaps not even any benefit.

My own renewed optimism was reignited recently throughout two years of course work in Atlantic University’s Spiritual Guidance Mentor Training program where I found much to implement in the elementary school classroom. In my own mindfulness practice I came to appreciate childhood as fleeting and remarkably short—especially when considered and reflected upon over three decades of working with elementary school children. Perhaps it has a little something to do with the

fact that the day has dawned for my own two daughters to “leave the nest.” Regardless of the reasons, I found myself again asking: **Why, then, would we ever intentionally rush such a sacred period?**

As I worked with the parents, teachers, and students whom I serve, I began to more consciously slow our pace. We began to engage in creating mandalas, which allow for self-expression, creativity, and a love of process over product. I found that students grew more comfortable and patient with the anxiety that comes naturally with learning or trying new things. Upon completion of their mandalas they shared that while there was initial anxiety or a feeling of

“Of course we all ‘know’ about [what we are sure we ‘know’]. But whereas ‘knowledge’ inflates, love up-builds. If a man thinks he knows something, that means he has never really known it as he ought.”  
(1 Corinthians 8:1-2)



“being unsettled or unsure of themselves” at the start of their drawing, it was followed by a sense of peacefulness as they “got lost” in the process of creating. There was palpable joy and pleasure in the process when no emphasis was placed on the finished product.

Another significant byproduct of the SGMT program is that I began to practice mindfulness at the beginning and end of each classroom guidance lesson and often during individual and group counseling sessions with my hundreds of

students. As the children grew comfortable in being more fully present in the moment, recognizing calm, stillness and peacefulness, practicing patience, and being better able to focus and attend, they were quick to remind me to **not forget** our practice! We (over 100 2nd grade students and I) even came to routinely weave our practice of mindfulness with nature several mornings a week as part of our daily beginnings. The teachers reported their days started more calmly and the children shared that they would often return to a “beginner’s mind” throughout the day. We spent many mornings bringing attention to our breath as we noticed the warm sun or cool air in the midst of a gentle breeze punctuated with the singing of birds.

This new start to our mornings offered some awareness and calm that had not been present before. Let’s just compare this routine experience to the frenzied pace in which our children too often find themselves.

The practice of mindfulness with children combined with activities that explore the creative process proved to be not only fruitful, but also promising, in providing answers to this school counselor’s growing list of questions. As we educators continue our efforts to know, love, “up-lift”, and yes— impart knowledge—to school-aged children, our own practice of mindfulness, and then sharing the practice with children, makes honoring what is sacred in each of them more attainable.

#### References

Carlsson-Paige, Ed.D. *Taking Back Childhood: A Proven Roadmap for Raising Confident, Creative, Compassionate Kids*. Penguin Group (USA) Inc. (2008).

Louv, Richard. *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, Algonquin Books of Chapel Hill (2006).

*Think on These Things: Selections from the Edgar Cayce Readings*, A.R.E. Press, 35th Printing (2011).

# A.R.E./AU Co-sponsor 32nd Annual IASD Dream Conference - June 5-9, 2015



*"In dreams, those forces of the subconscious, when correlated into forms that relate to the various phases of the individual, give to that individual the better understanding of self, when correctly interpreted." (3744-5)*

As a member of the International Association for the Study of Dreams (IASD) and in keeping with Edgar Cayce's teachings on the importance of dreams to the physical and spiritual evolution of the individual, A.R.E./Atlantic University is co-sponsoring the IASD 32nd annual dream conference to be held at the Virginia Beach Resort Hotel and Conference Center on Shore Drive, June 5-9, 2015.

The Dream Conference features world-renowned keynote speakers, over 140 presenters from around the globe, a Dream Art Exhibition, a Dream Hike, a Dream Telepathy Contest and a Dream Ball. Come meet and converse with your favorite dream authors and personalities as well as a multitude of kindred spirits interested in sharing the joy and benefits of understanding dreams and dreamworking.

The program is multidisciplinary with a little something for everyone, professionals as well as those simply interested in dreams. It is organized in tracks for the best opportunity to participate in the discipline of interest to you. Sessions include: presentations; symposia; panels; workshops; morning dream groups; and poster papers. Tracks include: Research and Theory; Arts and Humanities; Education; Religion, Spirituality, and Philosophy; Clinical Approaches; Dreamwork Practices; Mental Imagery; Dreams and Health; and Extraordinary, PSI, and Lucid Dreams.

To learn more about IASD or the 2015 International Dream Conference visit [www.asdreams.org](http://www.asdreams.org).

To register or get more information, visit [asdreams.org/2015](http://asdreams.org/2015) or email [office@asdreams.org](mailto:office@asdreams.org) or call 1-209-724-0889.

## Spiritual Guidance Mentor Training Certificate

Connect with your Divine wisdom as you study to become a Spiritual Mentor. Coursework includes:

- Dreamwork and Interpretation
- Meditation and Inner Life
- Finding Your Mission in life
- Creativity
- Spiritual Crisis



Coursework is offered completely online



## Atlantic University

AtlanticUniv.edu • 800.428.1512 • [info@AtlanticUniv.edu](mailto:info@AtlanticUniv.edu)  
Nationally Accredited, Online, Graduate School



# Atlantic University

Take Your Spiritual Path to the Next Degree!

Personal Transformation

Contemplative Education

Community Learning

Inner Life Work

Academic Study

Distance Education

## Choose your path:

- Master of Arts in Transpersonal Studies
- Spiritual Guidance Mentor Training
- Graduate Certificate: Integrated Imagery Regression Hypnosis

Visit Our Website Today!

AtlanticUniv.edu • 800.428.1512 • info@AtlanticUniv.edu

Nationally Accredited Online Non-Profit University

# SPIRIT

Is the  
(House) Key



BY GORGIANA ALONZO

I WATCHED MY HUSBAND, KEN, eye the roof. He turned to me and silently signaled his approval before we got out of the real estate agent's car. This was the third house we had seen that day and our sixth week of looking for a new home. Purple and white hyacinths peeked through a thin blanket of snow. The agent kept apologizing for the snow and rain, assuring us that in her 17 years of living in the area, she had only seen snow once or twice. Since the first of February, 2006, we had snow and rain every weekend.

Ken and I laughed. If this was an example of the worst weather in Cameron Park, we could live with it. I stepped down to the front porch and noticed another covered porch toward the middle of the ranch-style house. The space felt peaceful and calm. We walked between the detached garage and the house to the backyard. Several raised garden beds were knee-deep in weeds. That was my one request for our new home. Ken wanted a new roof and I wanted gardening space. The two covered porches were a bonus, as were the several large oak trees in front and back.

Soon, other potential buyers came in. Ken and I looked at each other and

nodded. This place was worth making an offer on. We discussed the amount with our agent and started the process. Ken was conscious of the same peaceful feelings I had gathered from the house as we exchanged impressions during the two-hour drive home. I also asked a simple question. Was this the house?

Ken trusted my intuition after several years of marriage, but he wanted a definite answer before we signed papers. This was our "retirement" house, and we were placing a large sum of money down. Much was riding on getting it right in a crazy real estate market.

## Listen to your intuition

He knew the answer would come. He had seen my intuition in action many times. The most dramatic incident had occurred when I was nearly 40.

I had been experiencing irregular and painful periods for several months. I could not convince my OB-GYN that I should be tested for endometriosis, despite a family history. I was too young, he said. Yet I "knew" I had it. So, I took matters into my own hands and renewed a nightly yoga practice emphasizing my abdominal area, and I applied castor oil packs on my lower back. Having been

raised according to the holistic principles of Edgar Cayce, I know castor oil fixes just about anything.

At the same time, I also started listening to the energy of spaces. Our A.R.E. region had begun offering programs in Feng Shui. Our study group often discussed its merits and tried different experiments with various fixes and cures in our houses, and we reported the results at our weekly meeting. This research went on for a year.

The "Health" area in our condo was deficient. It was a second bathroom that also contained the laundry. Everything was white: the towels, the floor, the walls, and the washer and dryer. After reviewing the palette of colors for health, I found a picture we had purchased in Hawaii while on our honeymoon that fit the bill. We bought towels and rugs that complemented the colors in the artwork. We added a vase filled with quartz crystals. Most important, and because it was the largest item, I found a shower curtain that had all of the colors in the picture. After having a plain white bathroom, adding this amount of color was a huge change.

All of the decorative items spoke of sea breezes, beautiful surroundings, and restorative calm. The energy changes were

palpable to my husband. I loved soaking in the bathtub, especially after a hard yoga class. Between the nightly yoga, castor oil, and weekly Epsom salts baths, the pain soon went away and my periods resumed their clockwork regularity.

ABOUT A YEAR AFTER these changes, I returned from a business trip late on a Thursday night and plopped myself in that tub for a healing soak. I felt something on my lower right side. I then heard that still small voice saying to me, "This is serious, but everything will be all right." I told Ken about it, and he said we should make an appointment the next day with my doctor. I wasn't in any pain, but I knew I should have it checked.

I couldn't get in to see my doctor until Monday. By then, the "something" on my lower right side had grown to the size of a softball. My general practitioner thought it was cancer. We went through a physical exam and blood work that day. By the next day, the specialist was brought in, and I had a CAT-scan. He also thought it was cancer. My right ovary had grown to the size of a grapefruit, and I was in pain now. My surgery was scheduled for Friday morning.

Before that surgery, I practiced the yoga, continued with the castor oil, and felt absolutely certain that I didn't have cancer and that it would turn out all right. I also added listening to a Steve Halpern music CD at night before I went to sleep. Of course, I prayed for the most appropriate outcome for all concerned—Ken, my family, and my surgical team.

When I awoke the day after surgery, my doctor said that I didn't have cancer and that my right ovary had burst just as he lifted it out of my abdomen. He also said that I did have endometriosis, which had killed the ovary, and he apologized for not believing me. I also had peritonitis from the long-standing infection, and he couldn't understand why I wasn't in any pain until the end. I told him about the yoga and the castor oil and said I would rub castor oil on the rather lengthy scar.

A Cayce reading says whether the treatment is a pill, or a diet change, or the knife, the combination of attitude and prayer would mean that healing would work accordingly. That shower curtain

followed us to our next home, and we decorated the bathroom just the same, even though this new bathroom was not in the health area. Eventually, age caught up with the shower curtain and it faded after several years, so I replaced it—with a sigh, but also with hearty thanks.

## Finding the signs of Spirit

Now, it was 2006, nearly 11 years later, and we were embarking on a new phase of our lives, hoping to purchase a home that would be right for us, despite the outward economic situation. Other buyers made offers and our offer had to be adjusted if we wanted the house. However, we bid our maximum, the asking price, and Ken refused to go into a bidding war. "There are other houses, and we're not in a hurry," he said. Our agent couldn't understand our position. I was comfortable, because I hadn't received an intuitive response to my question. I knew that if this were the right house, we would get it.

A few days later, another buyer offered more than the asking price. Our agent was still puzzled as to why we didn't offer more, but we stuck to our position. A week later, she reached me at work and said that since we had the down payment in cash and were pre-qualified for the mortgage. We could close immediately. We didn't change our offer and the buyers accepted it.

The next weekend, our agent arranged for a walk-through. The owners had spent the week clearing out what was left. We found all sorts of things we had missed before, like a bathroom outside in the garage, which we thought was the water-heater room. A pond was half-buried under weeds. The whole backyard was three-feet deep in oak leaves. The plumbing and electrical issues were relatively small.

I asked him in a whisper, "Is there anything that's a showstopper?"

"No," he replied, also whispering, because our agent was on a phone call nearby. "The roof is only three years old. I can fix the electrical code stuff. Everything

else is cosmetic, and we can do that work, too. I just wish I knew that this was the right decision."

"Well," I said as I opened a cabinet door, "we still have a certain number of days to get out and if the home inspection finds anything significant, then that's another out." I reached down into the depths of this cabinet and pulled out something.

It was the shower curtain—identical to the one we had bought in 1994 for our old condo! It was brand new. It even had the same curtain rings in an unopened bag. Ken was speechless for several moments.

I whispered, "I think you have your answer from the Universe now."

"Okay," Ken said a little louder as he replaced the curtain in the cabinet. "Whatever happens with the inspection will be fine."

Some minor things had to be negotiated, but they were worked out and we took possession of the house 15 days later. I proposed that we use our new-old shower curtain once again as the color scheme for a bathroom. We remodeled the guest bathroom and painted the white walls a soothing shade of green. We also decorated with the same Hawaiian picture.

When I was nine years old, I read *There Is a River* and everything in that book made sense to me. I recognized early on, the principles inherent to the statement often quoted in the readings, "Spirit is the life, mind is the builder, and the physical is the result." I would paraphrase this a little and say that Spirit is also key—a house key, as a matter of fact. 🗝️

Spirit  
is the life,  
mind  
is the  
builder,  
and the  
physical  
is the result.

## ABOUT THE AUTHOR



GORGIANA ALONZO is a "Cayce brat," who, along with her younger sisters, was raised by her mother according to the Cayce material. A Life Member, Gorgiana was on the team that formed the Northern California/Northern Nevada region. She served on A.R.E.'s Board of Trustees from November 2009 through November 2014.



## Paging Dr. Google!



The first thing to remember is that anyone can put up a website. One website's "pet expert" is indeed a doctor—she has a PhD in art history, and that is what she teaches.

DOUG KNUEVEN, DVM, is a practicing veterinarian in Beaver, Pa. He has earned certification in veterinary acupuncture, veterinary Chinese herbal medicine, and veterinary chiropractic, and has advanced training in natural nutrition, massage therapy, and homeopathy. He is the author of *The Holistic Health Guide: Natural Care for the Whole Dog*. For more information, go to [BeaverAnimalClinic.com](http://BeaverAnimalClinic.com).

Dr. Doug is presenting a new day-long workshop **Caring for Your Pet Naturally: Holistic Health for the Life of Your Animal Companions** July 18 in Virginia Beach, Va. For more info and registration, visit [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences).

**Q** My Rottweiler has bone cancer and I have decided not to go the traditional treatment route of chemo and radiation therapy. I found a cool website with lots of information about cancer and a supplement they say will eradicate all cancer cells. How can I tell if this stuff is any good?.

**A.** The Internet is a treasure trove of information. I know that when I'm confronted with a term or idea that I'm not familiar with, I often start by "Googling" it. Some of the materials you find with such a search are real gems but much of it is worthless. As with any treasure hunt, a map is very helpful.

The first thing to remember is that anyone can put up a website. Step one on our way to reliable Internet information is to ask such questions as: Who runs the site? Why have they created the site? Can you contact them? Who is paying for the site? You should be able to find this information on the "about us" page or by scrutinizing the site map.

As you look at the information provided try to answer the following questions: Are there advertisements? Are they labeled as such? What do they want from you? Does the information favor the sponsor? Is the information reviewed by experts? Where did the information come from? Is it up-to-date? Does the site make unbelievable or emotional claims?

Any mention of research should be backed up by citations (a reference to the scientific journal and author of the research). Anyone can bandy around phrases like "Research proves..." or "Studies show..." but if information that verifies the claim is not given, you really can't trust it.

Be wary if the site asks for your email address and/or personal information. The question arises: What do they intend to do with it? You need to be confident of the answer to that one!

A few months ago a pet owner came to me with several supplements she had gotten from a website. She was confident that these supple-

ments would fix her dog's thyroid condition because the person who runs the website breeds dogs of the same breed as hers. Furthermore, the website operator is a doctor. I was not convinced.

When I went to the website, the information was quite appealing. The bio of the creator of the supplements mentioned that she is a not only a doctor but that she is a professor at a college. I thought it was strange that there was no mention of what college she graduated from or where she taught. Isn't that something she'd be proud of?

As I dug deeper into the sight I found the answers to my questions. This "pet expert" is indeed a doctor—she has a PhD in art history and that is what she teaches. In fact, the same website that sells the supplement also sells her artwork.

While I have respect for anyone who has earned a PhD, I do not think her area of expertise qualifies her as an expert in animal nutrition. As a dog breeder, she no doubt does have a lot of experience with raising dogs. But, once again, it does not impart on her the knowledge needed to formulate animal supplements. It is apparent to me that this website is deliberately misleading people into buying her supplements.

**The bottom line** is that if you are looking at a website designed to sell a product, everything there is suspect. Maybe this is the best supplement ever. Maybe all those endorsements are truly from satisfied pet owners with cured pets. Then again, it may all be bunk.

If you want to find reliable information on the Internet about a specific problem, enter "veterinary college" after the name of the disease or symptom in your Google search. If you are interested in a specific supplement and you want to dig deeper than the website selling it, enter "problems" after the supplement name in your Google search.

When faced with a serious medical condition we often reach for every source available. Nevertheless, when consulting Dr. Google I encourage you to be a savvy treasure hunter. 📧



Send your vet questions to Dr. Doug at [letters@EdgarCayce.org](mailto:letters@EdgarCayce.org)



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

**Annual Giving**  
Goal: \$13 million

**Raised: \$12.4 million**

**Initiatives**  
Goal: \$7 million

**Raised: \$5.9 million**

Support  
Programs  
You Love



**Help Establish a Cayce Presence in Prison Libraries around the U.S.**

Our Prison Outreach program hopes to expand into dozens of prison libraries around the country, making it easier for prisoners to find books about Cayce-related topics (from reincarnation and karma to dreams and meditation). At \$125 per box of 25 books, we need to raise at least \$25,000 to make it into the busiest prison systems. Will you help?

Do YOU have a favorite A.R.E. activity? And a desire to see it thrive and grow? Come make a difference.

**Capital Projects**  
Goal: \$7.5 million

**Raised: \$6.3 million**

Build for  
Tomorrow



**Renovate the Visitor & Conference Center at Headquarters!**

In 2015, we need to raise over \$1 million to renovate the 1975 Visitor Center: update the lobby and Library, build new and larger restrooms, improve the bookstore/gift shop and auditorium, new air-conditioning, improve parking.

**Endowments**  
Goal: \$2.5 million

**Raised:  
\$700,000**

Ensure A Bright Future



**A.R.E. Library Receives Its First Endowment!**

Longtime members, Doug and Darian Torrance of Columbus, Ohio, have pledged \$25,000 to establish the Douglas and Darian Torrance Library Endowment Fund—the first such endowment for the A.R.E. Library. Funds generated by the Torrance Endowment will augment the library’s program budget annually in perpetuity! “We are moved to support the A.R.E. Library since it has such a large influence and strong effect on all three major areas of the Edgar Cayce Work: A.R.E., Atlantic University, and the Edgar Cayce Foundation,” Doug said at the Endowment Signing Ceremony in September. “We are grateful for all we have received from the Cayce material and want to give back to the future.” Thank you!

**Campaign Total**  
Goal: \$30 million

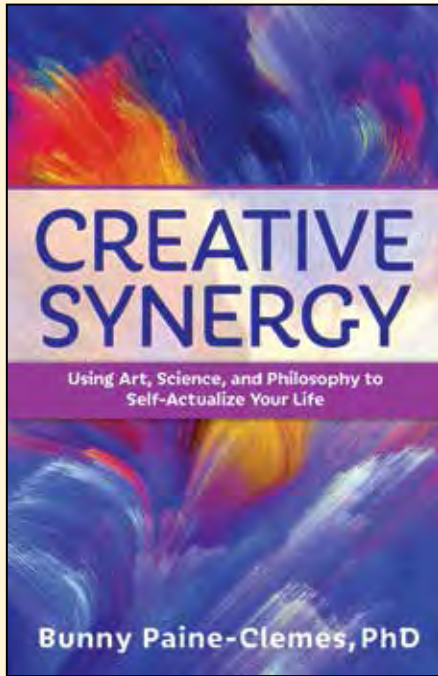
**Raised: \$25.3 million**

*CREATE* Ends  
Dec. 31, 2015



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





## Creative Synergy Using Art, Science & Philosophy to Self-Actualize Your Life

By Bunny Paine-Clemes, PhD

4th Dimension Press • 288 pages, paperback • Item #127 \$17.95



### Excerpt from Chapter 8:

#### “We” as a Larger Group

Edgar Cayce’s Circle (soul group helping to precipitate a paradigm shift). After he loosened his tie, reclined on a couch, and put himself into a trance, Cayce could read any medical condition by seeing inside the person. “Yes, we have the body,” he would say. He would prescribe arcane treatments, often unknown to the doctors of the time. Once when he prescribed a nostrum that no one could find, he did another reading and said in what druggist’s shop it was to be found, on what dusty shelf way in the back. His cures were so remarkable that doctors began sending him their hopeless cases. In some instances Cayce drew on the Akashic Records, the psychic imprint of all that has ever happened. When Arthur Lammers, one of his associates, asked what kinds of information the readings could produce, he got an answer he wasn’t expecting. Cayce’s Source replied, among other things, that it could provide details of subjects’ past incarnations on Earth. When told about this answer, the devout Christian Cayce was initially troubled, but at last accepting.

Sidney Kirkpatrick, author of the biography *Edgar Cayce: An American Prophet*, makes it clear how important Cayce’s work was and how it was supported by a “soul group” that came in with him for that purpose. While Cayce was still a child, when some of these helpers were not yet born, he could see them. After he told his father Leslie

how important these “imaginary playmates” were to him, Leslie started lecturing him about reality and illusion. The playmates lined up behind Leslie, mimicking him, and little Edgar dissolved into laughter. The Source later said in a reading, “They appeared to you as children because that was the only way you’d look at them. They’ve been with you a very long time.”


“This is the soul group,” said Kirkpatrick—“Gertrude, Gladys, Blumenthal; they hadn’t yet incarnated.” Gertrude would question him during the readings; Gladys would transcribe them; Blumenthal would provide financial support. Kirkpatrick stressed that the result was not the work of one man but of a group. Edgar Cayce “did not beat his own drum,” but still famous people came for readings: Woodrow Wilson, George Gershwin, Gloria Swanson, Thomas Edison, Nicola Tesla, Ernest Hemingway and his mother (who “was having trouble with little Ernest”), and the DuPont family. Kirkpatrick continued, “We don’t think of him as a pivotal figure in US history now, but that’s changing.” Stanford is now working on Cayce’s perpetual motion machine. Over 30 percent of the American public believes in reincarnation. Holistic medicine has become part of the mainstream...

**The Beatles (music).** They were the voice of the ‘60s, from boyish mop-tops altering the sound of rock and roll to psychedelic messengers of the Summer of Love. Yoko Ono once said, “[T]hey were like mediums. They weren’t conscious of all they were saying, but it was coming through them.” John Lennon clarified: “We tuned in to the message. That’s all.” In this way they exemplified Paramhansa Yogananda’s statement that “Thoughts are universally and not individually rooted; a truth cannot be created, but only perceived.” They had a universal impact. Fans born well after their era still love their music, and it is not too outrageous to claim that the current connection between India and the West is partly a result of their influence.

...At the height of Beatlemania, as they lived and worked together, they bonded because no one else could have possibly understood what

they were going through. McCartney says, “We lived out of each other’s pockets for a long time. That was one of the strengths of the band; that was why we were a tight little band. We could read each other very well through having gone through all these experiences.”

But the group reflected the principle that everything changes. By the *Let It Be* recording session in 1969, the dissolution of the band is there for all to see, the cameras rolling to record Paul bossing people around, trying to recreate the old group energy, while Ringo sits listlessly by his drums, George looks resentful, and John waltzes apart with Yoko. Their differences had become a source of discord, and after the death of their manager Brian Epstein, their collaboration unraveled.

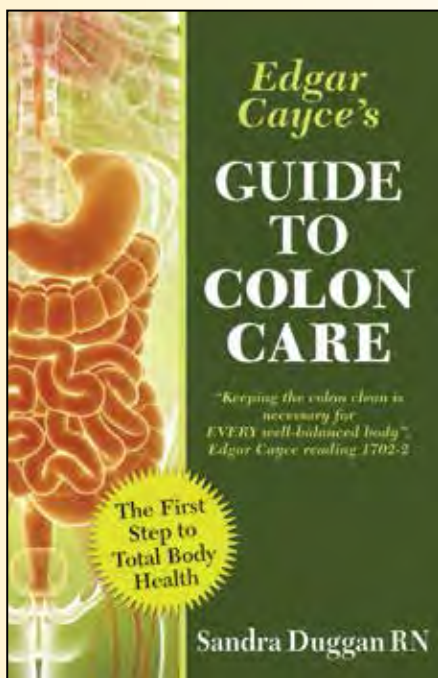
Lennon and McCartney themselves, interviewed at different times, gave different reasons why. What is clear is that several factors were involved... the cessation of tours dissolved their intimacy. At one point McCartney said their eventual break-up was natural, the result of boys growing up and finding spouses with whom they preferred to collaborate: “Wedding bells are breaking up that old gang of mine.” Lennon would add that he got tired of repeating himself: that he wanted to grow as an artist while the fans wanted more of the same mop-top show. The boys had grown up and apart and become men who wanted to strike out on their own. 



**BUNNY PAINE-CLEMES, PhD**, is a professor of *transpersonal studies* at Atlantic University. For 20 years, she was a Professor of Liberal Arts at Cal State Maritime, specializing in *humanities, world culture, and creativity*. She has an MA and PhD in *British literature*. Her interests include *creativity, metaphysics, Eastern philosophy, non-ordinary states of consciousness, reincarnation, and European culture*.

Available through our catalog; see page C-3 or visit [ARECatalog.com](http://ARECatalog.com). A.R.E. members receive a 20% discount.





## Edgar Cayce's Guide to Colon Care

By Sandra Duggan, RN, BS

A.R.E. Press • 240 pages, paperback • Item #670 \$17.95



accept that it was time to begin their path of healing. Truly, I have received my real education from all the wonderful people who have undertaken a path of self-transformation, and for that, I remain eternally grateful.

### Colon Health

*Remember, the whole body—physically, mentally, spiritually—is one; and it is as each portion of the system coordinates with the other that there is the better attaining of the normal balance and activity. (920-13)*

*There is only that necessary, for the full physical normal condition, to keep the mind and body active, and to keep the eliminations near normal. This is, as we find, necessary in every physical being. (265-33)*

One of Edgar Cayce's greatest contributions to health education is his teaching that basic health begins with colon health, and that a poorly functioning colon can cause disease.

As I worked with the colon, I came to realize that our society has a serious lack of colon health. More Americans today are hospitalized with problems and diseases of the intestinal tract than any other area of the body. Most of these problems were unheard of 100 years ago, for in earlier times, people's diets consisted of stoneground whole grains and high-fiber foods. Around 1880, however, the amount of fiber, bran, and wheat germ used in flour production decreased because of "improved" milling methods... Over the years, various technologies—from canning, freezing, and dehydration to today's methods of refrigeration and irradiation—were developed to prevent food spoilage and increase shelf life. These methods of processing food reduce enzymes, vitamins, and the life force of food. Although food keeps longer this way, it cannot support optimal life. All of this contributes further to the decline in colon health. The tragedy is that most colon disease can be prevented with a diet of whole grains, fruits and vegetables, and non-processed foods.

Lung and colon cancer are two of the most common forms of cancer in this country. This pairing is not surprising to the oriental mind, for it is well known in their culture that the lung and large intestine meridian are very closely connected. One

of my clients, when in his early 30s, found this to be especially relevant. He had been experiencing pressure in his chest accompanied by shortness of breath. Since nothing could be found medically to cause his symptoms, he decided to try an alternative holistic approach. Dietary changes (omitting caffeine sodas, fried food, and white flour products) and an exercise program of working out with weights to expand his lung capacity all helped. But when he discovered colonics, and settled into a program of colon cleansing twice a year, there were no further problems.

### Taboo Subject

Many people are not inclined to discuss the subject of eliminations. We are often taught that bowel movements are dirty and, as a result, we learn to ignore or reject the whole process. Many who really need help with colon problems are often the most reluctant to seek it. Perhaps they were forced to have enemas as a child to relieve constipation or help ward off a cold, for there was a time when enemas were routinely given at the first sign of illness. Before antibiotics, for example, when a patient was admitted to the hospital, the first thing a doctor ordered was a high enema. Often, this was sufficient to reduce toxicity, bring down a fever, and completely change the course of an illness. I have also come to learn that cleansing the colon helps to heal negative feelings and old emotional traumas, for water is *Spirit* and brings *Light* into the soul, as well as into the dark areas of the colon. 🌊

### Excerpt from Chapters:

#### Back Pain

One day a middle-aged man hobbled into the reception room. He was bent over from back pain, could hardly walk, and had been scheduled for surgery the next day. The prescription narcotic he was taking was very constipating, and at his wife's insistence, he had come to us for a colonic. The man was miserable, and grumbled about everything and everyone, including his wife, who had gotten him into this "unbelievable situation." Near the end of the colonic, he let out a whoop and exclaimed that his back pain was gone! I couldn't believe it and neither could he! He waltzed out, kissed his wife, and canceled the surgery. Since he had a history of sluggish eliminations, he decided, on his own initiative, mind you, to schedule a series of colonics and begin to work on his colon health...

Over the years, many people have been helped by following the advice given in the readings to have colonic irrigations. It almost seems too simplistic, but then Cayce's drugless therapies are simple. What is difficult is motivating ourselves to follow the advice. I know, for many of my clients, it was initially like climbing a mountain just to muster the courage to call for an appointment. Fear of the unknown is a great stumbling block. But many also asked afterwards, "Is that all it was?"

People have shared with me their stories of how colon cleansing has changed their lives. Some related that by cleansing their colon, they could now



**SANDRA DUGGAN, RN, BS, (1934-2012),** maintained a private practice while working for several decades as an instructor with the Cayce/Reilly® School of Massage. She developed and taught

the Colon Therapy program used at the school and at A.R.E. Health Center and Spa. She is also the co-author of Edgar Cayce's Massage, Hydrotherapy & Healing Oils.

Available through our catalog; see page C-3 or visit [ARECatalog.com](http://ARECatalog.com). A.R.E. members receive a 20% discount.

# CALENDAR OF EVENTS

EdgarCayce.org/nearyou

## ALABAMA

Selma • Apr 18 ☎

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

## ARIZONA

Phoenix area • Feb 21 ☎

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

Scottsdale • Jan 27-28, Apr 7-8

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

South Mt. Phoenix • 4th Saturdays

**Mutual Interest Group**  
Raymond and Nobie Tarpey 602-368-4480 or 503-544-5622 (nobtarpey@gmail.com)

Tucson • Jan 24-25, Apr 4-5

**Spiritual Healing Sessions**  
Malcolm Smith/malcolmsmithhealer.com  
Gina Sperry 520-490-0680  
(equusartgina@gmail.com)

## CALIFORNIA

Sacramento • Jan 20-22, Mar 31-Apr 2

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

Santa Monica • Jan 30-Feb 1, Apr 10-12

**Spiritual Healing Sessions**  
Malcolm Smith/malcolmsmithhealer.com  
Wilma Jackson 310-829-1425

Vacaville • Jan 17 ☎

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

Save the date!

## COLORADO

Denver • May 29-June 1

**The 2015 Earth-Keeper Star-Gate Gathering in partnership with the A.R.E.**  
Presenters include Graham Hancock, David Hatcher Childress, Robert Schoch, PhD, Charles Thomas Cayce, PhD, John Van Auken, Rick Strassman, MD, John Major Jenkins, and more.  
Visit [Earth-Keeper.com](http://Earth-Keeper.com) for details.

## FLORIDA

The Villages • Jan 24 ☎

**Edgar Cayce on the Spiritual Forces Within You**  
John Van Auken

## GEORGIA

Atlanta area • Mar 28 ☎

**Living the Legacy of the Edgar Cayce Readings**  
Sidney Kirkpatrick

## ILLINOIS

Edgar Cayce Holistic Center 888-663-0082 or 847-299-6535; [areheartland.org/chicago](http://areheartland.org/chicago)  
[arechicagocenter@gmail.com](mailto:arechicagocenter@gmail.com)

Chicago area • Apr 18 ☎

**Edgar Cayce on the Spiritual Forces Within You**  
John Van Auken

Des Plaines (Chicago area) • Feb 3-5, Apr 14-16

**Spiritual Healing Sessions**  
Malcolm Smith/malcolmsmithhealer.com  
Edgar Cayce Center 888-663-0082

## LOUISIANA

Covington • Jan 17

**The Illusion of Time**  
Kevin J. Todeschi  
Marlene Duet 985-893-9025

## MARYLAND

Potomac Area (Serving Northern Virginia and Suburban Maryland)  
Website: [edgarcaycepotomac.org](http://edgarcaycepotomac.org)

Bethesda • May 16

**Your Soul Remembers: Accessing Your Past Lives Through Soul Writing**  
Joanne DiMaggio  
Ann Jaffin 240-669-6032 ([sjaffin@juno.com](mailto:sjaffin@juno.com))

## MASSACHUSETTS

Boston • Feb 7-9, Apr 18-20

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

Plymouth • 2nd and 4th Friday mornings

**Coffee with Cayce**  
Presentation and group discussion  
Betty 508-673-0477 ([bettyp508@aol.com](mailto:bettyp508@aol.com)) or Lois 508-880-7588

Quincy • 3rd Saturdays

**Monthly Meeting and Program**  
Elena Allen 781-862-2019 ([Lellaall@verizon.net](mailto:Lellaall@verizon.net))

## MICHIGAN

Detroit area

Margaret Dwyer 248-541-0128  
([eagle1062@sbcglobal.net](mailto:eagle1062@sbcglobal.net))

4th Wednesday of each month

**Healthy Sleep & Dreamwork Support Group**

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

**Metro Detroit A.R.E. Lecture Series**

## MISSOURI

Unity Village • Mar 28 ☎

**Your Soul's Passage Through Time: Reincarnation, Hypnosis and the Power of Your Mind**  
Barbara Lane, PhD

## MONTANA

Helena • May 1-3

**Montana Retreat 2015**  
Peter Woodbury, MSW  
Rory and Kim Copeland 406-449-7196  
([copelanr2@gmail.com](mailto:copelanr2@gmail.com))

## NEW JERSEY

Woodbridge • Apr 25 ☎

**Finding Your Intuitive Voice: Listening to the Wisdom of Your Soul for Inspiration and Guidance**  
Mary Roach

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

**NEW YORK****New York City**

A.R.E. of New York Edgar Cayce Center  
212-691-7690 or visit [EdgarCayceNYC.org](http://EdgarCayceNYC.org)

Jan 10-14, Mar 21-25

**Spiritual Healing Sessions**

Malcolm Smith/[malcolmsmithhealer.com](mailto:malcolmsmithhealer.com)  
212-691-7690

**PENNSYLVANIA****Philadelphia**

Jan 16-18, Mar 27-29

**Spiritual Healing Sessions**

Malcolm Smith/[malcolmsmithhealer.com](mailto:malcolmsmithhealer.com)  
Phyllis Vorhauer 484-494-6097

Mar 14 ☎

**Edgar Cayce on the Spiritual Forces Within You**

John Van Auken

**PUERTO RICO**

For a schedule of group meetings to discuss Edgar Cayce topics (in Spanish), contact Dolly at: 787-765-3574 or 787-397-0440 ([edgarcaycepr@gmail.com](mailto:edgarcaycepr@gmail.com)) or go to [EdgarCayce.org/nearyou](http://EdgarCayce.org/nearyou)

**TEXAS**

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

**Houston**

Jan 17

**Edgar Cayce and the Egyptian Hall of Records**

John Bunker and Karen Pressler 713-263-1006 ([EdgarCayceHouston.org](http://EdgarCayceHouston.org))

Mar 28 ☎

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

Peter Woodbury, MSW

**Houston A.R.E. Center**

713-263-1006 or visit [EdgarCayceHouston.org](http://EdgarCayceHouston.org)

**Cayce/Reilly® School of Massotherapy Continuing Education Workshops**

[EdgarCayce.org/houston](http://EdgarCayce.org/houston); Email: [workshops@caycereilly.edu](mailto:workshops@caycereilly.edu); or call 757-457-7134

Ft. Worth • Feb 8 ☎

**Reincarnation Unnecessary: Are You Ready to Finish Life on this Earth?**

Charles Thomas Cayce, PhD

Palestine • Mar 12-15 ☎

**51st Annual Spring Palestine Retreat—Understanding the Mind of God: Bringing Together Heaven and Earth Through Christ Consciousness**

Henry Reed, PhD, and Don Carroll

**TEXAS, continued**

San Antonio • Feb 7 ☎

**Reincarnation Unnecessary: Are You Ready to Finish Life on this Earth?**

Charles Thomas Cayce, PhD

**VIRGINIA****Charlottesville**

Jan 17

**Creating the Life You Want**

Patrick Belisle

Feb 21

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

Rev. Laura Jackson

Mar 21

**As a Tree Falls—Consciousness and the Second Half of Life**

Peter Woodbury, MSW

Joanne DiMaggio 434-242-7348 ([are.cville@gmail.com](mailto:are.cville@gmail.com))

Fairfax • Mar 21 ☎

**Discover Your Spiritual Destiny with Intuitive Guidance from Your Angels**

Kim O'Neill

**Virginia Beach****Atlantic University**

Visit [AtlanticUniv.edu](http://AtlanticUniv.edu) or see pgs. 48-51

**A.R.E. Headquarters**

The A.R.E. Visitor Center offers free activities to all guests. For a complete listing of all upcoming events and times, visit [EdgarCayce.org/VaBeach](http://EdgarCayce.org/VaBeach).

Daily

2 p.m.

**Edgar Cayce Legacy Movie**

Also available on-demand; ask for details at the Lobby desk.

2:30 p.m.

**Guided Tour of Visitor Center**

3:30 p.m.

**Lecture on a Topic from the Readings**

Tuesday

10:30 a.m.

**Chat with June Bro****VIRGINIA, continued****Headquarters, continued**

Wednesday

9:30 a.m.

**Glad Helpers Healing Prayer Group (with Laying on of Hands)**

Saturday

1 p.m.

**ESP Testing and Demos**

Sunday

12:30 p.m.

**Guided Meditation on CD**

1 p.m.

**ESP Testing and Demos**

Weekdays

12 noon

**Staff-Led Meditation****NEW! Holistic Aging Series**

Free lecture series presented in cooperation with Senior Advocate. Free and open to all. For details, visit [SeniorAdvocateOnline.com](http://SeniorAdvocateOnline.com), call 757-724-7001, or see p. 36.

Jan 21

**Health and Rejuvenation: The Edgar Cayce Approach**

Peter Van Daam

Feb 18

**Spiritual Wellness**

Peter Woodbury, MSW

Mar 18

**Guidance from Dreams**

Judi Doumas Henry, PhD

Apr 15

**Remedies for Body, Mind, and Spirit**

J.P. Amonte, DC

May 20

**Our Amazing Soul Life**

John Van Auken

Jun 17

**The Joy of Mindfulness and Beauty in Aging**

Betty Davis

Featuring hiking and nature trails, the Lakeview Methodist retreat center is located on 1,300 acres in the picturesque Texas Piney Woods near Palestine, Texas. This serene, inspiring locale is the perfect setting to experience this soul-awakening program with like-minded individuals and presenters Henry Reed, PhD, and *Sacred Geometry* author Don Carroll.

Henry and Don combine decades of experience as psychic development teachers and students of the Edgar Cayce readings, bringing attendees a lively program designed to take them to the next level of their spiritual evolution. For more details go to [EdgarCayce.org/fieldconferences](http://EdgarCayce.org/fieldconferences).

**VIRGINIA, continued****Virginia Beach, continued****Headquarters Conferences**

For a complete list of upcoming A.R.E. Conferences in Virginia Beach, see pgs 26 and 63.

**Jun 13-19 and Aug 8-14**

**Wellness and Rejuvenation Retreat Limited Enrollment**

Details and registration at [EdgarCayce.org/spa](http://EdgarCayce.org/spa) or call 757-457-7202

**Life Member Benefit Conferences**

Open to all. Life Members (and a guest) may redeem their passes for one of the following conferences as a membership benefit:

**Jan 16-18**

**Experiencing Sacred Inner Realms: Awakening to the Call of the Soul**

**June 21-26**

**84th Annual A.R.E. Members Congress: Bringing the Edgar Cayce Readings to LIFE!**

**Oct 17**

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

**Dec 29-31, 2015**

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

Hosted at A.R.E. HQ once a month, Wednesdays 7-9:30 p.m.  
Day Schwartz 804-693-5192  
[edgarcayceforum.net](http://edgarcayceforum.net)

**Jan 28**

**Reincarnation: Decoding the Sphinx of the Self**  
Cheryl Baer Bernath

**Feb 25**

**Reincarnation in the Bible**  
Captain L. Edward VanHoose, MA

**Mar 25**

**I Speak with the Dead**  
Psychic Medium Annette Gerwitz  
Readings will be given in the second half of the program

**Apr 29**

**Sir Francis Bacon, the Mystery of Bruton Church, and America's Spiritual Destiny**  
Mark Finnan**VIRGINIA, continued****Virginia Beach, continued****Cayce/Reilly® School of Massage Continuing Education Workshops**

Open to all—no prerequisite required.  
757-457-7134; [workshops@caycereilly.edu](mailto:workshops@caycereilly.edu)  
Partial list of workshops; see [CayceReilly.edu](http://CayceReilly.edu) for complete schedule.

**Jan 9-11**

**AromaTherapy Level 1**

**Feb 22**

**The Essence of Yoga: A 1-Day Immersion**

**Feb 28**

**Raindrop Therapy**

**Mar 6-8**

**3-Day Intro to Cayce/Reilly Massage**

**Mar 27-29**

**Bodymind Awareness for Bodyworkers**

**Mar 27-29**

**Cranial/sacral Release Therapy**

**Apr 7-12**

**Acupoint Reflexology™, Level I****Virginia Beach • June 5-9****32nd Annual International Association for the Study of Dreams (IASD) Conference**

Presenters include Graham Hancock, David Hatcher Childress, Robert Schoch, PhD, Charles Thomas Cayce, PhD, John Van Auken, Rick Strassman, MD, and John Major Jenkins.  
See page 50 for more details or visit [asdreams.org](http://asdreams.org).

**Norfolk • June 4-7****The Original Afterlife Awareness Fifth Annual Conference**

Scheduled speakers include John Holland, Dr. Raymond Moody, Annie Kagan, Anita Moorjani, and more. A.R.E. Members save \$25 on registration.  
Visit [AfterlifeConference.com](http://AfterlifeConference.com) for details.

**WASHINGTON****Seabeck • Mar 27-29****Spring Seabeck Retreat**  
**How to Use Your Intuition to Heal Your Body, Emotions, Mind, and Soul**

Linda Schiller-Hanna  
Dawn Fulton 509-899-5124  
([DawnFulton10@gmail.com](mailto:DawnFulton10@gmail.com))

See pg. 36 for details of the Summer Retreat

**WISCONSIN****Areheartland.org**

Kevin Reger 414-322-6552 ([vfuller@wi.rr.com](mailto:vfuller@wi.rr.com))

**Wauwatosa**

**Mar 14**

**Understanding Numerology**  
Philip Clarke

**Apr 18**

**Gaia Wisdom**

Kathleen Rude

Kevin Reger 414-322-6552 ([vfuller@wi.rr.com](mailto:vfuller@wi.rr.com))

**CANADA** [EdgarCayceCanada.com](http://EdgarCayceCanada.com)**Spiritual Growth Study Groups Across Canada**

Marilyn Kendall Smith 1-866-322-8209, ext. 5  
([studygroups@edgarcaycecanada.com](mailto:studygroups@edgarcaycecanada.com))

**BRITISH COLUMBIA****Burnaby • Monthly****Spiritual Movie Nights**

Marty Ozols ([Systemagic@Systemagicmotives.com](mailto:Systemagic@Systemagicmotives.com))

**Comox Valley • Monthly****Metaphysical Exploration Group**

Anjali or Norman Thomas 250-338-1690

**Nanaimo**

**1st Thursdays**

**Nanaimo Metaphysical Network**

William and Judith Munns 250-753-2110  
([nmn05@shaw.ca](mailto:nmn05@shaw.ca))  
Visit [nanaimometaphysicalnetwork.org](http://nanaimometaphysicalnetwork.org)

**Vancouver • Monthly****Mutual Interest Group/Movie Night**

John Golka 604-736-7762

**ONTARIO****Ancaster • Jan 23-25****January Meditation Retreat**  
**Topic: Gratitude**

Larry Smokorowski 416-923-3538  
([smokysr@rogers.com](mailto:smokysr@rogers.com))

**Peterborough**

**Mondays**

**A Search for God Study Group**

Hélène Thibert 705-745-7188  
([helene\\_thibert@hotmail.com](mailto: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](mailto:letters@EdgarCayce.org)



**Plan NOW to Join Us for these Popular Tours!**

## SOUTHERN SPAIN and MOROCCO

Led by Peter Woodbury  
April 11-22, 2015 • Optional Extension: April 22-26



Discover the magic of Spain and the mystery of Morocco on a stellar journey of two cultures that share a common history yet each with its own exotic charm.

- Explore Seville and Granada featuring astonishing Moorish architecture and dazzling historical sites
- Immerse yourself fully in the Spanish culture as you enjoy some delicious tapas and some fiery flamenco dancing
- Enjoy a mystical, authentic, private Aissawa Sufi ceremony, followed by dinner with a Sufi master and his musicians—a true highlight of this journey
- Explore the beautiful city of Fes, the most complete medieval city in the Arab world; experience the lively and vibrant markets in Marrakech
- **Optional excursion** to the Atlas Mountains and the Sahara Desert—a treat that includes camel caravan rides and a stay at a private deluxe desert camp

## CHINA and TIBET

Led by John Van Auken • September 15-28, 2015



This wonderful tour to the magnificent lands of China and sacred Tibet will be a once-in-a-lifetime opportunity to explore both the spiritual past and contemporary culture of this region. Included are visits to:

- Beijing** The Forbidden City, a World Heritage Site; The Great Wall, among the most imposing and amazing architectures in the world
- Xian** The Terracotta Warriors, containing over 7,000 soldiers, archers, horses, and chariots; Great Wild Goose Pagoda, built in 652
- Lhasa** Explore Tibetan Buddhism at its three most revered monasteries: Sera Monastery, Potala Palace, and Jokhang Temple
- Shanghai** Shanghai Museum with priceless collections; the Yuyuan Garden followed by Nanjing Road and the Bund

*And so much more!*

## CUBA

Led by John Van Auken  
January 31-February 8, 2015



**Legal U.S. travel to Cuba is now an option!** Join us on a people-to-people cultural exchange program designed to create engaging and meaningful

encounters with Cuba's warm and vibrant people and learn the rich history of the island.

## QUEBEC and MONTREAL

Led by Patrick and Jane Belisle • August 10-16, 2015

Two of Canada's most charming cities! Montreal has an interesting mix of history and modern appeal. The largest city in Quebec has a unique European charm and is home to legendary sites like the gorgeous Notre Dame Basilica. Québec City is a charming UNESCO World Heritage treasure and the only walled city in North America.



## NEW MEXICO

Led by Don Carroll • October 24-31, 2015

Discover the captivating Southwest and learn about the Native American cultures that thrived in this area. Visit Chaco Canyon; take an excursion to Mesa Verde National Park; discover the picturesque city of Santa Fe; explore the great energy of the area and enjoy some natural hot springs.



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



# THE READINGS

## Say

BY EDGAR CAYCE

## Soul Evolution—Our True Purpose

Q. [Concerning] interplanetary and inter-system dwelling, between earthly lives. It was given through this source that the entity Edgar Cayce, after the experience as Uhltd, went to the system of Arcturus, and then returned to Earth. Does this indicate a usual or an unusual step in soul evolution?

A. As indicated, or as has been indicated in other sources besides this as respecting this very problem—Arcturus is that which may be called the center of this universe, through which individuals pass and at which period there comes the choice of the individual as to whether it is to return to complete there—that is, in this planetary system, our sun, the earth sun and its planetary system—or to pass on to others. This was an unusual step, and yet a usual one.

Q. ...Is it necessary to finish the solar system cycle before going to other systems?

A. Necessary to finish the solar cycle.

Q. Can oneness be attained—or the finish of evolution reached—on any system, or must it be in a particular one?

A. Depending upon what system the entity has entered, to be sure. It may be completed in any of the many systems.

Q. Must the solar cycle be finished on earth, or can it be completed on another planet, or does each planet have a cycle of its own which must be finished?

A. If it is begun on the earth it must be finished on the earth. The solar system of which the earth is a part is only a portion of the whole. For, as indicated in the number of planets about the earth, they are of one and the same—and they are relative one to another. It is the cycle of the whole system that is finished, see? (5749-14)

When the lines about the earth are considered from the mathematical precisions, it will be found that the center is nigh unto where the Great Pyramid, which was begun then, is still located.

Then, there were the mathematical, the astrological and the numerological indications, as well as the individual urge.

Ye say, then, such an entity was a god! No. No—ye only say that because there is the misunderstanding of what were the characters or types of spiritual evolution as related to *physical* evolution in the earth at that period.

As an illustration (this merely illustrating, now): It is hard for an individual, no matter how learned he may be, to

conceive of the activities that exist only three miles above the earth. Why? Because there are no faculties within the individual entity in the present *capable* of conceiving that which is not represented within his individual self.

Yea—but the individual of that period was not so closely knit in matter. Thus the activities of the realms of relativity of force, relativity of attraction in the universe, *were* an experience of the souls manifesting in the earth at that period, see?

Thus we find that the experiences of individuals of the period, seeking for the understanding as to the evolution of the souls of men, might be compared to the minds of individuals in the present who are seeking an understanding as to man's use of physical or atomical structure in his own relationships.

Then, the individual of that experience or period was not necessarily one other than a soul or entity seeking the knowledge as to the relationship of that which would sustain and gain *for* man the abilities not only to continue the physical evolution but the spiritual or soul evolution as well.

Such an one, then, was Ra—or Ra-Ta. (Study this, or you won't understand it!) (281-42)

In giving the interpretations of the records as we find them here—these are chosen with the desire and purpose that this may be a helpful influence for the entity; enabling it to realize its relationships that exist, or that are a portion of the meeting of self, in its preparations for fulfilling that purpose for which each entity or soul enters a material experience.

For, the experience or sojourn in the earth is not by chance, but the natural spiritual and soul evolution of the entity; that it may be aware of its relationships to God—through its relationships to its fellow men; recognizing in each soul, as well as in self, those possibilities, those opportunities, those duties, those obligations that are a portion of each soul-entity's manifesting in a material plane. (2271-1)

Know that growth is within the entity. And as to whether that applied in the experience with others is chosen from the fields of creative and soul evolution, or for the satisfying or gratifying of the material manifestation, is the choice of the soul entity. (2851-1) 🔗

# Inspiring Speakers, Extraordinary Events



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



**Gregg Braden**  
February 27-March 1

### **JANUARY 16-18: Experiencing Sacred Inner Realms: Awakening to the Call of Your Soul**

**NEW** Experience proven techniques for reaching a deeper state of spiritual awareness and enlightenment through meditation, chanting, mindfulness practices, soul writing, and more, with John Van Auken, James Van Auken, Joanne DiMaggio, and Judith Pennington. \*\*



**Jason Parker, PhD**  
March 8-13

### **FEBRUARY 27-MARCH 1: The Turning Point: Prophecy and Revelations of the Future Featuring Gregg Braden**

**NEW** During these times of rapid socioeconomic, political, spiritual, and planetary changes, futurist Gregg Braden, John Van Auken, Kirk Nelson, and Lynn Sparrow Christy take an in-depth look at what has been predicted for our times and what the future holds for us.



**Edgar D. Mitchell, ScD**  
March 27-29

### **MARCH 8-13: Foundations in Hypnosis: Training and Certification Course**

Be certified in Hypnosis by the A.R.E.! Experiential training in hypnotherapy techniques for weight loss, pain control, overcoming phobias, stress reduction, regression, self-understanding, and more. With one of our best-rated and most experienced trainers, psychologist and master hypnotist Dr. Jason Parker. **Limited enrollment—register early to ensure your place!**



**Caroline Myss, PhD**  
April 17-19

### **MARCH 27-29: Breakthroughs Toward a New Consciousness: Science, Spirituality, and the Limitless Mind**

**NEW** Explore the latest research into the nature and power of consciousness, the very essence of our being, including the reality of psychic ability, the body-mind connection, and survival of consciousness after death with Apollo 14 astronaut and IONS founder Edgar D. Mitchell, ScD, Stephan A. Schwartz, Marilyn Schlitz, PhD, Kevin J. Todeschi, Doug Richards, PhD, and more.



**Gregg Unterberger, MEd, LPC**  
May 2 and May 3

### **APRIL 17-19: Medical Intuition: Self-Diagnosis and Healing with Your Body's Energy Systems**

Caroline Myss, PhD, returns with Dr. C. Norman Shealy! Take control of your total body-mind-spirit health with this experiential weekend and learn the art and science of medical intuition from the pioneers who developed this life-changing healing modality. Also featuring Denise Furgason and Ellen Selover.

### **MAY 2: The Quickening: Leaping Ahead on Your Spiritual Journey with Gregg Unterberger, MEd, LPC**

**NEW** Stop reading about someone else's spiritual experience and start having one yourself! Consciously accelerate your soul growth and take a dynamic leap forward on your spiritual journey.

### **MAY 3: Edgar Cayce and A Course in Miracles: Seeing with the Eyes of Christ**

**NEW** Touch the "peace of God" that surpasses all understanding and learn how to nurture it to become part of your everyday life through these two great spiritual works, with psychotherapist Gregg Unterberger, MEd, LPC.

### **MAY 28-31: Neuro-Linguistic Programming (NLP) Practitioner Certification Training**

With Master Trainer Dr. Yvonne Oswald, author of *Every Word Has Power*. Learn the transformative power of NLP and gain the ability to create positive, lifelong change. Completion leads to certification as an NLP Practitioner.

### **JUNE 20: Soul Growth Saturday! Edgar Cayce on the Wisdom of Dreams: Listening to the Voice of God**

**NEW** Nothing of significance ever happens to us without it being first previewed in our dreams! Author and *Venture Inward* magazine columnist Jerry Lazarus shares ways to interpret and apply their meaning and messages in this interactive workshop.

**Come visit our newly remodeled campus and enjoy lunch in our café!**



**REGISTER NOW!**

**Call: 800-333-4499 toll free**  
International: 757-428-3588, ext. 0

**Website: [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences)**

**E-mail: [are@edgarcayce.org](mailto:are@edgarcayce.org)**

**Show your conference badge to get 10% off purchases in the A.R.E. Bookstore and Gift Shop.**

*Programs, speakers, and tuitions are subject to change. Check our website for updates.*

**\*\* Open to everyone; Life Members may redeem their Life Member pass for this program.**

**Use code C15VI when registering.**

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



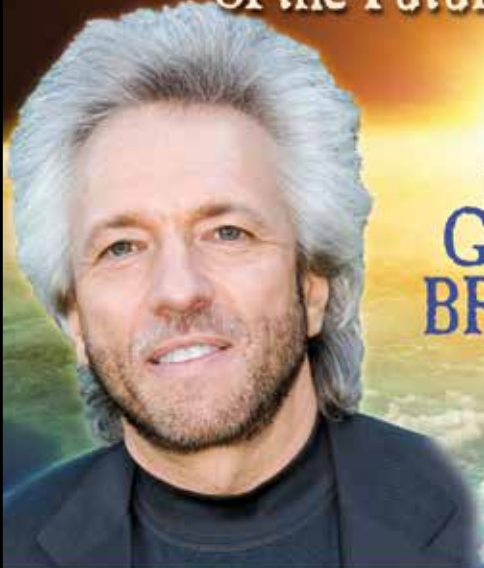
Association for Research and Enlightenment, Inc.  
215 67th Street  
Virginia Beach, VA 23451-2061

ADDRESS SERVICE REQUESTED

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

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

**The Turning Point:  
Prophecy and Revelations  
of the Future**



Featuring  
**GREGG  
BRADEN**


Our lives are changing in ways we've never seen in the past, and they're changing faster than we've been prepared to deal with. Take an in-depth look at what has been predicted for our times and what the future holds

Also With  
**John Van Auken, Lynn Sparrow Christy,  
and Kirk Nelson**


**February 27-March 1**

**NEW!**

**Breakthroughs  
Toward a  
New Consciousness:  
Science, Spirituality,  
and the Limitless Mind**



Explore the nature and potential of human consciousness, the very essence of our being.



Featuring  
**Apollo 14 Astronaut and  
IONS founder  
Edgar D. Mitchell, ScD**  
with Stephan A. Schwartz,  
Marilyn Schlitz, PhD,  
Kevin J. Todeschi,  
Doug Richards, PhD, and more.

**March 27-29**

For more information and to register, go to [EdgarCayce.org/conferences](http://EdgarCayce.org/conferences) or call the conference registrar at 800-333-4499.