



This Issue's Feature
Spiritual Growth
Study Groups



Newmarket, ON



Niagara Falls, ON



Ottawa, ON



Toronto - Beaches, ON



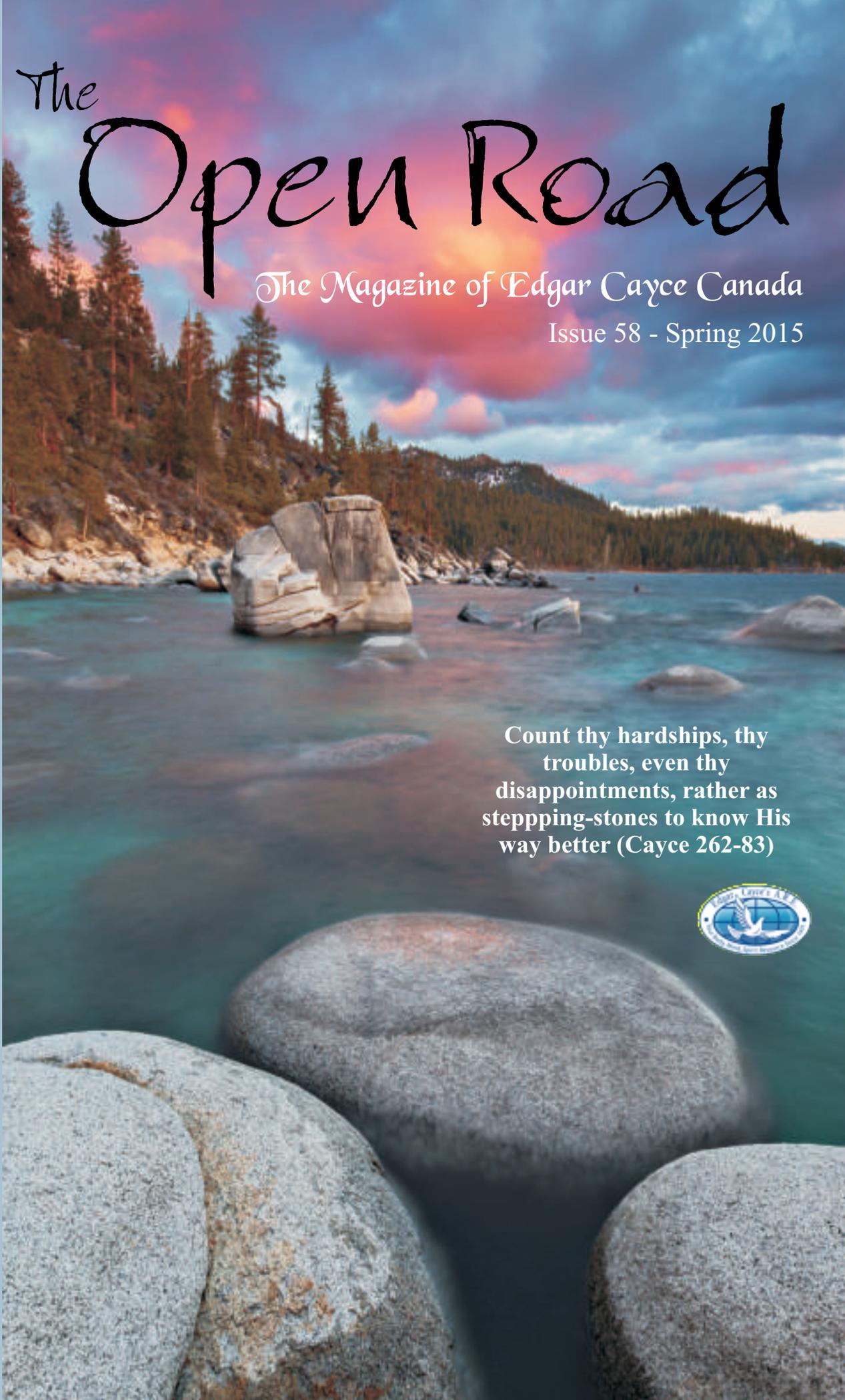
Peterborough, ON

The Open Road

The Magazine of Edgar Cayce Canada

Issue 58 - Spring 2015

Count thy hardships, thy
troubles, even thy
disappointments, rather as
stepping-stones to know His
way better (Cayce 262-83)





The Open Road

The magazine of Edgar Cayce Canada

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Editor-in-Chief: **James W. Schmidt**
Production Manager: **Catherine MacDonald**

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Email submissions are greatly appreciated, "MSWord" files preferred.
All submissions can be sent to:

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The Purpose of the 'Work'

"If there has been one soul turned toward the seeking of the Divine within, and that seeking has brought peace and understanding, the work has not been in vain. ... Rather let each expression be of how much joy, happiness, service has been rendered to the varied individuals."
(Cayce 254-86)

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A Tribute to the Search for God Study Group Program

By the late Sherry Browne
(Written in 1996)

Toronto Beaches Group

This Christmas just finished book one
Though we study real hard
We just can't discard
The fact that we have so much fun.

Over the course of the six years of meetings
There's seven of us, sometimes ten
And some evenings just three
But that's ok with me
At least we have men.

When we began to read *Meditation*
We all thought, "This will be great!"
We practiced then delved
Into our higher selves...
So how come we can't levitate?

Through *Cooperation, Know Thyself, and Ideals*
To ourselves we had to be true
As our *Faith* grew and grew
We just never knew
Why those disciplines were so hard to do.

Virtue and Understanding we read
The *Fellowship* chapter came next
Patience had begun
On page 81
But of course that depends on your text.

Through *The Open Door*, we stood *In His Presence*,
The Cross and the Crown took some time.
The longest lesson we prayed
We would finish one day
While we were still all in our prime.

Now seriously, *The Lord Thy God is One*,
We give thanks to the heaven above,
As the chapter drew near
Our purpose seemed clear...
WE knew that the purpose is Love.

Note to Readers not familiar with the 'A Search for God' Study Books; the references in the poem are to the chapters in the 'A Search for God' study book given to us by Edgar Cayce for the first study group, and are still being used today by some groups.

Spiritual Growth Study Groups across Canada

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Edgar Cayce Canada Spiritual Growth Study Groups

Formerly called Search for God Study Groups

What is a Spiritual Growth Study Group?

Since 1931, individuals in North America have been meeting to discuss, debate, and apply the material contained in the *A Search For God* study books. Literally hundreds of groups around the world have found the answers to questions that they sometimes could not even formulate.

In Canada, the first study groups began around 1975, and quickly reached across the nation. The study group program began in 1931 in Norfolk, Virginia with Edgar Cayce himself along with a group of ordinary people asking the ‘sleeping’ Edgar Cayce for a series of lessons that would enable them to work with spiritual principles that they were discovering.

Some wanted to discover their purpose in life; some wanted to know how to help the troubled world, while others wanted to become psychic.

In the first psychic reading to the group, Cayce offered a promise: if they were sincere in their desire and commitment, they could give *“light to a waiting world.”*

That first Study Group went on to author the first *“A Search for God”* study book. This led the group into an incredible commitment of time and energy. The original series of 24 lessons outlined by Edgar Cayce took the group 11 years to apply and compile. The first *A Search for God* text was published in 1942.

Today, some groups have moved on to other study material, but the original or variations of the original are still being used today.



Greetings from Ontario groups

The **Newmarket group** formed in the Fall of 2013 at *The Point of Light* store in Newmarket although it now meets at the home of Darlene Nicholson every two weeks. The Cayce material is new to most of the people who attend the group and so we are starting with *A Search for God, Book 1*. We have many interesting discussions, drawing in other teachings as we do so.

The **Alta Vista Study group** (Ottawa) was started in the year 1988. The group hosts, Thérèse and John Leman, are now the only two founding members. The group follows the routine originally adopted by Study Group One of Virginia Beach. On occasions the group has followed other study books. However, the *A Search for God* volumes remain as the primary discussion material. Recently the Group has used the original Study Group Readings as discussion material. Discussions enable members to obtain a better understanding of spiritual principles and their application and to discover tools for finding their purpose in life. We share our journey with and learn from the journey of others. The Alta Vista Study Group organized the Ottawa Symposium held in Ottawa in October, 2014. Sidney Kirkpatrick spoke on the topic “Forever Engaged”.



The **Peterborough group**, which was started by Mark Finnan, has been in existence for over 10 years and follows on other Cayce groups that have existed in Peterborough since at least the mid 1980’s. The group has also been active in presenting Cayce related public events in the Peterborough area for many years and is currently meeting in the home of Linda Thomson.

The **Toronto Beaches group** has been active since the 1980’s and we have never ventured from the *A Search for God* books. These readings and the growth we have had are the underlying reason we are together. Everyone has a very different interpretation and yet all the different perspectives are beautiful, inspiring, and deep.

Discussing the lessons works like a distillation process. By constantly summarizing the lesson we are covering, or talking about a piece of the lesson which caught our attention, at a certain point of the evening, we independently get a hold of the highest personal ideal of that lesson and then that impacts how we live our lives. It’s an inspiring and lovely way to grow...Our thanks to the man, Edgar Cayce.



The **Niagara Falls group** has been going for about 20 years. Jim (centre) is our most senior member and has been part of the group for probably most of the 20 years. Our group follows a set format which was created by Maizie Marven many years ago. We take turns leading the group each week, using an alphabetical rotation. When there is a ‘Cayce’ event in Toronto we usually attend as a group. Two or three of our members are regular attendees at the Annual January Meditation Retreat.

From the President's Desk...

2014 Annual Report



Firstly, I would like to thank John Miller for taking over the President's position while I took a health-leave. I am now happy to announce that I am back and in good health and ready to serve once again.

I would also like to thank all the volunteers that keep the organization running smoothly, and a very special thank you to our generous donors. Because of these folks Edgar Cayce Canada is able to continue making the Cayce material available here in Canada. Of course, I sincerely thank all our members who without, this great work could not continue.

Edgar Cayce Canada had a very successful financial year. The net income excelled in 2014, mainly due to the phenomenal success of the Canadian Fellowship Conference with Dr. Norman Shealy as keynote speaker. The conference is expected to do the same again in 2015 with Gregg Unterberger as the keynote speaker, "*Edgar Cayce on The Mysteries of the Mind.*"

The "*Inside Connection*" prison library book program, after completing the first phase of the program which reached correctional facilities across Canada, launched a new series of books and our volunteer, Glenys Cook has been very busy distributing them.

The *Prayer Network* is busy as usual with many prayer requests and many positive feedbacks. Currently there are 90 some pray-ers serving in this capacity every day, and consistently 40-50 prayer requests on the list each month. Volunteer, Kathie Caple has done a fine job of keeping everyone updated.

Both the *Youth and Adult Outdoor Retreat* and the *Youth Program* held during the Canadian Fellowship Conference were 'on hold' during 2014 while a study was conducted to ensure that the best possible programs would be offered. I am happy to announce that both these youth programs have been restructured and will be available again in 2015. *See more details in this issue of The Open Road.*

Sadly, after 12 years The Higher Shelf bookstore had to close due to a lack of volunteer assistance. James and I set up the bookstore in 2003 to provide Edgar Cayce Canada's members a Canadian avenue for acquiring books and products, and also as a potential income source for Edgar Cayce Canada. It was fully expected that the Universe would provide a volunteer to take it over, however, that didn't happen and due to the tremendous workload involved, we could no longer keep it going.

Also, regrettably, the Edgar Cayce Canada website that was so professionally created by our volunteer, Charlie Walker, was severely compromised and has had to be replaced. Lori Jensen, also a volunteer is currently working with a website provider to develop a new website equal in calibre with the original. It is expected to be operational in the near future.

May God continue to bless you all as we all do our part ...

Catherine MacDonald, President



Edgar Cayce Canada Annual General Meeting May 23, 2015

Edgar Cayce Canada's *Annual General Meeting* will be held on Saturday, May 23, 2015 during the Canadian Fellowship Conference in Kingston, Ontario. To ensure that all our members have an equal opportunity to vote at the meeting, we are instituting a new system of voting, employing 'mail-in' balloting for members, enabling them to exercise their voting rights if they are not able to attend the meeting. A full package including: proposed changes to bylaws, election of new board members and appointment of the 2016 auditor, will be mailed to you in early April. However, if you do not wish to exercise your right to vote, nor receive this package, please call the Corporate Secretary, James Schmidt at 705 645 3879 or Email: jschmidt@muskoka.com prior to April 1st. This will avoid unnecessary copying and mailing costs.

Note that also to be included in the package will be a comprehensive 'Membership Survey' to enable the organization to make decisions that will better meet the needs of you, the members.

MEMBERSHIP

Currently two types of membership are available.

For one type you will receive all your materials by Canada Post. The fee is \$29.00 for one year or \$54.00 for two years. Your membership expiry date is on the back of this magazine and the Newsletter.

For the other type, an E-membership, you will receive all your material by Email. The fee is \$20.00 for one year. Gift memberships are available for \$15.00 for one year.

Renewal of your membership prior to its expiry date is very much appreciated.

Dealing with the Karmic Cause of Disease



By Elaine Hruska, Houston, Texas (Reprint from ARE Newsletter, with permission)

From the standpoint of reincarnation, the reason behind an illness is that it may have developed in a prior lifetime—sometimes referred to as physical karma or a karmic condition or consequence—where an excess of some kind might implant a weakness in an individual’s psychic pattern. This weakness, then, reproduced in the body of the person, can be carried over, even several lifetimes until the lesson has been learned and the weakness worked out.

We have a tendency to assume that if no sure cause of a disease condition can be determined in our present lives, then it must be related to something in a past incarnation or previous life on this earth plane. These possibilities have been demonstrated quite effectively for many people through past-life regression therapy. Since we no longer have a reputable psychic like Edgar Cayce to point out to us the influence of our previous existences, we may have to rely on this form of therapy or other avenues, such as dreams and reveries, to understand the origin of our health concerns.

Nearly 300 cases in the Cayce

readings have been designated as physical karma, manifesting in a wide variety of illnesses: from acne, anemia, cerebral palsy, epilepsy and eye disorders to mental illness, MS, Parkinson’s, paralysis, poliomyelitis, and TB. (However, just because an individual has one of these physical conditions does not necessarily indicate a past-life karmic condition.) Reflecting potential mistakes of a past life that are to be met now, these conditions present a cause-and-effect reaction, helping the individual to experience the effects of what he or she has sown and to work out something from the past.

A Case from the Readings

A 14-year-old boy received his first reading from Cayce on August 29, 1927. (Over the course of 15 years he would receive a total of nine readings.) In this life reading he was warned “about troubles that would be as afflictions in the physical, under that strain and stress of the digestive system.” (Cayce 641-1)

Gladys Davis Turner, Cayce’s long time secretary, noted that both his mother and sister corroborated this

digestive weakness, saying that “he had always had a weak stomach, could not eat just any and everything, as the other children could.” Gladys also indicated that he had followed the recommended treatments and as a consequence, “the night sweats disappeared, also the headaches, tiredness, and disagreeable reactions, and his adolescent years were normal.” (Cayce 641-2, Report #1)

It wasn’t until his sixth reading on December 3, 1940 that the young man, now 27 years old, inquired about the karmic implications of his digestive problems:

Q. What circumstances of a past sojourn brought about my present weakness of the digestive system, and why?

A. The overindulgence through the French as well as the Persian experience, with too much of the activity of acid-producing forces in the system.

Hence in the present, as indicated in the physical reactions from the mental and spiritual, there needs to be kept that of uniformity as well as consistency, in thought, speech and

foods. (Cayce 641-6)

What was he doing in those incarnations? In France he was an escort and protector of the monarch Louis XI, engaging in many of the excesses—too much rich foods—of the court life...at that time. He also chose the wearing apparel for the king, setting the dress standard for that period. Interestingly in his present life [641] was a uniform salesman, quite involved in his work and quite successful.



For his Persian incarnation not much detail is given. He was a court physician (the time period was not certain; perhaps it was during the reign of Croesus in the 6th century BC) and, according to the reading, he gained and lost. “He lost through the misapplication of self to that that the entity stood for.” (Cayce 641-1) Yet acidic conditions due to some overindulgence messed up his digestive system, and this weakness was carried over into his present life time.

According to his letters [641] continued to have stomach problems and had difficulty regulating his diet, despite attempts to follow the readings’ recommendations. A notation made by Gladys Davis Turner on November 1, 1974, revealed that [641] had had surgery to repair an inguinal hernia and to help ease a spastic colon. He had also been treated for an intestinal condition bordering on ulcers, though X-rays showed nothing. Along with chronic constipation, he had much pain and discomfort from food not agreeing with his system.

Gladys also speculated: “Could all these remaining recurring symptoms be the physical karma of neglect during his business pressure years (as a uniform salesman), based on the original karma (prenatal condition) mentioned in his life reading..?” (Cayce 641-7, Report #7) It may seem that given this long period of time he

should have been able with treatment to overcome this condition. But something that has been built up over several lifetimes cannot be wiped out easily, especially if the weakness is strongly imprinted in the individual’s psychic pattern itself.

On this topic of physical karma, Dr. Harold J. Reilly, a physiotherapist who worked closely with Cayce and received referrals from him, commented:

“...if (one) continues to dissipate for an entire life, without taking corrective measures, you would not expect, would you, to see (that person) emerging in another life with a brand-new body, perfect in all parts and functioning as if it had never been misused?...If you believe in reincarnation with its law of karma—an eye for an eye and a tooth for a tooth, as you sow so shall you reap—you must include the body in that plan.” (*The Searchlight*, February 1960)

Both Present-and Past-Life Influences

“Q. Is the ill health which I have been experiencing the past years the result of mistakes of a past life or is it due to something amiss in this present life?” (Cayce 3395-2)

This question was asked in a life reading by a 63-year-old editor of religious publications. She suffered from facial paralysis, headaches, and arthritis, which confined her at times to a wheelchair. Prior to receiving her reading, she commented in a letter:

“I am now quite convinced that no former life need necessarily have had anything to do with my illnesses of the past few years, for there have been enough of inhibitions, fears, and worries in this present life, which I carried with me such a long time, to account for the kind of body I have now. I think all these were quite unnecessary—but if I had to have the results in order to bring this awareness home to me—then I accept them with

thankfulness.” (Cayce 3395-1, Report #1)

Her positive attitude was also reflected in her first reading in which she asked for guidance for her physical condition. In her second reading she posed the question quoted above. Here is Cayce’s response to the origin of her illness—whether present or past life:

A. Both. For there is the law of the material, there is the law of the mental, there is the law of the spiritual. That brought into materiality is first conceived in spirit. Hence as we have indicated, all illness is sin; not necessarily of the moment, as man counts time, but as a part of the whole experience. For God has not purposed or willed that any soul should perish, but purgeth everyone by illness, by prosperity, by hardships, by those things needed, in order to meet self—but in Him, by faith and works, are ye made every whit whole (Cayce 3395-2)

In some instances, then, the karmic pattern of an illness can have a double source. Cayce in a compassionate manner offers her encouraging words of advice as well as information on the cause of her illness.

As we find, these are wonderful experiences for this body, even in the suffering and in the trouble—if the body will only accept it as such. Ye have taught, ye have preached it in thy literature and thy activities, as to how and as to what spirituality, practically applied in the life of the individual, should create for its environ, if the mental and body-mind is the builder of the body. Why not try practicing it in self?

These are not harsh words, nor meant to be harsh, but the lack of proper eliminations is the source of infection that causes arthritic tendencies. In the natural consequence of the mind, in reason, this should indicate to such a wonderful, a beautiful mind as this entity, the lack of self-control, the holding back of self of those things that should be stressed in mind, in body. These are indications of the nature of disturbance in the mental self, if the soul-purpose is in the right direction.

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You and the Cosmos

with Nicholas Theo
Norfolk, VA



Nicholas is an operations and strategic manager and has done work for organizations including the Association for Research and Enlightenment (A.R.E) and Atlantic University. He was raised with the Cayce materials and his interest in astrology started as a teenager. Because the Cayce readings on astrology consistently emphasize the importance of using astrology as a tool for self-discovery and understanding rather than as a primarily predictive system, over the years, his interest in astrology evolved into a side vocation with research on the application of **soul astrology**. He has been doing astrology readings since 1980.

The Cayce Readings Define Astrology's True Purpose

Spring is a time of welcomed renewed growth and activity. The strengthening sun animates long dormant life, and it reminds us that, in truth, life is eternal. Cayce viewed astrology as a tool that gave us that continual connection to spirit so that we could achieve our goals that our soul chose to experience. He reminded us about maintaining that larger perspective, “Also it is true that the earthly or earth’s sojourn is only a portion of the solar realm in which the soul finds self as an experience of a day in the earth’s sojourn.” (Edgar Cayce reading 553-1) Here we are reminded to view our activities and goals from the long view of the soul’s perspective. Thus, our current life is like one pearl on a necklace strand. The silk thread is the connecting experience of the soul while the pearl is the substance manifested by our reactions to the events of that specific life. If we then look at this from this level, how do you want the pearl that is your current life to appear as it sits alongside your other pearls?

This March [2014] we saw the final of seven exact matches in the running square between Uranus and Pluto that we experienced over the last few years. This square will define these last years just as the 1965-68 Uranus-Pluto conjunction was the defining energy for the 1960’s decade of rapid social change and upheaval, and Saturn’s opposition to Pluto in 1931-33 defined the Depression and the rise of Fascism. On a broad level, the energy from the Uranus-Pluto square brought into

sharper relief the gulf between political and social belief systems. The greater noise and acrimony that volleyed through the media and politics forced us to find our own truth from within. However, more importantly, and on a personal level, many individuals experienced life altering changes through external and frequently unexpected circumstances that brought trauma through the loss of home, health, relationship, or status.

Now that the greatest intensity of this energy is past, we live our lives in a new energy space. On a mundane level, these last few years were difficult, so we were forced to find a new peace and balance from within. Therefore, although the most challenging parts are behind us, this new space requires us some time to get used to it. Yet, we must move forward. Absence of doubt is a rare companion on the journey to follow your own inner direction. In one fairly long reading about astrology and sunspots, Cayce used the final part of the reading to extol some well-spoken spiritual thoughts. There came a point towards the end of the reading when he said, “Let not your hearts be troubled; ye believe in God. Then just act like it—to others.” (Edgar Cayce reading, 5757-1) Cayce reminded us that even when we have our own inner questions and doubts, to remain in the universal flow of life we must move forward.

Cayce repeatedly stated the value of astrology. The cycles of the planets within our solar system reflect the many patterns

Disease of the Mystics



Physical Ailments as a By-product of Our Awakening

with
Dr. Nick Bianchi, B.Sc., D.C.
Bracebridge, ON

Edgar Cayce was a man of profound talent and varied interests. He is remembered as a psychic, an intellectual and a healer. In fact, one of his titles is, “the father of holistic medicine.” As an alternative medicine practitioner myself, I am thankful for many of Cayce’s principles of health that he emphasized such as:

- healing has components of mind, body and spirit
- healing comes from an external, Universal source which acts within each of us, however it still needs us to take responsibility and actually do something health results from making healthy choices
- the power of the mind to affect our physical bodies/ overall wellbeing.

The Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what’s needed for healing. We should expect to get well, and we should be willing to do our part to make it possible. I use these concepts every day for the benefit of many people in my practice.

Our modern culture has not fully embraced these principles and often looks for quick fixes and simple explanations and remedies. Human beings are quite complex and it can be argued that while our natural state is that of wholeness and health, it is also our natural state to experience sickness and disease; this is how we learn and grow (I’ll save that topic for another day).

Recently I learned about a paper written by Alice A. Bailey, on *The Diseases of the Mystics*. Alice was a contemporary of Cayce who also seems have been able to download some valuable information from a higher source. In my 13 years of experience, I have encountered numerous patients whose symptoms are complex and for whom, treatment has been elusive, despite their (and their doctors’) best efforts. When I came upon these readings, I

knew I had found something of great value and many Cayce followers will easily assimilate this knowledge into their personal healing program.

She explains how the different chakras or energy centres in our bodies express themselves either during conflict or with awakening. “*The awakening of the ajna centre which is, as we have seen, primarily the result of the development of a man’s personality to the point of integration, can (if the energies involved are not correctly controlled) lead to serious eye trouble, to many aural difficulties, to various forms of neuritis, headache, migraine, and nerve difficulties in various parts of the body. It can also produce many difficulties connected with the pituitary body and psychological trouble emanating from this important controlling gland as well as definite physical trouble.*”

An important Cayce teaching was that symptoms, conditions and diseases must be interpreted within a larger perspective. Instead of merely attempting to reduce the symptoms or to fix the problem, the presenting physical ailment represents an opportunity to examine one’s life and assess for any unbalances (again the Cayce mind-body-spirit component is critical in this analysis). Further, some physical symptoms can result when one is actually improving! As one grows, matures and evolves, this can often cause a physical strain on the body or at least be reflected within the physical body. Just as adolescence is associated with acne, squeaky voices and body odour, spiritual awakening can also have it’s challenges. We accept physical symptoms during a detox, a fast and when starting an exercise program...why not with spiritual growth as well?

Years ago, I was convinced to do a detoxification program set out by a naturopath. Her (our) plan was to detox my liver, gut and skin. This all sounded very good—and then I got a rash. It started on my

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Edgar Cayce Canada’s website is temporarily
on hold, while we build a site
to better serve you.



A Little Child Shall Lead Them

By Evelyn MacKay, BA, RN (ret), Rockwood, ON

Every so often I am asked to speak to a group of people about aspects of spirituality; sometimes a service group, or a church group, or a gathering of women.

On one such occasion I was invited to speak in Guelph, ON to a group of people wanting to hear about spiritual issues. My introductory talk of an hour was followed by a break where we could have a cup of tea and visit with one another. During the break, a woman who identified herself only as Christine told me a story about a young mother from Northern Ontario whom she had met the previous day at a Toronto Hospital. This young mother was in need of help and Christine asked me to repeat her story to the group. Christine spoke so passionately, her concern so evident, that I felt her words would move these attendees much more than I would. I asked Christine if she would tell the story to the group and she did. Here is her story.

“My name is Christine Smith and I am asked to tell you about a little child who needs help. Yesterday I took my small, six-year old daughter to Sick Kids Hospital (Toronto) because she has a heart problem and needs frequent check-ups. She is doing well. As I registered at the desk I noticed only one other person was in the waiting room. My daughter went over and sat beside that one other person, a woman who looked very sad. I thought it was unusual for my daughter to sit there when there were many other empty seats in the waiting room. After the registration process was completed I walked over and sat beside my daughter and I spoke to this young woman. I said to her “You look sad, are things okay with you?”

The woman answered: “No, I am not okay. I am here in the hospital with my two-year old son Avarad who has cancer

of the blood. We don't have much money and the \$15.00 a night at Ronald McDonald House is a lot for us so I am not sure I can stay for all Avarad's treatments which the doctor tells me may take up to two years, and I miss my husband and other kids in Northern Ontario.”

Christine went on. “I offered to call an agency in Toronto which I knew about, which often helps with such difficult matters and I did that while I was right there with her at the hospital, yesterday, so I hope she gets some help. I gave her my number and told her I would pray for their family. Now, I want to ask all of you in this room, the next time you say your prayers, if you will pray for this woman and her son Avarad.”

Christine sat down. I could hear murmurs of interest and empathy, everyone felt very moved and touched by this need, so I suggested: “Why don't we do it right now? Lets take some time and pray about this situation. It is 9:00 pm, we will take a few minutes to do this; let's do it right now! We are many and we can make a difference.”

Immediately a sense of stress could be felt in the room. It was as if the people were saying: “Does Evelyn expect us to pray out loud?” Not wanting that tension, I immediately offered to say the prayer intending to both relieve their stress about having to pray aloud and to capture their energy of loving concern which had been sparked by Christine's touching story. I suggested: “We are many in number and we all care about this child and his mother, so if everyone agrees, I will say a prayer.” I added that this would be most effective if everyone was agreeable because even one person dissenting

could interfere with the atmosphere and the energy needed for success. Everyone nodded, 'Yes! Do it!'

I don't remember everything said in that prayer but I do recall everyone was engaged and hopeful and the atmosphere of the room seemed to have changed! I prayed aloud that this young Mother, her son Avarad, her husband and other children would be given whatever they needed to make manifest God's

love in this world; that was the main thrust of the prayer. It took only about 10 minutes, so once we did this, we then continued on with the planned program.

Christine called me the following week. She told me that she had heard from Avarad's mother with this message: “Last Wednesday evening I was feeling sad, getting ready for bed at 10:00 pm at Ronald McDonald House. The phone in my room rang. It was my husband from up north, and he said to me “I have just had an idea how we can get through this time. You pretend you are a single parent of Avarad and you look after him there in Toronto. I will pretend I am a single parent here at home and I will look after our kids here.” “You never talked like this before, where is this coming from?” she asked, and her husband responded, “It just came to me that this is what we can do to get through this tough time.” So she went to bed feeling better!”

This was the same evening we had said the prayer at the gathering, within an hour of our prayer!

The young mother continued her story to Christine: “As I was getting up the very next morning the phone rang again and I heard my sister's voice. I



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Edgar Cayce & Feng Shui

Peggy Cross, A.S.I.D., Virginia Beach, VA

Feng Shui is an ancient Chinese practice and philosophy of life intended to bring one's environment and thus oneself into alignment with universal energy, manifesting greater peace, joy and harmony in our lives. It is a combination of the mundane and the metaphysical. A person's life will always be reflected in their personal surroundings—home, office, land. Ideally a home is beautiful and assists individuals in manifesting their heart's desires. However, according to Edgar Cayce "...harmony joy and beauty are often missed in the home." (Cayce 2154-7)

Modern feng shui teaches that one needs a clutter free environment to move forward in life. Cayce also promoted freedom from clutter: "...these should be stressed; as orderliness in person, orderliness in the rooms, orderliness about the home..." (Cayce 1401-1)

Feng Shui uses the Bagua, or life map, to relate all aspects of life to areas within our homes. It is an octagon shape and each of the eight sections is called a 'gua'. Each gua deals with the mundane and spiritual or metaphysical. The centre of the Bagua represents unity, balance, and change. Using this map, we can change our lives.

First, the Marriage Gua. Here we address our relationships with self, marriage, and business partners. Cayce gave marriage advice bringing in past lives as an influence. Professor Lin Yun, founder of the Black Sect Tantric Buddhist School of Feng Shui, says we have our destiny, then karma, and finally feng shui, as influences in our present life.

Both considered the impact of past lives on the current life.

Balancing Marriage is the Knowledge Gua, symbolizing spirituality and intellectual progress. Many of the world's great teachers drew their wisdom from within where our true knowing resides. The Knowledge Gua symbolizes an area of quiet contemplation with the energy, or chi, of the mountain. Cayce says, "For the beginning of knowledge is to know self and self's relationship to God. Then the relationship to the fellow man; then material knowledge..." (Cayce 1249-1)

Colours represent the guas and that of Knowledge and Spirituality is blue. In

blue or black symbolizing water, the origin and flow of one's life. This gua also symbolizes our life's journey. Cayce states, "Water, as manifest, the beginning of life...many are given to dwell near large bodies of water, ..." (Cayce 900-465). He also says in "Auras" "Those with the deep blue have found their work and are immersed in it..."

Balancing Life Journey is Fame or Illumination. This is one's personal and business reputation. Cayce spoke of the importance of working with persons of good reputation when building the Hospital in Virginia Beach.

Edgar Cayce addressed familial relationships symbolized by the Children and Creativity and Family Guas. Speaking of raising children he says in 5497-1 "Do not keep too far away from either." This aligns with the feng shui teaching that parental and children's bedrooms should be in close proximity.

Just as children are the creation of our bodies, the creations of our minds, hearts and souls are the expression of the gifts of our Creator. We raise the vibrations in our homes through painting and music, through poetry and writing. Cayce says, "But making an artistic home, making a home that is the expression of beauty in all its

phases, is the greater career of any individual soul." (Cayce 2571-1)

The Family Gua - The family will depend upon the individual - family of birth, friends or groups and for those



the book, "Auras" Cayce says, "Blue has always been the colour of the spirit, the symbol of contemplation, prayer and heaven."

The Career Gua is represented by dark

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Visions Are Real

by Dr. Marina Quattrocchi, Toronto, ON



Visions exclude no one. It's even possible to experience a vision if you've led a completely secular life, and never set foot in any church, synagogue, mosque, temple, or religious institution. Such was the case with Bill Wilson, cofounder of Alcoholics Anonymous, who valued his rational, logical, scientific mind. Bill, a hopeless drunk, was repeatedly in and out of hospital, until, in 1934, everything changed. He explains, "My depression deepened unbearably and finally it seemed to me as though I were at the bottom of the pit. All at once I found myself crying out, 'If there be a God, let Him show Himself now! I am ready to do anything, anything!' Suddenly the room lit up with a great white light. I was caught up into an ecstasy which there are no words to describe. It seemed to me, in the mind's eye, that I was on a mountain and that a wind not of air but of spirit was blowing. And then it burst upon me that I was a free man. A great peace stole over me and I thought, no matter how wrong things seem to be, they are still all right..." When Bill had this experience he had just turned 39, and for the rest of his life never took another drink. He had absolutely no desire to; instead he poured all his energy into what would become Alcoholics Anonymous or AA.

By age six Edgar Cayce was telling his parents about his visions and talks with deceased relatives, particularly his grandfather. When he was thirteen while reading his Bible in the woods, a beautiful woman bathed in light appeared. She told him his prayers had been answered, and asked what he

wanted most of all. Cayce replied his greatest dream was to help others, especially sick children. The woman advised Cayce to sleep with his head on his books, and if he did, he would remember everything. The day before, his teacher, his uncle Lucian, had made him stay after school to write the word "cabin" five hundred times because he misspelled it. He had been chastised that night by his dad because he couldn't remember his spelling. As soon as Edgar began sleeping with his head on his books, he began having a photographic memory of the book he slept on. His wish of helping the sick was realized, first when he went into a trance and cured his own laryngitis, then through thousands of readings containing medical cures.

As children, like Cayce, we were all visionaries. Gradually children are inundated with so many material things and illusions, the spirit world retreats. Spirit patiently waits and watches. They can't intervene without our permission; they must follow spiritual laws and respect our free will. However, we're entering a time when portals or spiritual highways are opening allowing the spirit world to break through like never before. More people are dreaming of departed loved ones, angels, guides, and having visions. Visions are doors or windows of sacred opportunities. When we experience a vision we're incredibly blessed.

Before my mother died of cancer in 1981, I spent four months with her. She had suffered from cancer of the bowel for four painful years, undergoing several surgeries. A few weeks before she died, we were sitting in the

veranda. My mother was lying down watching the wind drift through the trees. She became serene, and told me she was seeing the face of a man with a dark beard, who was up in the trees speaking to her. "Look he's right there, he's so clear, can't you see him?" I squinted and strained to see something, but clearly, this vision wasn't meant for me. I'll never forget the radiant smile on her face as she watched. I asked what he was saying, and with great assurance, she replied, "I'm waiting for you, I'm waiting for you." Whatever emotions transpired in that vision, it gave my mother peace, preparing her for what was to come. Weeks later she passed away on the operating table from a blood clot to her brain.

When I think back to my first vision, it felt completely natural and seamless; an intense feeling of being loved, enormous healing and energy, but most of all, peace. It happened in December 23, 1985, after I had been burned in a house fire. My injuries were severe, second and third degree burns to 45 per cent of my body. Most patients burned this badly usually slip in and out of a coma, and die within the first two weeks. That first evening I was in intensive care hooked up to life support systems. My immediate family had all come to see me, and the vision took place just after everyone had left. Several nurses made sure the IV, respirator, morphine drip, and all the life support systems were operating. The double doors leading into my room were closed, and I was left for the night, perhaps to die. Then the excruciating pain seemed to subside, and in front of me I began to see white,

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swirling clouds. To my right, as a hologram in mid air, I clearly saw my mother who had died four years earlier. She was smiling down at me, glowing, radiating a love and peace impossible to describe with words. I didn't hear words, but felt her saying, "Everything is going to be all right." Those words were as clear and distinct as her image. Simultaneously, I felt an intense energetic transmission, waves of warmth and love enveloping me like a soft blanket. I watched in complete tranquillity, then fell peacefully asleep. I was in terrible, unrelenting pain for five years. For two years I needed to wear a special Jobst suit which covered my entire body and provided the natural tension of the skin I had lost. But I survived. I've realized now that being burned could possibly have been a karmic debt from previous lives. I will be eternally grateful for the strength of that vision of my mother. Without that vision, I'm sure I would have given up because the physical and emotional pain was just too overwhelming. Thanks to my vision I survived and everything has been all right, just as my mother promised. That vision gave me tremendous faith. Spirit heals; of that I am absolutely sure. √

Excerpt from the chapter "Miracles and Visions Experiencing Other Dimensions," in "The Genius of Spirit: Using Dreams, Meditation and Self-Awareness to Stop Insanity and Help Humanity," published in 2014 by Virtual Bookworm.



Dr. Marina Quattrocchi is a former photojournalist, elementary school teacher, and secondary English teacher with a keen interest in dreamwork, meditation, and spirituality. She's a certified Myers-Briggs practitioner and a registered yoga teacher. Her first book, "Dreamwork Uncovered" grew from her doctoral thesis where she worked with secondary students and their dreams. An avid dreamer, she's been journaling her dreams and meditating on them for over 30 years. "The Genius of Spirit" is her second book. She lives in Toronto



The Genius of Spirit:

Using Dreams, Meditation, and Self-Awareness to Stop Insanity and Help Humanity

The Genius of Spirit is a guide book for using the power of dreams, meditation and awareness to activate the right and left hemispheres of the brain, to a place of greater balance and peace. Only by connecting to the right brained wisdom of soul or spirit, can we release depression, despair and the insanity around us. In this more balanced state we're open to the grace and guidance of visions and miracles. This genius of the enlightened state is the intended destiny of everyone. We're all meant to live like those gurus and saints with greater joy and ease, while providing valuable services to humanity.

This book is available online at most major book sellers. For a signed copy Email:marina.quattro@sympatico.ca.

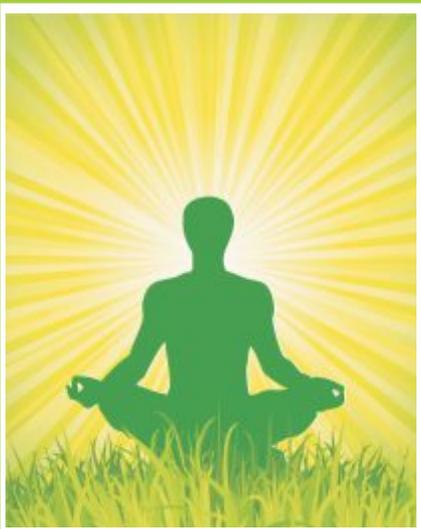


*Now I lay me down to sleep
 I pray the Lord my soul to
 keep
 Keep me safe through all
 the night
 And wake me with the
 morning light
 Amen*

Let us be in Prayer
 ...All prayers are
 answered when the
 individual doesn't tell
 God just how to
 answer them.
 Cayce 4028-1

Rise and pray—facing
 east! Ye will be
 surprised at how
 much peace and
 harmony will come
 into thy soul.
 Cayce 3059-1

...Set a definite period
 morning or
 evening...though it be
 five or ten
 minutes—let nothing
 interfere, pray.
 Cayce 5368-1



Soul Talk INSIGHTS FROM MEDITATION

By
Don Jeffrey

Don is a long time
student of the Cayce
material and lives in
Oakville, ON.

We tend to think of meditation as a directed, peaceful relaxation of the conscious mind, a quiet period of silence between thoughts. However, it can be much more than just parking the mind in neutral and relaxing. On occasion it may be possible to reach a state of special awareness where it is possible to intuit or channel insights from the higher consciousness. These thoughts may be accompanied by an all-pervading sense of love, peace, compassion and oneness; a feeling of merging, and an absence of the usual ego self, as in a mystical experience, can be reached.

The source of these insights was not of much concern at the time, but several of them gave these hints: (a) "These words come from a high energy source," and (b) "My soul and I are on speaking terms."

Cayce seems to suggest the soul as the source in reading 1904-2, in which he says that we could channel the spiritual in dreams and visions "if we would only feed the soul." The surest way to do this is to meditate. I found a great similarity between the insights from meditation and some from my spiritual dreams.

Meditation: "We are all one in my time." "We are all one, but know it not. In your heart you know this truth." "You are all saved, not one shall be lost, for how can I lose myself?" "You are more than your brother's keeper, you are your brother."

"I am the smile you had. I, too, am glad."

Dreams: "And in the passing of time we shall all unite in God's love." "Then he realized he had seen the face of God in everyone he had ever met." "The human family passes through it as an experience in consciousness." "The soul knows this, all the time, though we seldom perceive this."

The following meditative insights are organized by subject.

Judging: "I do not judge, why should you?" "Sin is a concept, that's its reality."

(One's mind must be on a higher level to accept this.)

"Through error we learn, error is our friend." "Rush to help, walk to chide."

"In the balance of time there will be no evil, no wrong, no right, only being---and you can be there now. You are there now, but know it not. Come home to your being."

"There are no wasted experiences in reality. I am experience what happens to you."

"The arcane veil---the comforting separation from other knowledge planes and the future." "Everyone is important---all the time."

A longer insight advises against judging any event at any one moment in time. It came while meditating near the shore at our cottage, and took the form of a sort of poem:

"The past is past---a point in space.

There is a purpose in all things: the good, bad, the balance thereof---experience and learning.

Life comes to us in every form,

expressing itself in this dimension.

Time seen in the eternal is relative, not to be judged one point at a time."

Death: "The scythe (death) comes not as a fixed instrument, but as a delicate device

...the evaporation of the soul from this place."

Religion "Religions and philosophies are like the rays of the sun, and the sun's light would be diminished by the loss of any one of them." "If sermons would do it, we'd all be illumined!"

"There are as many paths as there are people, and every flower has its own bloom."

"Organized religion is like using a flashlight to read a page, gradually the power goes out." "Seek the kingdom within, for you could wander the geography of the worlds in vain." "Some leap beyond the void, becoming what they seek."

Time: "Time does not pass, for I am stabilized in time." (The Source is beyond our dimension and time.) "Destiny shapes its own course." (The entire past and future can be perceived in an eternal NOW.) "I have said and I have written: all is done (already) in the now."

Advice: "Enemies are generally of your own making." "Sweet are the uses of adversity, for they discipline the mind. A problem is an opportunity for growth."

"Beware the trip (personal act) where joy is found that pleases some and hurts others---a golden opportunity may be a hollow challenge."

Perfection: "Each moment is perfect to the input thereto."

"There is a perfection in this time and place." "There are no isolated events; events are shaped by need in the total reality." "The process is perfection."

"Ultimately there is only love and perfection." "You are more than you can imagine, you are all I can imagine." "You are my concept in this particular reality."

"Outer forms drop away, evanescent in the light." "I am neither complete nor incomplete in any way measurable. Neither try to dissect me, nor analyze me. I am. You are. We are the same---one consciousness."

Observations: "Charm is wisdom in soft clothing."

"We thirst after knowledge, yet fill ourselves with the material."

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“All men tread a journey of great destiny and recognize but glimmers of it in dreams, music, and meditation.”
“We stumble blindly through a sea of events.”
“He in whom modesty is well set needs no praise.”
“ D r e a m s illumine the

way, but are a hazy remembrance to most.”

“When I give up all power, I feel the greater power.” “Every soul has its own awakening to know itself.” “Free will is your road to experience.”

“The outer world does not affect the inner world; which is complete in and of itself.”

(The Source is beyond polarity.) “The things you thought you’d need evaporate before you.”

Lawfulness: “All that happens is permitted by the laws of the universe.” (This is cause and effect, which we may not understand at our level) “Each process is lawful.”

“In the greater reality, know that no deed is wrong, no timing is wrong---deal with it!”

“There are no isolated events, events are shaped by need in the totality.”

Polarity: We measure everything in terms of opposites; as in good/bad, rich/poor, right/wrong. “What is good has a degree of bad; what is bad has a degree of good.”

“Experience is learning both sides of the coin.”

Karma: (Life’s lessons); “The web of humanity is such that if a single person’s input were lost, a hole in the fabric would be made, and perfection lost.”

In other words, we never meet a person who is not a part of us. In Karmic terms, your greatest enemy may be your best friend. He/she is the lesson you need to learn.”

Reality: It is interesting that the early writings of the Gnostics confirm that man has direct access to the spiritual in the concept of our oneness. The Gospel of Thomas (152) reads “Whoever believes that the All itself is lacking in anything, is himself lacking in everything.”



Next time you meditate, listen to your inner self, and you may find yourself on speaking terms with your soul.

Namaste!
Mind to Mind.
Don Jeffrey



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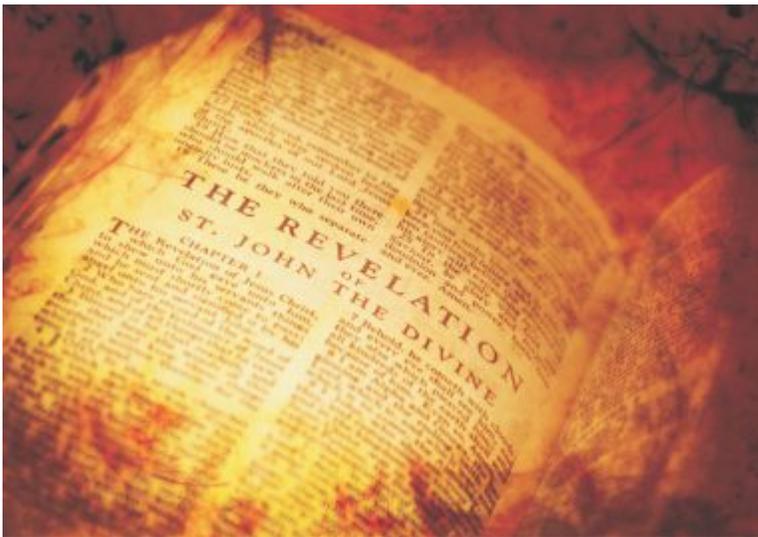
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The Book of Revelation

(Part 1)

A guide to attaining oneness with God

By Mark Finnan, Peterborough, ON

One of the great gifts given to us by Edgar Cayce in his trance-state readings is the insight they provide into the allegorical, as well as, the historical nature of the contents of the Bible. A number of readings that expand on and illuminate the epic narrative that runs from Genesis to Revelation, confirm that the vast sweep of the Biblical story forms a cosmic drama, and that is our story. Beginning with our creation in the spiritual realm, it tells of our descent into materiality and our subsequent loss of awareness of our oneness with God. It chronicles mankind's endeavors to regain that consciousness, culminating in the life of the man Jesus who became the Christ. In its totality the Bible is telling us about our origins and true identity, the three-fold nature and supreme purpose of our life here on earth and our ultimate destiny.

According to the Cayce material the range of characters, circumstances and events in the Old Testament, while set in the historical past, are also representative of our individual and collective experiences, spiritual, mental and physical, in the present. The New Testament testifies to an evolutionary or transformational step in mankind's desire to reconnect with God. As the record of the life and teachings of Jesus, it presents us with

the universal pattern by which all of us can reconnect with and express our spiritual nature in our earth bound lives.

"Then there came that period in man's activity in which it was proclaimed that no longer it would be in this temple or on this mountain that there would go out the message to the people, or to their gatherings here or there, but lo, it would be written upon their hearts." (Cayce 3976-25). According to Jesus, men and women were to seek God, not by way of external ritual in some assigned sacred space, but 'in spirit and in truth', within themselves and in love for one another.

In a number of discourses on the last book of the authorised Bible, the Book of Revelation, Cayce provided the world with a very different interpretation of its enigmatic and dramatic contents than that which has come from other sources. Written around 95 A.D., it is the account of an extraordinary vision given to John the Beloved, the last living apostle, while in exile on the Aegean island of Patmos. Cayce in trance said that, although primarily intended to reassure persecuted believers of that time of the intrinsic and triumphant nature of Jesus's teachings, it is after all the Revelation of Jesus Christ, its content also applies very much to each

and every one of us today.

In readings given to the first Norfolk Study Group that began in 1931 the Cayce source emphasized and provided insights into the symbolic nature of the Revelation text, relating its various images and events to the challenges and the opportunities we all encounter, internally and externally, as spiritual beings living in physical bodies in a material world. The very first reading given to the group provided a synopsis of the whole meaning and purpose of the Revelation. "For the visions, the experiences, the names, the churches, the places, the dragons, the cities, all are but emblems of those forces that may war within the individual in its journey through the material, or from the entering into the material manifestation to the entering into the glory, or the awakening in the spirit, in the inter-between, in the borderland, in the shadow. Hence we find, as the churches are named, they are as the forces that are known as the senses, that must be spiritualized by the will of the individual made one in the very activities in a material world." (281-16).

The reading reaffirms what is stated in Genesis and of course what Jesus taught, namely that we are sons and daughters of a living God. It also provides us with insight and

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Edgar Cayce Canada News



Golden Volunteer Club 2014

Each year Edgar Cayce Canada honours those volunteers who have given more than 100 hours in promoting the Cayce material across Canada.

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Body, Mind and Soul

with Simone Gabbay, Toronto, Ontario

Coffee

Q
&
A



Simone Gabbay

is a holistic nutritionist in Toronto, who has studied and worked with the Cayce readings for more than thirty years. She is the author of three books including, *Edgar Cayce's Diet Plan for Optimal Health and Weight Loss*.

(See page 27)

The late renowned spiritual teacher Sri Chinmoy once asked his students: "What is the reason that God may be a coffee drinker?" Sri Chinmoy then provided a humorous response to his own question: "Hebrews." Sri Chinmoy himself stopped drinking coffee in 1999 after being urged to do so by the spirit of his long-departed sister, who told him that coffee was impacting his health.

Divine and saintly coffee habits aside, many of us here on Earth do like our daily cup of the comforting brew! Coffee is considered the most popular drink in the world, and coffee culture is deeply entrenched in our society. The fact that coffee shops tend to be the busiest meeting places in many neighborhoods makes this quite obvious. According to a study released by the Canadian Coffee Association in 2013, coffee is the dominant beverage in the Canadian market, with coffee drinkers consuming about three cups a day on average.

Coffee in the Cayce readings

Just as some of us have asked our doctor whether or not drinking coffee is good for us, so some of those requesting readings from Edgar Cayce also posed the question. And just as the responses we receive today vary from person to person, so did the readings provide different responses to different individuals. Some readings assert that coffee has food value and helps to prevent gastrointestinal gas, while others give preference to grain coffee and other substitutes. Why the discrepancy? Perhaps we can glean the answer from reading 5211-1, which states: "There may be, just as is indicated in many an individual consciousness, those who can drink coffee and it never hurts them; there are those whose consciousness is such that this if taken late of an evening would prevent sleep. There are those who would not sleep if they didn't take it, for they would have a headache. For certain properties stimulate certain activities."

Coffee and modern science

A flood of recent research demonstrates that coffee has several health benefits. Studies indicate that coffee drinkers enjoy a lower risk of developing type 2 diabetes, Parkinson's and Alzheimer's diseases, as well as heart disease, stroke, and certain types of cancer. Some researchers suspect that coffee's high levels of antioxidants—phytochemicals that protect against free radicals and prevent tissue damage—are responsible for its health-protective effects. A recent Harvard

University study points to caffeine as the substance responsible for some of the apparent health benefits of coffee. There is also evidence that caffeine stimulates bile production, thus promoting digestion and the prompt evacuation of the colon.

But isn't it precisely caffeine and its ill effects that we are often warned about? Surprise! We can relax about caffeine. A number of studies have shown that moderate amounts of caffeine—about 300 mg or three cups of coffee per day—do have a positive effect on mood and alertness, but produce no negative health effects, including no significant long-term blood pressure changes. And although caffeine causes mild dependence with minor withdrawal symptoms appearing if it is abruptly discontinued, most experts don't consider it addictive. Nevertheless, caffeine *is* a nervous system stimulant. If coffee gives you the jitters, listen to your body, stop when you've had enough, and don't drink it at all if you find that it affects you negatively.

Adding milk or cream to coffee

In pretty much all cases in which individuals were encouraged to drink coffee in moderation, the Edgar Cayce readings emphasize that it should be taken without milk or cream, as it would otherwise be difficult to digest. One reading (4834-1) explains that the tannin in coffee has a detrimental effect on milk. It is known in nutritional science that tannin, an astringent, sours mucus secretions, contracts membranes, and reduces cell secretions. When combined with proteins, including dairy proteins, tannins form precipitates, which then tend to diminish the secretion of enzymes. On their own, tannins have an anti-inflammatory effect on the gastrointestinal system, alleviating symptoms of gastritis, enteritis, and irritable bowel syndrome.

Although the effect of proteins on tannins is no secret, we won't find mainstream nutritionists concerned about adding milk or cream to coffee; in fact, they encourage it on the basis that it adds calcium, and coffee, being mildly diuretic, does tend to flush minerals from the system.

The decision of whether or not to drink coffee, and whether or not to add milk or cream, is an individual one, but both the Cayce readings and modern science agree that, in moderation, coffee supports our health more than it has the potential to harm. In summary, if coffee agrees with you, you can enjoy it, guilt-free! ✓

Diary of a Smalltown Psychic

with Robyn Marie Butt, Woodstock, ON.

Miracles Of Easter

According to
Edgar Cayce



By

Robyn Marie
Butt,
Woodstock, On

Editor's Note:

It seems that your editor is still striving for perfection as I incorrectly titled Robyn's article in the last issue. For that I apologize.
James

For a Cayce Christian, the Cayce story of Easter affirms that there really is no more radically joyous season of celebration than the one soon upon us. It's a joy that shoots through, then triumphs over, what is nonetheless surely the most heartbreaking plot in the annals of human story. Its heartbreak is of both kinds that which wrenches us and brings the heart to its knees; that which astounds us to tears at sheer spiritual beauty and redemptive power.

On the one hand, the account of a pure and dignified, wholly loving genius a light, merry, blazingly intelligent, unfailingly kind and magically healing man who was harassed, accused, betrayed both by his lifelong enemies and by his most intimate male friends, paraded through five separate monkey trials; persecuted, tortured, and put to death, in an appalling reversal of his rock star popularity and his spiritual standing.

On the other hand, it is a story of victory of forgiveness, resilience, spiritual mastery, and mystery, a story of the massive Spirit of the Christ moving steadily, with poetry and defining courage, through the huge and little shoals of human need unleashed around Jesus, the Christ's actor on earth.

Through all that was done to him after his arrest, Jesus never neglected love for his own, and as Cayce's Source made clear, those of his own who were left, were almost exclusively his lifelong following of amazing women.

Only one of Jesus's male disciples, John, the youngest and richest, remained with these faithful ones whom Cayce's Source

called with great respect "The Holy Women." They never left Jesus' side from the convening of the Last Supper, through the arrest in the garden and multiple trials, along the Death Procession of the cross, to Golgotha and the Crucifixion, the Burial, the Resurrection... and beyond.

But the male disciples had their own key parts to play. This is a Great Story.

Better here to record simply the best news of all: that the 'sleeping prophet' made clear *this* Jesus was of and from The Christ, the unconditionally loving Universal Creator not exclusive to modern Christianity as it has been variously shaped, nor excluding anyone from any other religions or cultures. Cayce's story of Jesus at Easter is a story for all humanity, of all humanity the history of the Master Soul's attainment in order to buy back and cancel the groaning burden of our worst accumulated karma, even as he showed us the way forward into a wholer, *(more complete)* holier, humanity. Christ's is a humanity not focused on the material world and our costs and needs and possessions; nor on our bodies, with our popular modern quest to treat them as little gods; Christ's vision of a loving humanity is focused on inspiring each of us as individual spirits so to live our highest purpose that collectively we express our hearts, as He did, in service to One Community of Spirit. Cayce's Jesus transforms our little Easter ideas until we see the season in its all its miraculous glory - as a celebration of the Christ's successful, plan to reclaim us for God's Light. ✓



On March 14th, 2015, I'll give my Cayce Miracles of Easter talk at the Unitarian Fellowship of Northwest Toronto. [See robynmariebutt2014.wordpress.com for details.] This talk is a wondrous and moving experience to give, stuffed with incident and radiant with multiple special characters whom Cayce sketched, during contemporary life readings, in economic yet telling detail. It's now accompanied by a panoramic PowerPoint feast of great Christian art, little-known regression drawings, contemporary illustration, and film stills. But embracing and driving it all is the radiant character of Jesus, who blazes through the narrative lovingly described by Cayce's Source right down to His characteristic light-hearted humour and even His physical appearance.



Edgar Cayce Canada Youth & Adult Outdoor Retreat

Edgar Cayce Canada's
3rd Annual
Youth and Adult Outdoor Retreat
Mono, Ontario (near Orangeville, ON)

July 31 - August 3, 2015



Come and Experience 3 days in the
beautiful natural setting at the
Ecology Retreat Centre

A 3 tiered program

- crafts for the young and young at heart
- teens with sports, games and workshops
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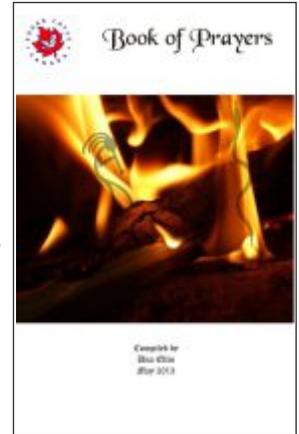
All ages are welcome at
any of the programs' levels.

Retreat Affirmation

"For each blade of grass, each blossom, each tree, each crag, each mountain, each river, each lake is a gift from the Creative Forces in man's experience that he may know more of the love of God." (Cayce 1248-1)

Youth Scholarship Fund

Edgar Cayce Canada operates fund raising activities to encourage donations to the Youth Scholarship Fund ensuring that no youth is turned away from the program for lack of money. Una Ellis has compiled a *Book of Prayers* to assist with this fund raising. It is a 23 page book consisting of prayers from many religions around the world. For a \$10.00



donation to the scholarship fund you will receive one of these beautiful cerlox bound treasures. You can pay by credit card by calling Catherine at:

705 645 3879 or email
cmac@muskoka.com.



Seeking Junior Counsellors

If you are between the ages of 16 and 25 you can qualify as a Junior Counsellor at the Outdoor Retreat. Experience the joy of assisting other young people with crafts, sports and games in this beautiful natural setting. If you are collecting volunteer hours for your high school graduation diploma, this is the position for you.

**For more information about the Youth and Adult Outdoor Retreat contact:
Erika Allen at 905 726 9043 or erwassif@gmail.com**

You and the Cosmos (Continued from page 8)

one of those planetary cycles challenged us to step away from a pattern we no longer needed, and move into a new sense of self-awareness. Gaining understanding of the astrological cycles will not bring you more than a greater self-awareness. Cayce uttered: “The more ye become aware of thy relationships to the universe and those influences that control same, the greater the ability to help, to aid—the greater thy ability to rely upon the God-force within; but *still* greater thy *responsibility* to thy fellow men. For, as ye do it unto the least, ye do it unto thy Maker—even as to the Sun which reflects those turmoils that arise with thee; even as the earthquake, even as wars and hates, even as the influences in thy life day by day.” (Edgar Cayce reading 5757-1)

Therefore, just as the spring energy renews nature, you can use its energy to renew ties and reach out to other people. The personal events that fell under the Pluto-Uranus square may have upended your life, or the life of a friend, family member, or a neighbour. In fact, you or they may still be in a muddle, and that is okay. However, the important thing to do now is to bridge links of support and encouragement as Cayce put it, “Then just act like it—to others.” Acting in the spirit of personal kindness and support is the antidote for these times, and if each one of us sets these seeds about us, this sustaining energy will take root, and then bring more balance to our world. ✓





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A Little Child Shall Lead Them (Continued from page 10)



was surprised because we have been estranged for a couple of years, we haven't talked or communicated and suddenly there she was, and my sister said: “You know, this is silly! You are my sister and I love you. Can we meet for lunch today? I want to be able to help you through this rough time of Avard's illness.”

Now feeling much more composed and relieved, the mother told Christine that as she left her room and was about to leave by the front door to go to the hospital, the Supervisor of the Ronald McDonald House stopped her, called her into the office and said: “I know you don't have a lot of money and you have other children and being away from home can be a challenge for your family. We are going to give you a free room here for so long as your son is in treatment.” Avard's mum told the supervisor that it could be up to two years, off and on, for Avard's treatment. The supervisor replied: “It doesn't matter. You will have no cost attached to staying here until your child is well.” The young mother was so uplifted! Later that same day she received a call from the agency Christine had phoned; the agency offered to bring Avard's dad and the other children to Toronto for Christmas, which

was a few weeks away.

So many blessings for one small family in such a brief time! Heaven must have been very busy! Yet while we may be amazed at the result of prayer, we should never be surprised. We are assured that prayer is a supplication or a plea to God (Cayce 281- 28) and in that same session, Mr. Cayce is quoted as saying: “He that would know the way must be oft in prayer, joyous prayer, knowing He giveth life to as many as seek in sincerity to be a channel of blessing to someone.”

Tempting though it was to pray for Avard's healing, it was important to remember the admonishment (Cayce 4028-1) “that all prayer is answered, and . . . we must not tell God how to answer it!” So in praying as we did, that this family, “would be given whatever they needed to make manifest God's love in this world,” this left the possibility of a result which was more far reaching than anything we could have dreamed!

There was another magical happening: this whole series of events was initiated by a six year old child who, as her mum related, chose a seat beside a stranger when there were many other empty seats in the waiting room. Perhaps the little girl unconsciously acted as the agent for such a miracle! Little ones do that sometimes. ✓

In the Presence of Angels



An Astounding Adventure

By



Darlene Bodnar
Brighton, Colorado

Darlene has been a member of a SFG study group for 45 years. Darlene served on the Board of Trustees for the Association for Research and Enlightenment (A.R.E.) for 5 years and has served as the Regional Coordinator of the Rocky Mountain Region of the ARE. Darlene has given many lectures and workshops on the Cayce material.

It was a beautiful October day in the warm comforting sun of southern Florida as we looked forward to a fun filled weekend on the Gulf Coast near Ft. Meyers, Sanibel, and Sarasota. Actually it would turn out to be an adventure we would never forget—one filled with panic, anxiety, fear, blessings, and the awareness of angels and the power of prayer.

A group of seven of us from Colorado had started out in my Grand Caravan for a three week trip to Tennessee, Florida, North and South Carolina, then back to Denver. The highlight of our trip was to be a visit with Alan and Linda in Ft. Lauderdale, whom we had known from Denver and who were family of one of the couples travelling with us. At their home we were warmly welcomed and wrapped in hospitality and love.

The nine of us decided it would be a great opportunity to travel from Ft. Lauderdale on the Atlantic Coast to Ft. Myers on the Gulf side, spend a few days along the coast, then back east. Excitedly, we all piled into Alan and Linda's beautiful motor home--happy that we could all travel together. Alan was in the driver's seat, my husband, Bob, in the co-pilot's seat, and the remaining seven of us in the main part of the motor home lounging on sofas and chairs. Everyone was in a festive spirit and happiness and laughter filled the motor home as we sped along Alligator Alley, a major highway connecting the east and west coast of the peninsula.

I suddenly looked at my husband in the co-pilot seat and thought that if anything were to happen, he would be trapped in that seat--belted in and with no exit door other than back in the main part of the motor home. Immediately I started praying for his safety and for the white light to surround and protect him. I asked that the white light surround the motor home and all the occupants. I prayed for a legion of angels, and my prayers were intense.

Within two minutes things started to change. Concerned because a car was obviously trying to get our attention, Alan looked around and detected smoke coming from the engine compartment.

As he attempted to pull over, fire broke out in the engine area. The smoke and the fire were spreading rapidly, and everyone hastened to vacate as soon as we stopped. Two of the women were trying to assist me because of my impaired leg, but my only thought was for my husband to be able to escape. After I pleaded with them to help Bob get free of the seat belt and get out, they just picked me up and carried me shoeless out the door--assuring me that Bob was coming behind me.

The nine of us miraculously escaped and ran from the burning motor home for fear it would explode. Alan called 911 and attempted to use his fire extinguisher, but it was not adequate for the size of the fire. We sat by the highway and literally watched that motor home burn to the ground, leaving only the frame. By the time the fire trucks arrived, the motor home was virtually destroyed—along with all that was in it. It was very surreal—was this really happening to us?

Well, we made the local TV news and were given much care and assistance—bystanders, firemen, policeman, paramedics and the tow truck operator. Alan and Linda, of course, lost everything that was in that motor home, and the rest of us lost some luggage, backpacks, etc. It was quite an experience looking through ashes for remnants. Alan and Linda's children came to take us back to Ft. Lauderdale, prepared an exceptional feast, and gave us much comforting.

In hindsight, we have become aware of many things where we see the hand of God: (1) Alan had just filled the gas tank, which was a blessing. A full tank does not have room for as many combustible vapors as a partially filled tank. (2) The propane tank, open for refrigeration, did not explode. If propane were to explode it would be like a bomb. (3) The few seconds that Alan started to pull over before the actual fire were precious seconds, allowing us more time to vacate. (4) The intense feeling for prayer, minutes before the incident, was an incredible "coincidence." (5) Normally Alan and

Continued on page 23

An Astounding Adventure (Continued from page 22)



Linda's grandchildren would be travelling in the motor home; instead, they were safe at home.

Another treasured awareness: Three nights later, my father (who is on the other side) appeared to me in a dream. He had the most beautiful look on his face, his eyes filled with love. I looked at him and told him how much we missed and loved him. He didn't speak to me but just kept looking at me with a beautiful smile. He was wearing a thick, pure white, FIREMAN'S HAT. I knew then that he

had been one of our angels at the fire. He had seen us safely through.

On our trip back to Colorado, Bob left me off in front of a store to make a purchase. A beautiful young girl was behind the counter, and she and I were the only ones there. As I made my purchase, she looked at me and said, "Please be safe. Drive carefully and be safe, please," repeating it at least five times. I thought it strange that someone so young would be that concerned. I looked back as I left the store. As she walked away from me, I had a strange feeling. Now I wonder, was I in the presence of an angel?

When we returned home, my study group told us they had been praying for our safety, talking about it among themselves several times. I truly believe that all of their prayers and the presence of angels brought us safely home. A blessing beyond explanation! ✓

Know that ye are going through a period of testing. Remain true to all that has been committed to thee, and know that each day is an opportunity and an experience.

(Cayce 3245-1)

Disease of the Mystics (Continued from page 9)

right hand, the area of the 4th and 5th fingers and soon spread to my entire hand. Next it showed up at my right outer eyebrow. While slightly put off, I recognized this as a healing crisis and my naturopath explained the connection to the liver meridians, etc. It soon got out of control (bright red and oozing) to the point where my patients began to question my health. The naturopath agreed to "tone it down," however nothing changed. I stopped the detox altogether and nothing changed. In fact, it lasted for over a year! Looking back, I also remember having incredible mental clarity during this time. I remember being able to smell patients and know if they were sick or were well and soon their symptoms would be gone. I was very attuned. This is characteristic of spiritual growth, *that physical symptoms are present yet the mind and/or soul are energized and almost giddy!*

Alice Bailey presents a thorough explanation of all things related to diseases and physical ailments of mystics *and those who are awakening!* Can problems associated with sight have to do with becoming aware of the Universal Mystical Vision? Hearing associated with Hearing the Word? How were my ailments of my skin (acne and rashes) connected to an awakening to Healing and to Active Service?

Recently I have found myself giving this advice to my patients to check their assumptions. For example, people may assume that weight-loss results from eating better and

exercising, which is not always the case. Many assume that more education means higher income—not true! How about having no symptoms indicating that one is healthy—also not true. Therefore having physical symptoms, diseases or conditions is not an indicator that something is wrong, needing to be fixed, treated or eradicated. I suggest that you begin by asking the question, "What else is going on in me, my life and my world?" and become curious and open to the possibility that you may, indeed, be awakening to a new you. ✓

Dr. Nick Bianchi is a chiropractor in Bracebridge, Ontario. For more insights into what was expressed in this article, you can do an internet search on "The Diseases and Problems of Disciples and Mystics" by Alice Bailey and "Reorganizational Healing" by Donny Epstein.



Bracebridge Chiropractic & Wellness Clinic

Bracebridge, ON

Dr. Nick Bianchi, B.Sc., D.C. 705 645 9544



Spiritual Abilities: The Creative Essence of Your Soul

By Douglas James Cottrell, Ph.D.
Hamilton, Ontario

It has often been said that humankind was made in God's own image. What this refers to is the soul. The nature of the soul is such that it can create. Now it may choose to create positively or negatively (it can make life, or it can destroy it), but it is still an act of creation. All that you witness in the physical world is a demonstration of this higher level of mind; this aspect of creation itself. The ultimate demonstration of the creative force within is the ability to bring life to another (i.e. to procreate). Therefore, as a procreator, the soul is God-like.

Spiritual abilities (or gifts) are demonstrations of the creative essence of your soul. These include the ability to perceive in advance things that have yet to take place. This can be demonstrated by premonition, precognition, prediction, and prophecy. Everyone has had such an experience to a certain degree. It may be a feeling that something was going to happen before it did, a dream of an event prior to its taking place, or a "just knowing" in advance that an event was going to occur.

The abilities to foresee, foretell, be aware of, or understand some circumstance in advance demonstrate the creative force of your soul-mind in line with your conscious mind. The recognition of this additional/extrasensory information

comes from the willingness of your Low Self to accept guidance from your High Self. Unfortunately the intellect of the rational Low Self often gets in the way of the message clearly coming through. This is why it is often necessary to distract the mind to get the intellect to accept that what is being perceived is true and reliable information. Dreams are the easiest way to accomplish this.

When put into a state of deep relaxation, the body may be put on hold, as if you were outside of yourself. You are able to take on information and bring this back for use in some practical application. During sleep states, for instance, your mind reaches out beyond your physical body. It has the ability to visit higher planes of learning or understanding, in order to bring back into the physical world some bit of information you need. Like gathering ingredients for a certain recipe, your soul sojourns to higher planes for whatever it needs: a solution to some problem, an answer to a question, or some direction for action (and you may train your mind in meditation to accomplish the same thing). Has it not been said that nothing in the world has happened, without first being dreamed?

Another spiritual ability is inventiveness. This demonstrates the ability of the soul to tap into certain

levels of consciousness and bring back information. It may occur in an instant; such as someone contemplating a problem. It may be that someone who is visionary sees a vision or has an outline in the mind's eye. It may even be a prophetic mind seeking information in a vision, dream, or state of meditation. All are demonstrations of this ability. This also includes people who have a feeler type of mind. They do not rely on their visionary skills to know whether something is right or wrong. They feel it. They experience a sensation of heat, or cold in their solar plexus, shins, legs, palms, head, or some other part of the body. All of these are demonstrations of the same ability.

You may learn to extend your senses through the human energy field (aura) for the purposes of gathering information (through dowsing, for instance) or for spiritual healing. Those who are more adept could use this to dowse out conditions of illness within a body.

All of these are demonstrations of what is already evident in your soul. However, as you learn to reach out beyond the physical world, caution must be exercised. Everyone could benefit from having a skilled instructor or guide.

Some people practice their spiritual abilities more than others, and

Continued on page 25

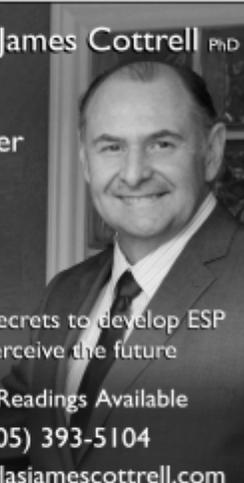
Spiritual Abilities (Continued from page 24)

therefore they become better at expressing them. Understand this as a language: the language of the soul. Pictures and symbols are the language. Learning what the pictures mean allows you to become better suited or acquainted with your spiritual abilities. Telepathy and telekinesis are good examples of this. With practice, an individual may become much better as a telepath, sending or receiving thoughts (or sometimes both). They may even become better able to control physical matter (i.e. telekinesis). Largely it is a question of valuing your own abilities, as opposed to someone else's.

But if there is a desire to develop your intuition, it is not a matter of learning it, but a matter of recalling it. It is a matter of getting yourself out of the way, by eliminating thoughts of disbelief, and the feelings of wonder and excitement that something extra-special or extraordinary is happening. If there can be a detached, non-emotional state during these times, then you may more fully experience communication at this level. Your intuition, therefore, would become more accurate.

As in life, it is largely your emotional responses that prevent you from moving forward. Try to perpetuate an emotional state of detached optimism. Look for the ability, but be calm and unemotional. Don't let your own emotions get in your way. Emotions and intellect are the enemies of intuition.

All examples of spiritual gifts and gathering extra information from visiting other dimensions, to speaking with angels, to witnessing the shape and colour of an aura are only what you already understand, know, and have used in previous experiences (or life-times). Learning to forgive others, learning not to be judgmental, and learning not to be necessarily right all the time are precursors to the demonstration (or advancement) of these abilities in you. A soul is quite a cautious thing. As each soul advances in its own personal sojourn to touch upon the face of God, once again, and become enveloped in the ever-present moment and sense of great love, it advances quietly and slowly. In this regard, when you touch upon the face of God, or you communicate with your High Self, you become a creator in a positive sense, and you bring more light into the world. In essence, if what you gather is not helpful, or if it does not perform some service or purpose and is merely entertaining, it is useless. It is the application of how each of us relates to one other that is important. In this way, it is a demonstration of tolerance and acceptance, and thus, brings us closer to God. ✓



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The Book of Revelation (Part 1) (Cont'd from page 16)



information as to how we can enter into a state of oneness with God within the temples of our own bodies. Referring again to the many images and aspects of John's vision the Cayce source said "These we see, then, represent self; self's body-physical, self's body-mental, self's body-spiritual...and they are one in thee, even as the Father, the

Son and the Holy Spirit is one in Him." (Cayce 281-16). We are directed to spiritualize the senses, represented by the churches, by letting our choices in our material lives be guided by a spiritual ideal. The example placed before us throughout the Revelation is that of the Lamb, the Christ self, which we are assured we can attain to with the aid of heavenly forces. To that end we are called on to review our mental, emotional and physical behaviour to see in what way we might be lacking those qualities, those 'fruits of the spirit' that, if embraced and expressed in our day to day lives, would bring us closer to God. Are we hot, are we cold, are we indifferent, are we adulterous in thought or act, are we stiff necked?

If we respond positively to and act on what the Cayce readings tell us about Revelation then, just like the faithful in Ephesus, Smyrna and the other cities in Asia Minor to whom John was directed to send the contents of his vision, we too are promised that the reward will be no less than the full attainment of that consciousness that was in Him. "In seeking then, do individuals find from the beginning that there is presented, in every line, in every form, that good and bad that arises from their activity, in what they do about that knowledge they have respecting the law, the love, the mercy, the understanding of the wherefore of the Lamb's advent into the world, that they, through His example set, may present themselves before the throne, even as He, becoming, as given, heirs, joint heirs with Him, as sons (and daughters) of God, to that everlasting glory that may be had in Him." (Cayce 281-16).

For anyone interested in a detailed study of the Cayce readings about Revelation I recommend *The Revelation, a commentary* and *Edgar Cayce on the Revelation*, both published by A.R.E. Press in Virginia Beach, Virginia. ✓

*Mark teaches a transformational course and offers presentations and workshops.
See www.markfinnan.com for more information.*

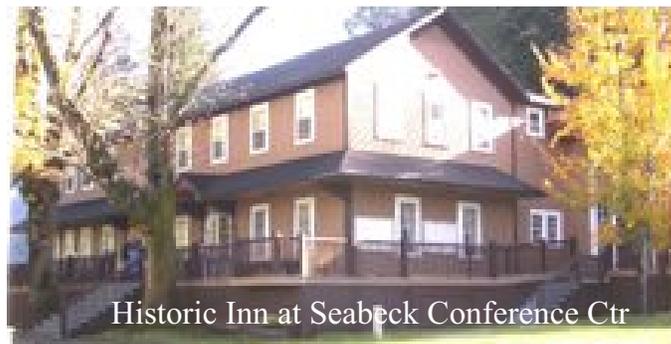
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A.R.E.'s 50th Annual Summer Retreat and Family Camp, Seabeck, Washington June 2015.



Western Canada and the U.S. Pacific Northwest to Celebrate the 50th Annual A.R.E. Summer Family Retreat at Seabeck, June, 2015.

When Hugh Lynn Cayce was in Portland, Oregon on a speaking tour fifty years ago, in 1964, he recruited Arthur and Ginger Schade to find a suitable location for an A.R.E. Retreat in the Pacific Northwest. They accepted the challenge, and after a months-long search, located a perfect retreat centre for members and friends of Edgar Cayce's A.R.E. Located on the shore of Puget Sound, beneath the Olympic mountains, Seabeck Conference Center was equidistant from Portland, Oregon, and Vancouver BC, as Hugh Lynn had requested, accommodating members and friends from both Western Canada and the Northwest US.

The first A.R.E. conference at Seabeck took place May 15th to 17th 1965, Thursday to Sunday. Hugh Lynn Cayce and Elsie Sechrist were the first speakers. In attendance were 49 women and 1 ½ men: Arthur Schade and four-year-old pianist Victor Ross, who, Arthur was fond of recalling, surprised that first group by playing Brahms lullaby. Victor has attended each summer since then, bringing his own family.



In loving memory of Ginger Schade, Rogneda Olsen (mother of Victor Ross) and Arthur Schade who made our Seabeck ARE Retreat happen.

A.R.E. members throughout Vancouver, Seattle, and Portland, honour the leadership and zeal that Art and Ginger Schade contributed to the planning of the Seabeck retreat during the first 46 years until their deaths in 2011. From the beginning Art fostered the community fellowship that exists at Seabeck today. Early on, he initiated a review of the youth cabins to see which was the neatest. Arthur involved parents in conducting the impartial review. He frequently rewarded the tidy winners with a watermelon party! This morning check-up earned him the nickname of "Sarge," a title that he truly relished.

Seabeck Conference Center consists of 90 acres with sweeping views of the Hood Canal and the Olympic Mountains. Reminiscent of a small village, its paths meander past an historic inn with its huge and very popular dining hall, period houses-turned-dorms, a schoolhouse that serves as a meeting hall, a lagoon, manicured lawns, orchards, and wooded trails. Seabeck's amazing staff is celebrating the Conference Center's 100th Anniversary in 2015, which will

certainly add to the festivities of our own 50th Anniversary celebrations.

By 1975, attendance at the annual A.R.E. summer program had grown to 250 with many Canadians attending regularly. Cayce-oriented teams from Vancouver B.C., Seattle WA., and Portland OR., form a Seabeck Planning Team that meets several times each year to plan the children's program, arrange for book and Cayce remedy sales, camp meditation and grace leaders, to plan workshops and to make sure other volunteer opportunities are filled as needed.

Some who attended Seabeck as youngsters now bring their own children -- and a few now bring grandchildren. However, one Vancouver, B.C. family deserves special recognition. In 1974, Fiesta deVries brought her children to Seabeck and they have returned every year since, now bringing their own families. In 2014 a large and happy group of deVries gathered together at every meal in the dining room. Fiesta's son Jorian, his wife, Marnie, and his sister Karli deVries Shih are members of the Seabeck A.R.E. planning team and are indispensable as coordinators of the Summer Seabeck Youth Program.



Feista deVries, (3rd from right) surrounded by her children, grandchildren, and friends, singing "O Canada" in the dining room at Seabeck, July 1, 2014.

The 2015 Summer Seabeck Planning Team is hosting the 50th Annual Edgar Cayce's A.R.E. Summer Retreat and Family Camp June 23rd to June 28th 2015. We are very pleased to announce that John Van Auken will represent A.R.E.'s Virginia Beach Headquarters, as our featured speaker, helping us celebrate fifty years of Edgar Cayce programs at Seabeck Conference Centre. Special events are being planned to honour those long-term members and friends who have attended and supported the work of Edgar Cayce at Seabeck for many years.

For more information about the 2015 program, contact William or Judith Munns, juwilmunns@shaw.ca, or call 250-753-2110. To register, call A.R.E. in Virginia Beach, VA: 1-800-333-4499. ✓

Feng Shui (Continued from page 11)

who have integrated the knowing of Oneness, all of mankind. In reading 2780-3 Cayce asks, "...Who is thy brother? Whoever, wherever he is, that bears the imprint of the Maker in the earth, be he black, white, gray or grizzled...All that are in the earth today are thy brothers..."

The Helpful People Gua is about giving and receiving in our lives. "There may be opportunities for thee, not only to help others, but to be helped by others." (Cayce 5259-1). Our lives would be very difficult without helpful people as clients, friends, mentors, and guardian angels. Edgar Cayce says about being helpful: "In this then be joyous that thou art counted as worthy to be a channel of blessing to many..." (Cayce 262-85).

Balancing Helpful People is the Abundance Gua which is many things. All the blessings of our lives can be acknowledged in this gua; abundance is also about gratitude.

Cayce says in reading 520-2 "...choose as self would see. Not that as will bring for just the money, but that that will bring into the lives of individuals that which may help physically, mentally, the soul, the development of many."

The Ming Tang or area of Health is in the centre of our homes, connects the eight guas and is the area of unity and balance. The teaching is that when all guas are in balance we experience good physical, mental, spiritual and emotional health. Edgar Cayce talks about the need to nourish each

aspect of the self in reading 3541-1: "... know that each phase of thy experience - mind, body, soul - needs to be cultivated." The Ming Tang is symbolized by the element earth, represented by yellow. Cayce says in the book *Auras*, "When it is golden yellow it indicates health and well-being..."



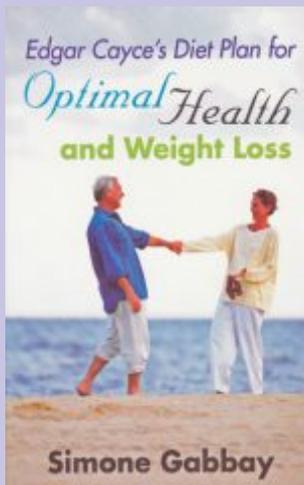
In Feng Shui colour is of major importance to use in raising or healing the vibration of an environment. Says Cayce in reading 4501-1 "...the body mentally - and the body in its nerve reaction - would respond as quickly to colour forces as it would to medicinal properties..."

Using Feng Shui principles we can create homes of beauty, of peace, joy and harmony. Cayce says in reading 480-20, "In establishing the home, make it...where all who enter there may feel, may experience by the very vibrations that are set up by each in the sacredness of the home, a helpfulness ... a haven for the bodies and minds ...for all... Make thine home thine abode where an angel would desire to visit". I love this. ✓



Edgar Cayce's Diet Plan for Optimal Health and Weight Loss

Order from
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Every day, men and women the world over spend thousands of dollars on weight-loss programs. Most will fail within a year. Simone Gabbay has written a revolutionary book that gives you the tools to lose excess weight and achieve total wellness. Based on the medically tested work of the "father of holistic medicine," Edgar Cayce, coupled with proven nutritional facts, Gabbay lays out effective principles and tips for healthy eating,

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- April 8 • Achieving Higher States of Consciousness Using Ancient Mayan, Toltec, and Aztec Concepts
May 5 John Van Auken
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May 19 Raye Mathis
- April 22 • A Search for God, Book One, Lesson 7-12
June 2 David McMillin
- May 6 • Past Lives: Discovering Your Past, Unlock Your Future • Nancy Eubel
June 16
- May 20 • Becoming a Reader of Hearts: Discovering the Spiritual Power of Psychic-Intuition • Darrin Owens
June 16
- June 3 • The Spiritual Application of Self-Hypnosis
June 30 Henry Reed
- June 17 • Co-Creating Your Life Using Whole Brain Thinking
July 14 Mitzi Crall

EdgarCayce.org/egroups

Register at edgarcayce.org/egroups or call 800.428.1512

*Reorganizational Healing
The Evolution of Cayce's
Holistic Healing*



Tuesday,
April 14, 2015
7 p.m.

with Dr. Nick Bianchi, B.Sc., D.C.

Edgar Cayce, the father of holistic healing introduced the interplay of Mind-Body-Spirit. From this point, where do we, as an advancing culture, go next? In 2009, a new paradigm in healing was introduced called **Reorganizational Healing** which encompasses both diagnosis and treatment paradigms. This is a remarkable evolution of the ever-enlarging bubble of our understanding of ourselves, our world and our Universe.

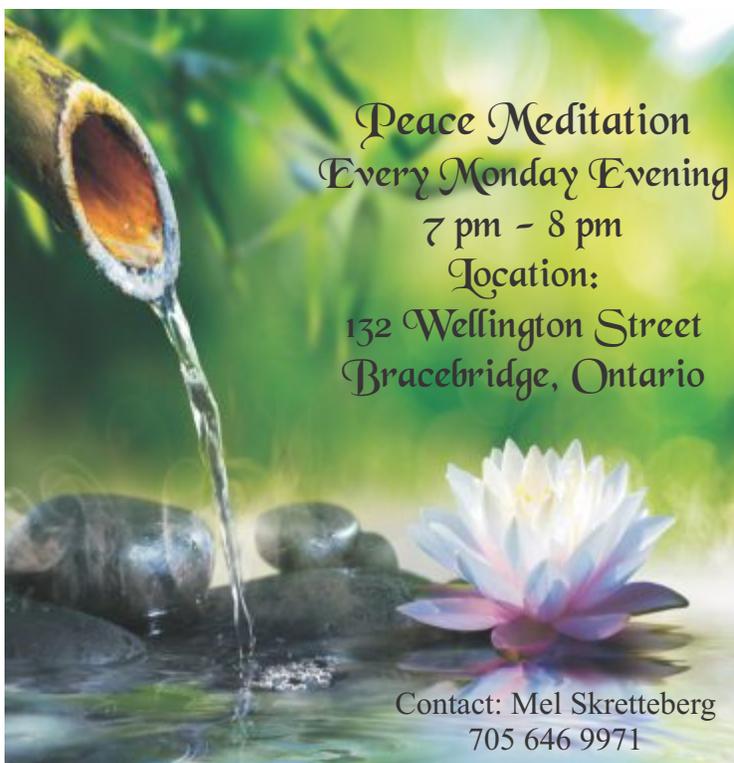
We all stand on the shoulders of the giants who came before us. Cayce was indeed a giant in healing and it is with this legacy that we move the ball forward into greater and greater awareness.

If you are ready for more, to open up your understanding to a new level, to add to your toolbox for personal growth, development and healing, then this is the workshop for you.

**Location: Bracebridge
Chiropractic & Wellness Clinic
132 Wellington Street, Bracebridge, ON
Registration: \$20.00 at the door**

**For more information
Phone: 705 645 9544**

Co-sponsored by Edgar Cayce Canada



*Peace Meditation
Every Monday Evening
7 pm - 8 pm
Location:
132 Wellington Street
Bracebridge, Ontario*

Contact: Mel Skretteberg
705 646 9971



Your small gift
can help us
G R O W!

If you feel that the Cayce work has enriched your life and you would like to help get the message out to other Canadians then we would ask you to consider a small gift to help us to make that happen.

Send to: Edgar Cayce Canada
505 Highway 118 West, Suite 155
Bracebridge, On. P1L 2G7

Thoughts

By Harvey Green, LLC Kailua, HI



Youth is a precious gift, a time of wonders, given to us to experience and not to rush through. Let us prefer the child within each of us and allow it time to celebrate its innocence.

Miracles are natural phenomena that bridge cause and effect beyond the confines of time and space. Love is the greatest miracle of all.

Manipulative behaviour is the response of the fearful while acts of inspiration are the response of the faithful. How will we respond to the world around us today?

Whatever our ideal, it is a direction and not a destination. We are either living it or we are not. Everything we do, large and small, should express a portion of our ideal or why do it at all?

We are bent low under the weight of what we conceal. The beauty of transparency can be found in its weightlessness. Let us soar like eagles upon the wings of openness and candor.

While ends are the reward the heart does desire, Means are the actions the soul does require.

A dedication to excellence should fill our day, For we make miracles of our acts this very way.

Life is lived; the living it's a means not an end So choose carefully, wisely and boldly, dear friend.

Harvey Green, LLC is a long time student of the Cayce material and former chair of the Association for Research and Enlightenment (ARE) Board of Trustees.

He can be reached at hgreen1040@hawaii.rr.com

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Learn, Grow, Teach

By Karrie Eardley-Bertram, Barrie, ON

We each understand that we are here to learn, to grow and to teach; unfortunately, history and experience have shown us we only learn our lessons in overcoming hardships.

It was Cayce's own inability to speak that forced him to give himself multiple readings, leading him to understand that many illnesses are psychosomatic; **our thoughts and emotions literally effect our health and wellbeing.**

Edgar Cayce also asserted many of his sitters illnesses originated from their past lifetimes; as a past life regression facilitator, I too, have found that with many of my clients. For example, a lady that could never satisfy her hunger in this lifetime had died of starvation in a previous existence; another (unknowingly) binge ate each night—discovered with me that she had died of an accidental poisoning and desperately ate, that fateful night, to try and relieve herself of the pain. With each of them, the re-experiencing of it, released the trauma and the issue dissolved.

Cayce told us, "Fear ... is not well for a general physical condition of the body" (Cayce 5233-1) and, "Anger causes poisons to be secreted by the gland. Joy has the opposite effect (Cayce 281-54).

Do you have a habit of dropping into fear? You can use hypnosis to kickstart and maintain the process of changing that habit, choosing something more beneficial for yourself instead, but there are many other ways. Cayce was asked, "How can I overcome fear of advancing old age and being alone? He responded, "By going out and doing something for somebody else! That is, those not able to do for themselves - making others happy, forgetting self entirely." (Cayce 5226-1)

So as you examine your life, **are there ways that you can make others happy and literally lose yourself in an act of service?**

Cayce's readings advise us not to eat or drink when feeling worried, tired or angry; self-medicating with alcohol or food simply makes things worse, "Never think that either worry or madness may be drowned in drink or in overfeeding the stomach; for those bring distresses to the body." (Cayce 4124-1). Increasing our daily balance creates more joy, peace and health, "If there are good eliminations daily, sufficient exercise - physical, mental and spiritual - and an even balance or ordonant activity kept, we may live a full life expectancy (Cayce 5233-1)

Our beliefs and attitudes are more important than the actualities of any situation, "One may be free indeed in thought, though the body may be bound in chains; and be much more free than those who are chained by their own consciousness..." (Cayce 1669-1)

We can each use the power of our mind to change our reality. Hypnosis can be used to change our belief systems; with this tool we are able to let go of old habits and beliefs that are no longer serving us and we are able to integrate new beliefs deep into the subconscious mind. Past life regression is another powerful tool that allows us to journey back to a previous lifetime's trauma; this sacred journeying helps our cell memory understand that the trauma isn't from this lifetime, and it often creates a spontaneous releasing which can be enhanced with a more formal healing towards the end of the session.

Mahatma Gandhi famously said, "**Be the change that you wish to see in the world.**" Similarly, Edgar Cayce shared that we need to BE love to attract love in our life, "...the harmony and peace must be within SELF first, if it is to be between one another. This ye know - ye will never find harmony by finding fault with what the other does." (Cayce 2811-3)

None of us are expected to be perfect, yet many of us regularly beat ourselves up for making mistakes! When you make mistakes, remember this is a journey of growth and you don't need to demand perfection. If you chose to learn from your error, to forgive yourself and move on, it is a very powerful tool for spiritual growth; Cayce cited King David as an example of a 'man after God's own heart', he



Past Lives



We are all eternal spiritual beings having a human experience. Before we came to earth, we chose our challenges to help us to learn, to grow and to teach others. I offer myself as a channel of healing to assist you in your path to wholeness.

Karrie Eardley-Bertram BSc MHT
Master of Hypnosis, Spiritualist Medium
Transpersonal Counsellor, Spiritual Guidance

Call /Text : (705) 715. 5962
Email: karrie@interwovensouls.ca



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Available in Barrie & Toronto

Continued on page 31

made mistakes but, “he was sorry, and not guilty of the same offence twice!” (Cayce 5753-2)

The Abraham channellings suggest that our emotions are our signposts, and when we are happy, we can know we are on the right path; similarly Edgar Cayce emphasized we have a right path, a larger purpose to fulfil; he often used the terminology, “soul growth,” meaning to embody the will of God on earth, the purpose for which we incarnate. He stated that many people feel their free will is in opposition to the will of God, but asserted that “... his real will is the will of God, and its practice is happiness and heaven.” (Cayce 2537) It is important to remember that your passions are the urges of your soul and your signpost to do the work of the Divine, “...it is not by chance that each entity enters, but that the entity-as a part of the whole- may fill that place which no other soul may fill so well.” (Cayce 2533-1)

Remember you are unique, you have a special gift. In the immortal words of Martin Luther King Jr., “If a man is called to be a street sweeper, he should sweep streets even as a Michaelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, ‘Here lived a great street sweeper who did his job well.’” ✓

Karrie has been practising Past Life Regression and Hypnotherapy for a decade and has held several Past Life group sessions for adults and children at the ECC Annual Conference in Kingston. Karrie has been a member of Edgar Cayce Canada for many years. She also offers Transpersonal Counselling and Mediumship Readings from both Barrie and Toronto, Ontario.

She may be reached by email at karrie@interwovensouls.ca



And who could question here the purpose of this entity? (Cayce 3395-1)

Her good spirits continued to sustain her. In confirming her appointment for her second reading, she wrote about the progress she was making in her spiritual life, mentioning the influence in 1939 of Glenn Clark (founder of Camps Farthest Out and spiritual writer). “... all along I thought I was being a Christian but I didn't have the enthusiasm nor inner life that I have now. If I had all along had this, I'm sure I would not have the wrecked body I have now. But we can only go on from the place where we are...” (Cayce 3395-1, Report #1)

She retained an interest in her spiritual progress, desiring to know what changes she needed to make in her thinking and living habits. Answering a questionnaire from Hugh Lynn Cayce in 1947, she admitted to not being persistent enough in carrying out the direction from her reading. She felt that because her arthritis was of such long duration her progress to heal it was slow, so she had stopped trying. However, when she paced herself and rested

from time to time, it didn't really bother her too much.

Cayce gave her a broad perspective to contemplate in this succinct comment from her physical reading: “For the soul-purpose is set in the oneness of Creative Forces. Here we will find for this body that to attune body to mind, to purpose, would be the correct manner in which to attune all to a cooperative body-building influence.” (Cayce 3395-1)

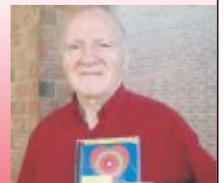
Karma is a great equalizer; through karma we are kept in balance—like the scales of justice. A reminder: the misapplication of the breaking of a law has consequences, which eventually must be worked out and met. Whether or not it becomes important or even necessary to pinpoint the origin of our illness, we can still benefit from the suggestions and encouragement found in the Cayce readings to attune our body to its spiritual source, to work on ourselves at all levels—physical applications, positive attitudinal changes, and a regular practice of prayer and meditation. This combination can help bring about the needed and life-affirming healing in our present lifetime. ✓

Elaine Hruska is a therapist at the ARE Houston Spa and former teacher at the Cayce/Reilly School of Massage. She is the author of “Edgar Cayce's Quick & Easy Remedies: A Holistic Guide to Healing Packs, Poultices and Other Homemade Remedies.” To purchase this book call: 1 800 333 4499 or ARECatalog.com.

Richard Martin Passes Over

Edgar Cayce Canada was sad to learn of Richard Martin's passing earlier this year. Richard was a familiar face at most of the events in Ontario and did extensive research in “Sacred Sounds,” creating several Cd's of profound meditation aids. He will be sadly missed by all who knew him. He was a dedicated student of the Cayce material and was known to ‘walk the talk’. Over the years he did many workshops at events, wrote great articles for this publication and was always available for personal coaching.

God bless you Richard on this new leg of your spiritual journey.



Edgar Cayce Events in Canada

Edgar Cayce Canada's Annual Fall Symposium was held in Ottawa during 2014. This was a new location for the Fall event and was very successful with Sidney Kirkpatrick regaling the crowd with wonderful facts and figures regarding Edgar Cayce. Sidney is the author of "*Edgar Cayce the American Prophet*" and his knowledge of the great man is amazing. He has also developed an *Aura Scope* following the directions in the Cayce readings and its demonstration was very well received.



Using the "Aurascope," based on the Cayce Readings to allow a viewer to see another person's aura.



The Annual January Meditation Retreat was held at Ancaster, ON and as typical was a sell out. The theme this year was *Gratitude* and the keynote speaker was Evelyn MacKay. A great time was had by all with various talks, workshops, fun and wonderful comradery with like-minded souls.



Pictures courtesy of Pat Mauro, London, ON



Shopping in the "bookstore"

Gong used during Tibetan Singing Bowls Workshop



Saturday night social/skit



Drumming Ceremony on Sunday morning

Upcoming Event

Plan to Attend the **CANADIAN FELLOWSHIP CONFERENCE**

with keynote speaker
Gregg Unterberger

May 22-24, 2015

Edgar Cayce on

Exploring the

Mysteries of the Mind

As well, your choice from several workshops being offered by volunteer presenters, and much more!

**THIS YEAR'S CONFERENCE WILL
ALSO BE RE-INTRODUCING
THE YOUTH PROGRAM**

with

Elizabeth Hornseth of Calgary, AB.

Special pricing arrangements are being offered for youth 12 to 21 that are still full time in school. Youth under the age of 18 must have a parent/guardian registered at the conference.

A new leader!

A new program!

A fun time learning the Cayce concepts while you play!

For more info about the Youth program and Elizabeth Hornseth

Contact: Lori Jensen
coach4u@telus.net
403 271 6046

For more info about the adult program and Greg Unterberger

Contact: Laurie Oliver
laurieoliver@rogers.com
613 824 8414

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Edgar Cayce Events in Canada

9^{ième} Weekend de L'Éveil Créatif
Parrainer par Robert Johnstone et son équipe
Groupe Francophone et Anglophone

LE 3-4-5 OCTOBRE 2014 dernier à CHÂTEAUGUAY, ÎLE ST-BERNARD, QC...avait lieu la rencontre d'un groupe homogène et fantastique à tous les niveaux humains et énergétiques.

Tous de nouveau ...ont apprécié le savoir et la participation de nos conférenciers (ères) et la persévérance de Robert Johnstone qui depuis 9 années consécutives a réuni les gens, afin de leur faire connaître la vie et la pensée d'Edgar Cayce par l'intermédiaire de différentes thérapies.

Irish Sullivan nous a fait comprendre l'essence de devenir son propre créateur avec des exercices précis et faciles. Diane Brisson nous a fait dessiner pour expliquer l'art thérapie et les émotions. Nous avons médité avec Ginette Séguin et Francine Charron. Gilles Rousseau nous a parlé d'autohypnose et nous a donné avec Ginette un merveilleux concert de bol de cristal. Et pour terminer l'exercice du Papillon fait par Bob Johnstone est toujours aussi aimé et apprécié des participants.

Ce fut un weekend rempli de tendresse et d'amitié.
Merci à Tous.

Par Francine L Charron www.ateliercayceusui.com

9th Creative Awakening Weekend

The 9th Creative Awakening Weekend was again held successfully from October 3rd to the 5th, 2014 at Manoir d'Youville, 498 boul. d'Youville, Ile St Bernard, Chateaugay, QC.

The main purpose of this weekend was to introduce the Cayce Legacy. The weekend was an opportunity for folks

that have a Spiritual gift to share and present themselves so others will learn. It is not necessary to "teach" anyone anything...but sharing within a loving, nurturing atmosphere benefits all.

Although the number of attendees was down, the fellowship and soul connections were at their highest. Everyone left with a feeling of looking forward to next year's retreat.

We are planning to continue to hold a Creative Awakening Weekend and it will be on October 2,3, 4, 2015. Mark your calendars and plan on joining us. The cost is very reasonable and I guarantee you will find yourself sharing with others of like mind. The weekend provides an opportunity to learn to love and appreciate your life, learn to meditate, learn about past lives, work with your dreams, spend time with those of like mind and obtain information on study group work and prayer groups.

The committee would love to have you join us as a volunteer to make this weekend a huge success.

With Blessings, Rev. Robert Johnstone

By Rev. Robert Johnstone and Nancy Thomas



Plan on attending the unique
YOUTH AND ADULT OUTDOOR RETREAT
July 31 to August 3, 2015

Experience the Cayce concepts in this beautiful natural setting in central Ontario just outside of Orangeville.

A great program is being planned with exceptional speakers, drumming, hiking, sports/games, "hands-on" learning sessions for the young and young at heart, camp fires, and much, much more.

For more info: Erika Allen 905 726 9043 erwassif@gmail.com



Events Across Canada

British Columbia

Comox Valley- Meeting Monthly
Metaphysical Explorations Group
Contact: Anjali or Norman Thomas 250 338 1690

Nanaimo - 1st and 3rd Thursdays
Nanaimo Metaphysical Network
Various Speakers - Schedule available
Contact: William or Judith Munns 250 753 2110
www.nanaimometaphysicalnetwork.org

Burnaby - Monthly
Spiritual Movie Nights
Marty Ozols 604 290 5366
Systemagic@Sytemagicmotives.com

Ontario

Listowel - April 25, 2015
K-W Area Team presents
Keynote Speaker: Irish Sullivan
**Topic: Access and Activate Your
Optimum Energy Potential**
Contact: Nancy Thomas 519 696 3202
fstnat1@gmail.com

Kingston - May 22 -24, 2015
Annual Canadian Fellowship Conference
Keynote Speaker: Gregg Unterberger
Topic: Exploring the Mystery of the Mind
Contact: toll free 1-866-322-8209 ext 715
laurieoliver@rogers.com

Mono/ Orangeville - July 31- August 3, 2015
Youth and Adult Outdoor Retreat
Contact: Erika Allen 905 726 9043
erwassif@gmail.com

Quebec

Chateauguay - October 2- 4, 2015
Creative Spiritual Awakening Weekend
Workshops in both French and English
English Contact: Rev. Bob Johnstone
438 807 3647 madisonrj2004@yahoo.ca
French Contact: Francine Charron
450 504 2823 Francine_charron@hotmail.com

Nova Scotia

Halifax - July 17-19, 2015
Atlantic Fellowship Conference
St. Mary's University
Keynote Speaker: Alicja Aratyn
Topic: Sacred Vibrations - Going Beyond the White Light
Contact: Gary Smith 902 543 9513
gbsmith@eastlink.ca
www.atlanticfellowshipconference.com

The K-W Area Team
Presents a day-long workshop

Saturday, April 25, 2015
Location: Listowel, Ontario

*Access and Activate
Your Optimum Energy Potential*



with Irish Sullivan

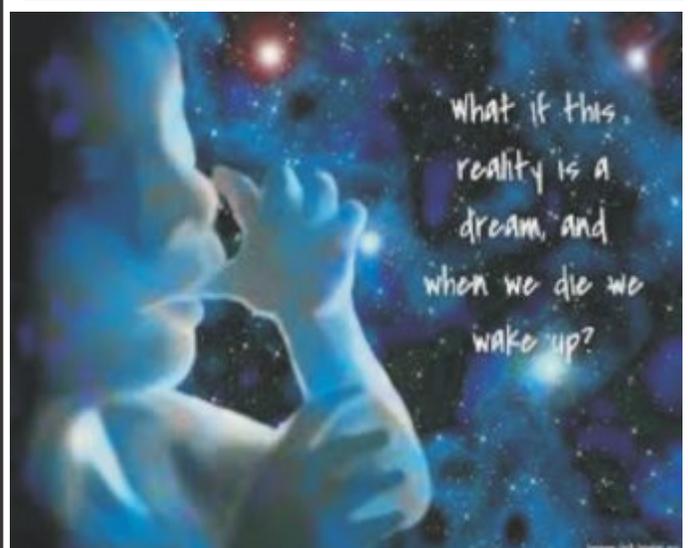
*To register and for more info:
Nancy Thomas, 519-696-3202
fstnat1@gmail.com*

Watch For

Toronto Area Winter Meditation Retreat
March 4 - 6, 2016

Location:
Queen of Apostles Retreat Centre,
Mississauga, ON

Contact: Nancy Thomas 519 696 3202
Or email fstnat1@gmail.com



10th Annual Creative Spiritual Awakening Weekend

Chateauguay, Quebec
October 2 - 4, 2015



Facilitator: Rev. Bob Johnstone

Workshops and Fellowship In French and English

Contact: Rev. Bob Johnstone
438 807 3647

madisonrj2004@yahoo.ca
Francine Charron

450 504 2823

francine_charron@hotmail.com

The Canadian Fellowship Conference Youth Program



May 22nd - 24th, 2015
Kingston, ON

The Youth program at CFC this year will be held with a new youth leader. Edgar Cayce Canada wishes to welcome Elizabeth Hornseth of Calgary, Alberta to the position of CFC Youth Program Coordinator.

Elizabeth is a spiritually grounded, enthusiastic young lady who is dedicated to helping youth in a creative, supportive, and conscientious learning environment. She comes to the program with new age ideas and old-soul wisdom combined with education and experience to make her a valuable member of our team.

Elizabeth has university degrees specializing in Education, and several years of experience as a youth leader. Her mission has lead her to the duties of a Sunday school teacher, camp counsellor, teacher's aide, tutor, and working with 'high needs' youth. Having a life long association with both the

ARE and ECC, she has a keen understanding of the Cayce material.

Perhaps Elizabeth's greatest gift is her unconditional heart and anchored faith in Christian centered principles.

ECC in conjunction with the ECC Youth Advisory Committee, look forward to providing an exciting format for the CFC Youth Program for 2015.

For more information please contact:
elizabeth.hornseth@gmail.com
or Lori Jensen at:
coach4u@telus.net.



Edgar Cayce Canada

Wishes to send a Great Big Thank You
to our donors, whom without, this work would not be possible in Canada.
Many thanks and God bless you all.

Edgar Cayce on
Exploring
the Mysteries of the Mind



with

Gregg Unterberger, M.Ed., LPC
International Speaker and Author

May 22 - 24, 2015

at the 32nd Annual
Canadian Fellowship Conference
St. Lawrence College, Kingston, Ontario

- **Discover Your Destiny: A Mystical Vision of Your Future**
- **Uncovering Your Past Lives through Regression**
- **The New Spiritual Technologies: Mystical States on Demand**
- **All is Revealed: Gregg Answers Your Questions**
- **Spiritual Activation: Hardwiring Your Brain to God**



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