



The Open Road

The Magazine of Edgar Cayce Canada

Issue 56 - Spring 2014

Pennies from Heaven

The Holographic Universe

Are You a Healer?

Know that the power of thyself is very limited.
The power of Creative Force is unlimited. (Cayce 2981)





The Open Road

The magazine of Edgar Cayce Canada

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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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5 Forever in Touch - Pennies from Heaven

By Darlene Bodnar

6 Were You an Atlantean Pilot

By John Van Auken

8 Beyond Road Rage

By Robyn Marie Butt

9 On the Healing Path

By Jeanne Harvey

10 Letting Go

By Christina Knighton

12 The Holographic Universe

By Julien Meagher

16 Ma vie aux côtés d'un maître

Par Jeanne Harvey

18 Healing with Sound

By Simone Gabbay

19 A Life of Service - Why I Serve

By Toni Romano

20 Are You a Healer?

By Karrie Eardley-Bertam

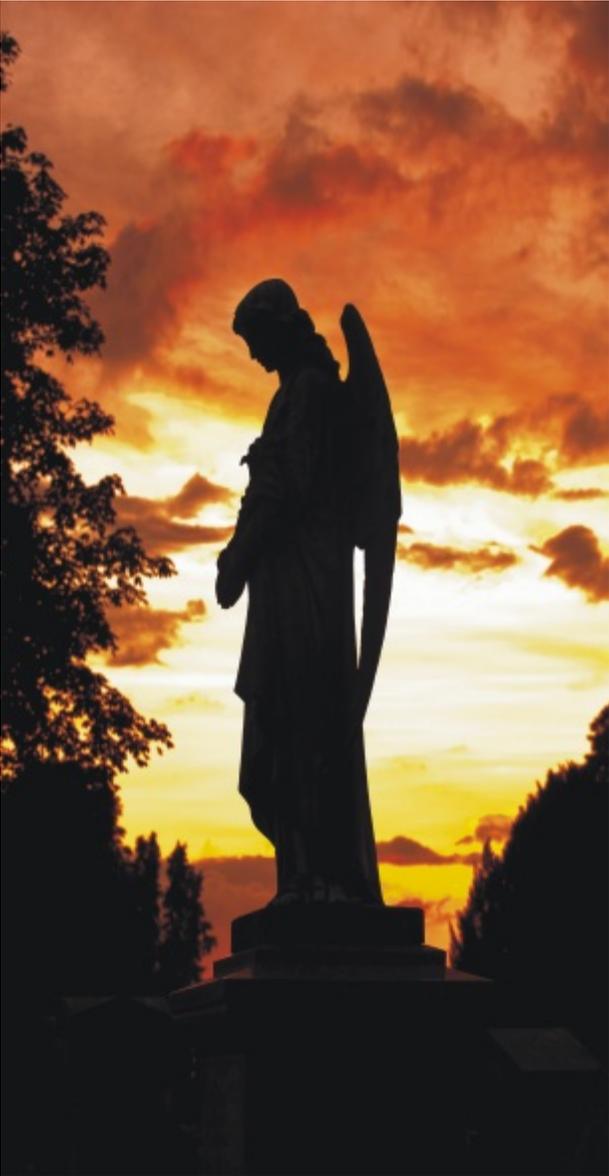
21 An Insight Gleaned

By Evelyn MacKay

24 Intuition or Imagination?

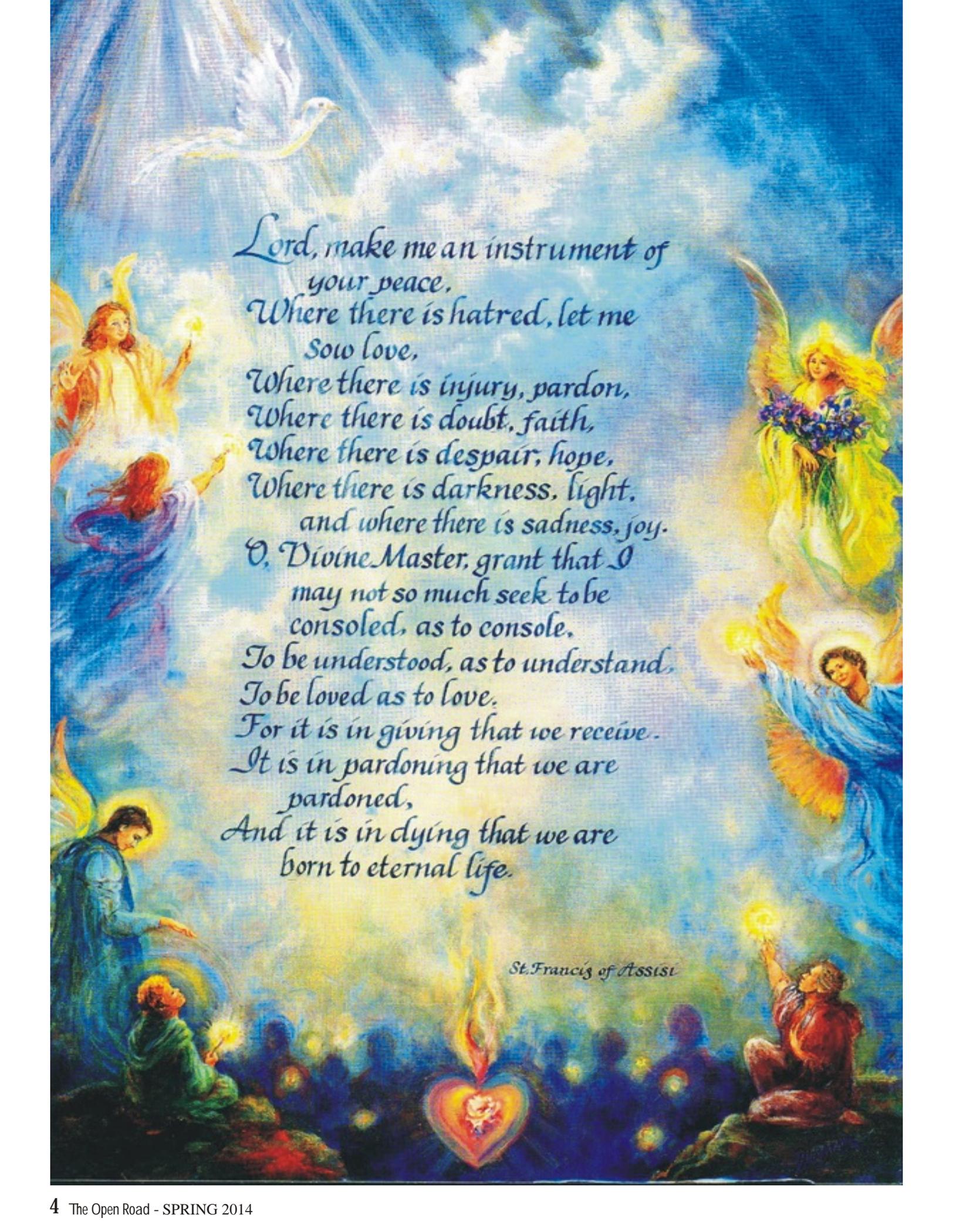
By Douglas James Cottrell

From the President's Desk	17
ECC News	17
Events Across Canada	30
Events in Ontario	11



"...Always the face of the guide or guard to each soul in its walks in the earth has its angel, its gnome, its face before the Throne of that which is the First Cause, the Creative Influence, God. And these are always ready to guide, to guard, if the soul will but put itself in the position in material things to be guided by spiritual truth." (Cayce 531-2)

"For He shall give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone."
(Psalm 91:11-12)



*Lord, make me an instrument of
your peace,
Where there is hatred, let me
sow love,
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light,
and where there is sadness, joy.
O, Divine Master, grant that I
may not so much seek to be
consoled, as to console,
To be understood, as to understand,
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are
pardoned,
And it is in dying that we are
born to eternal life.*

St. Francis of Assisi

Forever In Touch

Pennies From Heaven

By Darlene Bodnar, Brighton, Colorado



Darlene Bodnar, was married to her dear husband Bob for 48 years. Bob passed over suddenly of a heart attack in 2008. Darlene has been a member of a study group for 45 years. Darlene served on the Board of Trustees for the Association for Research and Enlightenment (ARE) 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 and has travelled extensively in many parts of the world which included backpacking with her daughter to South East Asia, India and Nepal, as well as, parts of South America.

“For those who have met Darlene you will recognize her smile and genuine love of her many friends and family. She works with the Cayce concepts daily in her life. She truly walks the talk.”
(Quote: Nancy Thomas, Bright, ON)



I have heard that wonderful saying, “pennies from heaven,” since I was a little girl growing up in a family full of love—and during the depression of the 1940’s. I was always fascinated with the concept of that communication from those who had passed to the other side. Could it actually be possible they could send us signs and assurance that they were okay? Could it be possible they could watch over us and protect and guide us? Little did I know how much I would grow to love and believe that perception and the comfort and hope it would bring me in later years.

Randy, my beloved nephew, was a pure delight to the heart, always loving, caring, and there for anyone in need. He and I had a special closeness, one we both enjoyed to the fullest, one I treasured. He was a brilliant young man who had graduated from Colorado State University in Chemical Engineering and was awarded a full fellowship to Massachusetts Institute of Technology (MIT) for his doctorate. I was able to attend the defence of his research, along with his mother and family. Although it was way over my head, I was as proud as I could possibly be. When his defence was over, we all went into a room to await the decision of the committee for his PhD. We waited quite a long time, and Randy was becoming anxious. He told us that it didn’t usually take this long. Then the committee of professors came out, shook his hand, and congratulated him on his being awarded the doctorate degree. The delay was a result of the Engineering Department and the Science Department wanting to each claim the research. We were ecstatic, to be sure.

Randy went to work for Sandia Labs in Albuquerque, New Mexico, as a research scientist and loved his work. Our entire family was full of pride and hope for his career. One night I was home talking on the phone with my husband’s aunt, and she was telling me of the death of her sister. I was very concerned. When I hung up, I didn’t usually ever check my phone messages, but something just told me to check them. I had a message from my sister, Nancy (Randy’s mother), saying she had received a call that they had found Randy dead in his

Albuquerque home. I was shocked. I called Nancy immediately, and my husband and I went to their home at once, which was approximately forty miles away from Denver. As it turned out, Randy had died, home alone. An autopsy and tests were being done. WE WERE DEVASTATED!

As time went on, my husband and I were finding pennies everywhere, in our home, our car, on the street, in restaurants, etc. It was phenomenal. We talked about it a lot and both agreed that it was a sign from Randy—*pennies from heaven*. We blessed each penny that came our way. This lasted for approximately a year after Randy’s death.

Randy’s death occurred in 1999. Time went on, and we adjusted. Then in 2008, my beloved husband, Bob, passed away very suddenly. He had a heart attack while we were camping at high altitude in our beautiful Rocky Mountains. This was such a shock to us as he did not have any history of heart problems. At the hospital they attempted to put in a stent to bring normal heart rhythm but said it was far too complicated for that. He underwent an 8-hour bypass operation. I remember sitting in the waiting room and receiving reports every two hours. Everything seemed to be going well. Then they came in to tell us there were complications because Bob had developed pulmonary edema. They completed the operation and took him to the ICU unit. They were unable to get him oxygenated. At one point they said things were better but we were still not out of the woods. At 11:00 p.m. my dearly loved Bob passed away four hours after surgery. I was totally non-functional. How could this have happened? I felt as though I was cut in two. We had 48 years of a wonderful, loving marriage. I never, for a minute, thought we would not have our 50th anniversary. The grieving process has been indescribable.

But then came my *pennies from heaven*, everywhere. I would find them on my carpet at home. I would step into my car, and there would be a penny on the seat. I would get out of the car, and there would be a penny on the ground. I went to McDonald’s, and there was a penny on the seat. I would be at a friend’s home, and there would be a penny in my chair. I

Continued on page 27



(Above image found on ceiling beam of a 3000 year old New Kingdom Temple, located several hundred miles south of Cairo, Egypt)

Were You An Atlantean Pilot?

By John Van Auken, Director, Association for Research and Enlightenment (Reprint from ARE Newsletter, with permission)

You may rightly ask what kind of question is this, given that flight was discovered in 1903 by Orville and Wilbur Wright at Kitty Hawk, North Carolina, right? Nay, nay not according to Edgar Cayce's readings and literally hundreds of ancient documents that can only be described as flight manuals! Evidence of ancient flight is found in archeological artifacts around the globe—Indian, Chaldean, Babylonian, Egyptian, Mayan, Incan, South American, and Asian. Let's explore these.

Ancient India Flight

Some of the most ancient literature on flying vehicles is found in India. In the classic epic poem Ramayana—comparable to Homer's Iliad and Odyssey—flying ships are a natural part of the story. Dating the origin of Ramayana is difficult; most scholars have dated it to around 1500 BC. Three types of flying vehicles appear in this Indian classic.

The first is called a "Puspaka car." It is described as resembling the Sun and belonging to Rama's brother Raghira, who purchased it from the powerful Lord Ravan. It is an aerial car that goes "everywhere one wills it to go." It is said to resemble a bright cloud in the sky. Here's a passage: "King Rama got in, and the excellent car at the command of Raghira, rose up into the higher atmosphere."

The other flying machine is called vimana, one of the most common terms used in ancient Indian texts. A vimana

is described in the Ramayana as a "double-deck, cylindrical aircraft with portholes and a dome." (see ill.). It is said to fly at the speed of the wind and had a melodious sound as it flew.

The third Indian aircraft is described as looking "like a great bird with a durable and well-formed body having mercury heated by fire underneath it. It had two resplendent wings, and is propelled by air (see ill.). It flies in the atmospheric regions for great distances and carries several people." According to King Bhoja, the inside construction resembles "heaven created by Rahma himself," (Chapter 31 in Samarangana Sutradhara, literally, "Battlefield Commander.") King Bhoja wrote this in the 11th century AD, but he claims his knowledge was based on Hindu manuscripts that were considered to be ancient in his time. King Bhoja writes, "By means of the power latent in the mercury which sets the driving whirlwind in motion, a man sitting inside may travel a great distance in the sky."

The ancient Indian literature contains many varied forms of aerial acrobatics, such as Dayana (fly), Uddayana (flying up), Sundhara (beautiful flying), Kanda (cloud-like flying), Vyanda (quickly flying away), Karpostika (flying still or hovering), Smasrina mandala vartina (uniformly

turning).

Some Indian flying vehicles were said to be able to mount up to Surya mandala ("fly to the sun"), meaning the solar region—the planets! And still others could go to the Naksatra mandala ("fly to the stars"), which is the stellar region—the galaxy! Now we all know how impossible that is given that the stars are light years away from us—so what were the ancient Indians doing? Writing imaginative fiction? Or did they have something that has been long forgotten?



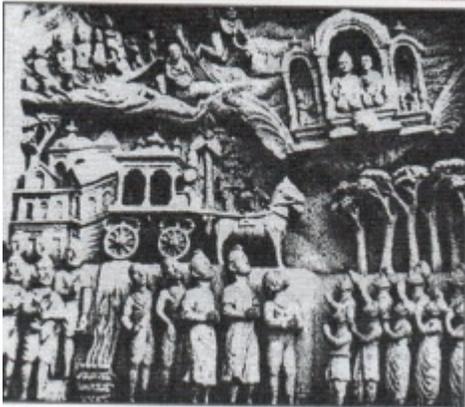
Double deck vimana

One of the palm leaf manuscripts found in India is the Amsu Bodhini (meaning something akin to "knowledge of the sun's rays"), which contains very detailed information about metallurgy, the origin of the universe, and the planets. The information on the planets is so detailed that only someone who actually travelled to them or sent flying machines to them could know such. The information includes the different kinds of light, heat, colour, and electromagnetic fields of the various planets, including Earth. And it also contains information about the methods used to construct machines capable of attracting solar rays and separating this energy into its components. It also includes instructions for the manufacture of machines to transport people to other planets. Amazingly, it details unknown

alloys that the ancients used to construct flying crafts, even ones that cannot be seen by the human eye.

Chaldean and Babylonian Flight

But Indian texts are not the only ancient texts to purport the knowledge and use of flight. In the ancient Chaldean work *The Sifrala* there are more than 100 pages of technical



Flying vimana on Ellora Caves carving

details on building a flying machine. It contains words that are best translated as “graphite rod,” “copper coils,” “crystal indicator,” “vibrating spheres,” “stable angles,” and the like. The *Hakatha* (Laws of the Babylonians) states: “The privilege of operating a flying machine is great. The knowledge of flight is among the most ancient of our inheritances. A gift from those from on high. We received it from them as a means of saving many lives.” Who were these beings from “on high?” Some quickly answer, Aliens! But the ancient literature, including the Bible and its book of Genesis, would indicate otherwise. Chapter six of Genesis clearly describes three types of beings on the earth in ancient times: humans, Nephilim, and the Sons of God. Edgar Cayce’s readings indicate that those were times when many souls were still so attuned to the Cosmic Forces as to be like gods or aliens to everyday humans.

Alexander the Great’s Journal of Attacks by Air

Around 326 BC Alexander the Great invaded India. To his surprise and the surprise of his men, they were initially repelled by an aerial attack of “flying fiery shields.” Is it possible that some Indians still possessed flying crafts as

late as this date? Whatever the case, the Indians were unable to sustain them and were ultimately defeated. (Apparently, they also did not possess their ancient bombs, or simply did not use them because of the horrible suffering that had resulted from their initial use.)

Ancient Chinese Flying “Birds”

Ancient Chinese books describe how a Chinese craftsman named Lu Ban created flying machines between 770-475 BC. In the ancient book *Hong Shu* are reports on how Lu Ban made a passenger plane. According to Youyang Zazu (essays from Youyang) of the Tang Dynasty, Lu Ban once worked in a place very far away from his hometown and he missed his wife so much that he made a “wooden bird” that flew like a kite. Lu Ban went home on the kite to meet his wife and returned to work in the faraway land the next day. (Now that’s love!)



Phoenician drachm, 4th century BC

Edgar Cayce’s Readings on Ancient Flight

Edgar Cayce explained that the strange passage of Ezekiel’s flying machine in the Bible was describing an Atlantean flying ship. Here’s that reading: “*Before that we find the entity was in the Atlantean land, during those periods particularly when there was the exodus from Atlantis owing to those activities which were bringing about the destructive forces. There we find the entity was among those who were not only what is now known as the Yucatan land, but also the Pyrenees and the Egyptian. For the manners of transportation, the manners of communication through the airships of that period were such as Ezekiel described at a much later date.*” (1859-1)

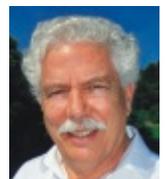
During Edgar Cayce’s deep trances, in which he was capable of connecting with the Akashic Records and the Universal Consciousness, he explained that ancient peoples were indeed, for a time, much more evolved technologically, possessing the legendary powers so often attributed to the Atlanteans, including flight through air and space. He also explained that they gradually lost this wisdom and ability as they became more self-centred and earthy. This wisdom and ability required one to maintain a oneness, an attunement with the Cosmic Forces. Cayce indicates that we are in a new era in which all the old attunement and powers will be coming back. The question of how we use these powers today remains to be seen. But so far, we are doing pretty well, having

avoided the expected nuclear war and stopped the arms race—a feat that once appeared impossible.

Consider that Cayce’s description of Atlantean flight was by psychic means first. This was because they were initially one with the Cosmos and Cosmic energy and dimensions and could therefore “transpose” themselves from part of the Universal to the other—body, mind and soul! As they became more physical and also more desperate for physical superiority, they developed high-tech machines that harnessed the radiation of the sun and stars by tuning crystals for driving the space, air and underwater flying machines. But as they lost even more awareness and became more physical they began to develop low-tech, nature-compatible physical devices to transport themselves. These were those pachyderm skins filled with gases.

It’s important to keep in mind that Cayce saw all of us as reincarnated souls from those ancient times. Therefore, the wisdom of flight is latent within us and within the collective human consciousness. Flight to the stars may come faster than we currently imagine because once the understanding comes through the veil separating deeper from daily consciousness, we could be building and flying farther than we ever imagined. When asked if we would ever travel through space at the speed of light, Cayce replied that we’d be travelling at the speed of thought—the only speed capable of traversing the distances in space. Our great breakthrough may not be a new alloy or composite, but a new level of consciousness.√

JOHN VAN AUKEN is a director at the A.R.E and one of the organization’s most popular speakers. He leads tours to sacred sites around the world. His latest book is 2038: The Great Pyramid Timeline Prophecy available at Edgar Cayce Canada’s The Higher Shelf, toll free 1-866-322-8209 ext 2.



Beyond Road Rage

With Robyn-Marie Butt, Woodstock, ON

Also we
find the inclinations
for the entity at times to
become, when aggravated, rather
severe in its criticisms of others. This
should be tempered; for what one says
of another will usually be one's own
state also - in one form or another.
[Cayce 1669-1]

Oh boy, this is moi. And probably all of us sooner or later. But have you ever noticed it's worse behind the wheel of a car? Why is that?

I don't know, but I'm developing theories. Why Road Rage? My current favourite theory is that somehow psychically, without noticing, as soon as we climb behind the wheel of an automobile and turn it on, we do a mind-meld with the machine. And that machine is only built to go - and go fast, by human standards (i.e. compared to walking or even riding a horse), so we are already planning to get wherever we're going at super-human speeds; and so we become instantly impatient, aggressive, and critical of other - well, of other machines, as we subconsciously skew the facts; but actually, we become aggressive and critical towards other people. Other drivers behind wheels.

Then It happens. Like clockwork. When I hear myself utter the 'rather severe' criticisms Cayce enjoins his inquirer to watch out for.

I've learned to listen, at least. When I hear these things, I turn the criticisms back to myself; sift through the admonitions inherent in doing so; and sigh. Because I've had to do the whole exercise AGAIN. I never just bypass it.

Sigh.

For reasons like this, of all Cayce's readings, I'm most in awe of the

readings he did for people whom, he observed, were simply lovely human beings. I think that might've happened all of once or twice, mind you: such readings were rare. Most seekers were just like us - ambitious, crabby, cracking at the seams, a lot less healthy than we could be and a lot more puritanical, especially when drunk and happy (whether drunk with our own virtuousness or drunk on other things doesn't really matter); and blessed with talents we still need to learn to use well.

So I look at the readings for the Good People, and I really sigh. Because I'll probably always long to be calm, gracious, smooth, quiet, peaceable, diplomatic, and beloved - and never make the grade. 'What's a heaven for if we don't have something to shoot for?' goes the adage, but so often our New Agey-ism makes us shoot until we're miserable and deaf to life around us. So when I long to be calm and am climbing the wall over something crazy-making my teenager or mother or the Latest Transgressing Politician or Corporate Psychopath or myself just did or said for the thousandth time, I try to turn round and shoot for... nothing. I shoot for lowering the dang gun, and sitting and forgiving all humanness, mine and the Other's. Cause face it, we're a divine mess. We're cranky and judgmental and 'severe', and until we get that, we won't get anything. Which is no doubt why Cayce pointed it out to begin with. Cayce made note of this, also:

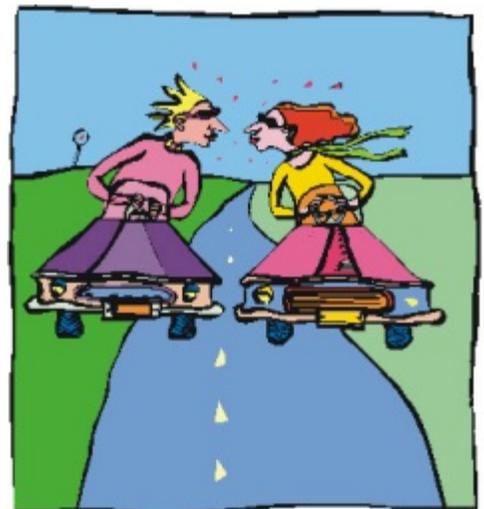
"Speak gently, speak kindly to those who falter. Ye know not THEIR own temptation, nor the littleness of their understanding. Judge not as to this or that activity of another; rather pray that the light may shine even in THEIR lives as it HAS in thine. These are the manners in which the sons and

daughters of men may KNOW His way. In this mundane sphere there comes to all that period when doubts and fears arise, even to doubting thine OWN self. These may EASILY be cast aside by knowing that He is IN His holy temple and ALL is well." (Cayce 2112-1)

God spare us our Road Rage - and our New Age guns aimed at saintliness. *God grant us ears to hear, and minds to embrace, the comfort Cayce's Source avows: that whatever the anxieties, failings, disappointments or aggressions we suffer, "He is IN His holy temple and ALL is well."* J

Robyn's new blog can be found at <http://robynmariebutt2014.wordpress.com> and her website at www.robynmariebutt.com.

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ON THE HEALING PATH

By Jeanne Harvey, Québec, QC

It was December 19th, 2012 and I was at the hospital emergency room waiting to see an ophthalmologist. I heard my ex-boyfriend's name being called. I did not see the person (there were many waiting rooms). Furthermore, it was the first time that I forgot that it was the sixth year anniversary of my husband's death. The message was clear: "Rather than think of the men in your life, take care of yourself."

I was given an appointment with another specialist in January. Within five minutes, he recommended that I undergo a surgery that would provoke another surgery within the next three years, the surgery would take place in January 2013 due to delays. Nothing shook me more than having problems with my eyes. There are many people around me with eye problems; my husband lost his eyesight due to diabetic retinopathy, my mother and her brother became blind after having retinitis and my father's brother due to glaucoma.

I tend to believe that we can intervene in our own health. So, I decided to go the holistic way and consulted holistic doctors in the meantime. The doctor in Tourville told me he would not re-examine my eye before the operation. I refused the surgery and made a follow-up appointment scheduled in a few months. Then, life winked at me. I have a Native American friend who lives in Tourville who offers energy healing.

A great nine month adventure began. I asked myself what I could add to my life to be healthier. In order to imprint the various elements in my mind, I drew a mindmap that included various health aspects and I started to make changes in my life. So, I was eating more organic foods such as blueberries, vegetables, carrots (juices, smoothies), seeds (amino acids), olive oil, almonds... I was more aware of eating sustaining healthy foods and to drink more. "May food be my medicine," I told

myself. I added homeopathic and naturopathic supplements (greens, anti-oxidants and vitamins). I used Bach Flowers that worked vibrationally on an emotional level. I used a better adapted cleansing method: physiological serum for the sinuses and coffee enemas (used to successfully treat cancer by the Gerson Institute in San Diego for the last sixty years).

"Spirit is the life,
Mind is the builder,
The physical is the
result."

(Cayce 254-42 paraphrased)

According to Edgar Cayce, "*Exercise is wonderful and necessary... take as much as is needed, in a systematic manner.*" [283-1] This was my case. I needed to move more, especially outside to bring more oxygen into my body. I did the exercises he recommended. I joined a group of forest walkers and explored many trails. I also began to workout, do zumba and had lots of fun.

In March, two friends simultaneously offered me a week long raw detoxification at a yoga school including meditation, dance, swimming and sauna. I signed up. I practiced kundalini yoga and meditation; "*Quiet, meditation, for a half to a minute, will bring strength...*" [311-4].

In June, I was shocked, my eye was a little worse. I was offered surgery for July, I refused once again. Previously, the technician had told me that there had been a minor change, but only I could decide whether I wanted the surgery or not. When I got home, the

"autonomy" card fell off of my desk. It said that: "Taking a step back is a good thing when in doubt and that we are the sole masters of our life." I felt reassured.



I must trust the universe. That is when my native friend offered me the opportunity to take part in an initiation along with his two grandsons. I was to spend one night in the forest blindfolded, in meditation, at the foot of a tree around which he drew a sacred circle. He would stay in spiritual contact with us. For me, this was a jump into a new dimension. This allowed me to abandon myself to the universe which also meant surgery, if necessary. However, I had a deep feeling that I must first do my part. My dreams, messages and the cards I drew, constantly spoke of healing.

My friend being very perceptive told me that it was by exercising that I would avoid surgery. Before discovering IOG (Integral Ocular gymnastics) as well as eye yoga, I was doing eye exercises including Qi Gong. It was my yoga teacher who had received the information about a workshop facilitated by a doctor, whom at the age of twelve, wore thick eyeglasses and today at the age of seventy no longer needs them. I attended the workshop with Doctor Guy Duchemin, a retired optometrist, geared toward reeducation.

Sometime later, I opened a book in a bookstore to its appendix where I saw the name Meir Schneider, an eye yoga teacher at *The School for Self-Healing* in San Francisco. At the age

Continued on page 26

Letting Go

By Christina Knighton, Nanaimo, BC

*“How does one become a butterfly?” she asked.
You must want to fly so much that you are willing to give up being a caterpillar.”
~author unknown*

Welcome to 2014! 2013 seemed like a year of many sobering changes, realizations and hard work. I like to think of it as a reformatting of my self allowing for fuller expression and a greater capacity to contribute through an increased flow of creativity. In my last article I talked about ‘The New Now’, the paradigm shifting occurring throughout humanity and our relationship to ‘All That Is’. I used the metaphor of the caterpillar transforming into a butterfly and how the

caterpillar world is coming to an end. The old structures such as health care systems, governance, education, economics and media are no longer supporting humanity in adequate and efficient ways. We are changing and we need new ways of being and structures to express fully our potential in the greater paradigm. The first step is to recognize the old models and values that we subscribe to now and reach into a new ‘common sense’. As Einstein said, “we cannot solve our problems with the same mind that created them.” We need to evolve into a greater truth, the truth that quantum physics is making clear—We Are All One.

In the world of the caterpillar, consumption was the name of the game. Our world has been revolving around consumption with no limits. There is rarely a time where enough is enough. Most of us have become so identified with ‘things’ that our self esteem is dependent upon them. To be honest, isn’t it getting a bit boring? The trends that are naturally occurring now are towards heightened connectivity and a more active, conscious expression of creativity. Unlike consumption as the centre point of our lives, connecting and conscious, creative expression actually supports a mind-set of Oneness.

Not too long ago I had been travelling extensively and had put all my belongings into storage. Throughout the process of downsizing I became acutely aware how much I was invested in my ‘stuff’. When finally I settled down again and took all my things out of storage I felt heavy and immediately started pruning my possessions. It was liberating to have less. It was interesting how much drag was created by keeping things that were no longer meaningful to me and what a release I felt when I let them go. I made a commitment at that time to practise mindful consuming. It was surprising to me how much of my time was taken up in my consumption patterns and habits and how I allowed those habits to divert me from more meaningful expressions of creativity, such as writing.

Conscious awareness is what is evolving through us. Letting go of attachments is letting go of our ‘caterpillarness’. Letting go does not necessarily mean giving everything you own away, it means letting go of our attachment to our things. The irony is that once you let go of the need, the attachment to something, the easier it is for it to show up in your life. Basically, the trick is to have an, ‘I can take it or leave it’ attitude, with no compulsion around ‘things’ and ‘having’ and ‘owning’. If we want to fly we have to let go and lighten up. The caterpillar was all about consuming, eating and becoming satiated. The butterfly, on the other hand has completely different objectives and opportunities.

Letting go of things that have no meaning for us is just the beginning. We also have to let go of old ways of thinking and behaving. After all a butterfly does nothing the way a caterpillar does, does it? In general, humans are sloppy thinkers with very little discipline. If it was recognized how

Continued on page 23

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Events in Ontario

New Year Meditation Retreat

Submitted by Ray Mond, Hamilton, ON

The 44th annual ARE New Year's Meditation Retreat was held at Mount Mary's in Ancaster, and was inspiring to many, with a record crowd of 88. Attendees came from all over the province and some from the USA.

The talks and workshops reflecting on the theme "Christ Consciousness" caused attendees to pause and take in the positive energy around them. There was early morning drumming, evening healing circles, group meditations



and fellowship. I think everyone went away uplifted and prepared for a new year. The healing that takes place in those walls and on the grounds is unique. It is difficult to know who gets more out of The Retreat, the attendees or the planning committee.

Near Death Experience Workshop

Submitted by Helene Thibert, Peterborough, ON



A large crowd turned out for the presentation on Near Death Experiences at the Peterborough Library on Sunday, November 17th last. The event was organized by the Peterborough Edgar Cayce study group. Mark Finnan introduced the evening and the

guest speaker. He also read extracts from the book *Proof of Heaven* by Virginia neurosurgeon, Dr. Eben Alexander, who had some truly remarkable experiences while in a deep coma as a result of severe meningitis. The main speaker for the evening was Jim Bedard, a practicing Buddhist and meditation teacher, who told the story of his experiences while close to death from an aggressive form of leukaemia. As a result of announcements made at the end of the evening a number of people signed up for information about the Cayce study group work and future events in Peterborough. A video of Dr. Alexander's talk about his near-death experiences was scheduled for Sunday, February 23, 2014 at the Peterborough

Library.

For more information contact:

Helene Thibert
helene_thibert@hotmail.com or call
705 745 7188.



A Love Story for All Ages ECC's Youth Program

For many years Edgar Cayce Canada dreamed of having a program that encouraged young people to study the Cayce material. The dream came to fruition in 2007 when a 'test' Youth Conference was launched in parallel with the annual Canadian Fellowship Conference.

In 2012, a second youth initiative was launched in the form of a Youth and Adult Outdoor Retreat held in rural Huntsville, Ontario at the Portage Inn, owned and operated by the Kirkpatricks, authors of the ever popular *Edgar Cayce, An American Prophet*.



As a consequence of the tremendous success of the Retreat and its dedicated volunteers and because of minimal attendance at the Youth Conference, ECC's Management Team decided to discontinue the Youth Conference in 2014 and instead focus its resources on the Youth and Adult Outdoor Retreat. The outdoor retreat is now entering its 3rd very successful year.



This is due to the determination, love and spirit of cooperation that is common among the handful of dedicated volunteers that devote many hours of their time to the endeavour. The program is designed to meet the expectations of all ages. Meditations,

workshops, sacred dance, drumming, prayer circles, reiki, and other health modalities are made available to everyone. The cost of attending the retreat is reasonable, however, for parents/grandparents to bring more than one child, the cost can become formidable. So far the volunteers dedicated to this program, along with some assistance from Edgar Cayce Canada, have been able to raise enough money to provide full and/or partial scholarships for most of the children. You are encouraged to attend this unique program and if you can't participate in person, your donation to the scholarship fund will be greatly appreciated.

Book of Prayers

Edgar Cayce Canada has produced a beautiful 23-page book of Prayers collected from religions around the world. The content of the book has been compiled by Una Ellis of Milton, Ontario. The purpose of the book is to raise funds for Youth Scholarships at the Youth and Adult Outdoor Retreat held in Huntsville, Ontario in July, 2014. A \$10. donation per book is suggested, and hopefully the target to either fund partially or fully all the Youth requiring assistance will be met for the 2014 Retreat. If you would like to receive one of these beautiful books please contact:



Edgar Cayce Canada,
505 Muskoka Rd 118, West, Suite 155,
Bracebridge, ON P1L 2G7 or call
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Pay by cheque or credit card



The Holographic Universe by Dr. Julien Meagher, PhD, London, ON

The French novelist Victor Hugo once remarked that «Nothing is more powerful than an idea whose time has come». As an ancient esoteric concept, Holism has re-emerged in the West, after a long absence. Applied extensively in Eastern philosophy, the influence of the Oneness principle is now being felt in Western thought, through more integrative forms of medicine and more holistic social, economic and environmental policies. However, in this new millennium, the findings of cutting edge science are taking our global village well beyond the boundaries of the World Wide Web, into a brave new world. From neurobiology to psychiatry, from parapsychology to quantum physics, more and more researchers, including Nobel prize laureates, are concluding

that humankind's three dimensional reality could in fact be an elaborate projection mediated by the brain and materialized by the vibration and energy of our thoughts and feelings.

The idea that we create our own reality through our thoughts, emotions and beliefs is an ancient concept. Mentioned in the Bible two thousand years ago: "It is done unto you as you believe" and "as you think, so shall you be" the power of the mind in shaping reality is also mentioned by the Buddha who says: "As a man thinketh, so is he." In more recent times, this philosophy has been known as the Law of Attraction, which can be defined as: "like onto itself is drawn."

What is the truth about the Law of Attraction? Is there a secret locked inside of us, waiting to be released, like the genie in Aladdin's lamp? Who are we really? This article seeks to address some of these fundamental questions, by enlisting the help of a fascinating

scientific theory, birthed by quantum mechanics' earliest findings. First established by theoretical physicist David Bohm and neuroscientist Karl Pribram, and more recently reintroduced by theoretical physicist Juan Maldacena, The Holographic Universe theory has been hailed by a growing number of scientists, desperate for a change in our world view, as the most elegant explanation of our reality yet. By offering a non-dualistic or holistic model of reality, more capable than any other in unravelling some of our most intractable secrets, the hologram theory quite simply stands traditional materialism on its head.

I will first attempt to explain the Holographic Universe theory, before offering specific examples of its profound consequences on our everyday lives. Indeed, what we know as the paranormal, the supernatural and the extraordinary may well be more normal, natural and ordinary than we

think. What follows then is a scientific explanation for these so called mysteries including: the placebo effect, distance healing and synchronicities which will be explored, in the second half of this study.

The repercussions of the 1927 Copenhagen Congress, which marks the birth of quantum physics, are so profound, that they have only just begun to ripple into our entrenched Newtonian perceptions of reality. One of quantum physics' earliest and most shocking findings, was that an electron can manifest as either a particle or a wave. The single category known as wave-particles were baptised quanta. Even more incredible, it was found that these quanta only coalesce into particles when they are being observed (The observer effect). The findings that subatomic particles only exist when observed, when combined with another quantum discovery, namely that some subatomic processes (through positronium decay) result in the creation of a pair of particles (photons) with identical or closely related properties, implied that subatomic particles were interconnected.

David Bohm, a former protégé of Einstein's and one of the twentieth century's most respected quantum physicists, intrigued by this bizarre state of interconnectedness, over time developed a theory based on holograms, now known as three-dimensional images projected into space with the aid of a laser. Later joined by Stanford neurophysiologist Karl Pribram, one of the architects of our modern understanding of the brain, Bohm concluded that the universe itself might well be a giant hologram of interference wave patterns, a three dimensional image or construct, created at least, in part, by the human mind. According to Bohm's interpretation of the sub-quantum level, location ceased to exist. All points in space thereby become equal to all other points in space. Physicists call this property "non-locality."

In like manner to Bohm's conclusions, neuroscientist Karl

Pribram made a similar discovery, while working on memory and the brain. Known as the Holonomic brain theory, he discovered that processing in the brain occurs in a non-local manner, for when a part of it was removed, global memory was still retained. While David Bohm has suggested that without the lenses that outfit our telescopes, the universe would appear to us as a hologram, Karl Pribram has extended the idea by noting that without the lens like processes of our senses, we would be immersed in a hologram. Indeed, it is interesting to note that the stories of patients having had a Near Death



Experience often resemble that of a hologram. In the absence of physical eyes and ears with which to see and hear interpreters of sound and light vibration, respectively it would appear that the clinically dead, at least for a short while, awoke from the dream of life. Voltaire might well have been right when he mused that "life is a dream and death an awakening."

The early contributions of these two pioneers in the holographic universe theory have spawned more recent research work including that of theoretical physicist Juan Maldacena. In this new take on string theory, Maldacena views the nine dimensions of space plus one of time, as a hologram. Furthermore, the scientific journal *Nature*, recently published an article in December of 2013 entitled

Simulations back up theory that the Universe is a hologram. The article mentions the findings of a Japanese researcher who has provided compelling evidence substantiating Maldacena's holographic universe claim.

Physicist William Tiller, head of the Department of Material Science at Stanford University supports Bohm's holographic idea and compares the universe to the "holodeck" on *Star Trek: The Next Generation*. In fact, several world renown scientists are calling for a paradigm change in science that would completely alter our view of reality. David Bohm's model is

finding the support of such eminent people as Roger Penrose of Oxford, the creator of the modern theory of the Black Hole, Bernard d'Espagnat of the University of Paris, one of the world's leading authorities on the conceptual foundations of quantum theory, and Cambridge's Brian Josephson, winner of the 1973 Nobel Prize in Physics. Josephson believes that Bohm's theory may someday even lead to the inclusion of God or Mind within the framework of science. If we have not yet reached what Thomas Kuhn calls a Scientific Revolution, it would appear that current cutting edge science is inexorably pointing us in that direction.

If our universe and everything in it, including ourselves, is a holographic projection, or as Neale Donald Walsch calls us "an individuation of the singularity" what does this mean, in concrete terms for humanity? How can this knowledge of universal interconnectedness be applied in our daily lives? One area of great promise is that of health and medicine. Science is now discovering the degree to which our thoughts and emotions change the conditions of our bodies. This is the basis of the well-researched placebo effect, used regularly in medical trials around the world. This effect has been shown to cure anywhere from 10 to 100% of people, depending on the type of illness and the nature of the trial. One of the earliest placebo

Continued on page 28



Edgar Cayce Canada
Member Appreciation

Gary and Wynne Christie, Guelph, ON

The Christie's have been dedicated students of the Cayce material for many years and have supported the Cayce 'work' on both sides of the Canada/US border. Gary served on the Board of Trustees of the Association for Research and Enlightenment (ARE) for several years and was chair of that board for a number of years. Gary was a key player in the incorporation of Edgar Cayce Canada (ECC) which finally came to fruition in the year 2000, and he and Wynne have remained dedicated supporters to this day.

Both Gary and Wynne are strong supporters of *Search for God Study Group* work and have given 36 years to that end, as well as, in the past, serving on the ARE Search for God Group Council for Southwest Ontario. Being active members of their community has been important to both Gary and Wynne and they have been involved in many charitable organizations.

Wynne serves as a volunteer to Hospice in Guelph and is a Therapeutic Touch practitioner. Wynne has given many workshops both at the ARE Congress and ECC's Canadian Fellowship Conference.



On behalf of the members of Edgar Cayce Canada, we send Gary and Wynne our love and appreciation for all that they have done and continue to do.



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A Day with the Angels

in Listowel, Ontario

Saturday, April 26, 2014

Doors Open at 9:00 AM - 4:30 PM

\$90.00 per person

Proceeds to support both the ARE



and ECC



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About the facilitator:

Evelyn MacKay, B.A., RN (Retired)

Evelyn is a well-known practitioner and teacher of Therapeutic Touch, which she uses in her Hospice work. She has presented workshops in Therapeutic Touch, Angel Awareness and Palliative Care across Canada.

For more info and to register: Contact Nancy Thomas 519 696 3202; fstnat1@gmail.com. OR

Susan James 519 291 1858; sjames@wightman.ca

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Volunteer Writers Needed

Do you have a personal story that could be an inspiration to others. If so please send it to:

*The Editor, The Open Road,
Edgar Cayce Canada*

*505 Muskoka Rd. 118 W, Suite 155
Bracebridge, ON P1L 2G7*

Email: openroad@edgarcaycecanada.com

Laughter ... The Best Medicine

Keep an attitude of helpfulness, cheerfulness, hopefulness. Be OPTIMISTIC! At least make three people each day laugh heartily, by something the body says! It'll not only help the body; it'll help others. (798-1)

What makes
you think the
kid is mine?

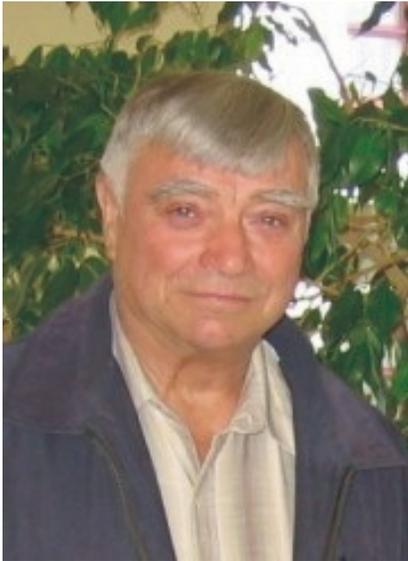


Ma vie aux côtés d'un maître

par Jeanne Harvey, Québec, QC

« Quand j'ai mal dedans mon être, je passe une heure ou deux chez lui... l'air qu'on respire à sa fenêtre est l'air le plus pur... »

Serge Lama



Jean Beaudoin

La rencontre avec Jean Beaudoin est probablement un des événements les plus marquants de ma vie. J'ai entendu parler de lui, en 1990. J'ai insisté pour qu'on me le présente; je devais le voir. Je l'ai rencontré un an plus tard, après le décès de ma mère. J'ai été réellement impressionnée. Il touchait à l'essentiel. Il m'a dit que ma mère

était présente et m'a demandé si je voulais la voir. J'étais volontaire. Il a mis un quartz sur la table. J'ai perçu sa présence. Toutefois, je n'ai jamais entendu autant de craquements dans une maison que ce soir-là, mais nous nous sentions en sécurité.

Je ne l'ai recontacté qu'en 2004, après le décès tragique de mon père. Bien qu'il ne rencontrait plus de gens suite à un AVC, en 1992, il a toutefois accepté de me recevoir. Je l'ai rappelé en 2005 quand mon mari, Clermont, était au plus mal. Nous nous parlions chaque soir après ma visite à l'hôpital. Une aventure spéciale débute alors. Nous travaillions ensemble dans les mondes subtils pour l'accompagner et l'aider de notre mieux.

Dès leur première rencontre à l'hôpital, c'était comme s'ils se connaissaient de toujours. Nous nous sommes dissimulés derrière le rideau pour lui transmettre de l'énergie. Selon Jean, nous avons travaillé ensemble dans l'énergie antérieurement. Un mois plus tard, avant de mourir, Clermont a demandé à Jean de veiller sur moi. Il a répondu qu'il le ferait tant qu'il en serait capable. Nous nous sommes fréquentés durant sept ans, bien qu'il croyait auparavant que ce n'était pas compatible avec sa mission d'aide. Or, j'avais les mêmes idéaux que lui.

C'était un homme profondément différent, comme s'il n'était pas totalement ajusté à la dimension terrestre. Il était un exemple d'intégrité, de sagesse et de bonté. Il était animé d'un profond respect des humains et de la vie. C'était un ascète; il n'avait besoin de rien. Toujours disponible, il avait même installé un téléphone dans la grange pour être plus à même d'aider. Il était très dévoué. Au début, je le croyais toujours sérieux; en fait, il riait beaucoup.

Profondément humble, il ne se targuait pas de ses réussites. Il incarnait la maîtrise de soi. J'ai eu l'occasion de le voir dans des situations où on tentait de l'intimider et il est demeuré de

marbre. Un jour, cinq chiens sont arrivés sur nous en jappant. D'instinct, je me suis réfugiée derrière lui. Il a ouvert ses mains dans un geste d'accueil. Ils se sont calmés. Il incarnait l'amour inconditionnel. C'est pourquoi il attirait aussi bien les animaux que les humains. C'était une énergie tellement forte. Il écoutait avec beaucoup d'attention; on se sentait compris. Partout, les gens venaient à lui pour obtenir aide et conseil. On était tellement bien dans son giron.

Il a consacré sa vie au service du bien. Son existence entière était à l'enseigne de ses capacités psychiques. Il s'en est servi pour aider, orienter et libérer. Durant plusieurs années, il rencontrait des gens chez lui, sans demander quoi que ce soit, préférant le don. Après son attaque, il a continué au téléphone.

Je n'ai jamais rencontré une personne aussi connectée. Je relierais sa médiumnité à la connaissance directe décrite dans *Le livre des médiums*, d'Allan Kardec. Il avait de toute évidence accès aux Annales akashiques. Par exemple, quelqu'un le rappelait après cinq ans, sans se nommer. Il pouvait lui dire « je t'ai dit la dernière fois que tu avais intérêt à focuser sur telle chose dans ta vie plutôt que cela ». Il donnait des informations qui faisaient la différence.

Comme d'autres, il percevait l'énergie et l'aura humaine. Tout pour lui devenait des outils de guérison et de perception. Il utilisait aussi bien un tambour amérindien, une plume, les cristaux, le bol tibétain. Il prédisait ma prochaine année à la décoration de mon sapin. Il interprétait les nuages, les tableaux et dessins, les cartes... Il pouvait nous dire que nous n'avions pas compris ce qui était mentionné dans un livre (qu'il n'avait pas lu). Il agissait comme canal pour transmettre l'énergie de guérison. Durant sa dernière nuit, bien qu'endormi, il a continué de me transmettre de l'énergie. Un jour, après un accident d'automobile, mon visage était méconnaissable. Durant qu'il me parlait au téléphone, j'ai totalement désenflé.

Une question et Il était connecté. Son regard changeait immédiatement pour devenir tellement pénétrant. Les premiers temps, je rêvais de son regard. Dans ses bras, je voyais des images. Il favorisait l'accès au monde subtil.

Il ne faisait jamais assez. Par exemple, après le décès de Clermont, il l'a accompagné en esprit durant quelque temps. Il voulait découvrir plus, aller plus loin. L'énergie était son leitmotiv. Ce qui importait à ses yeux était d'orienter les gens pour qu'ils retrouvent l'harmonie. Il se voyait comme un libérateur, par rapport aux blocages du passé.

Il était aussi un accompagnateur. Je lui ai présenté mes amis qui sont vite devenus aussi les siens. Nous étions une douzaine qui nous rencontrions chaque mois pour pratiquer ensemble. Nous méditations, transmettions de l'énergie à des gens sur demande. Nous pratiquions l'usage du pendule, l'interprétation du tarot... Il croyait en nous (plus que nous-mêmes) et nous encourageait à développer nos capacités personnelles. Il croyait, comme Cayce, « que la perception

Suite à la page 17



Edgar Cayce Canada's Management Team

These are the volunteers that serve in the day to day operations and keep the organization going.

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The Open Road Newsletter	Lori Jensen
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Workshops	Monika Jones



Edgar Cayce Canada From the President's Desk

Volunteers are the back bone of the Edgar Cayce Canada(ECC) organization. Without them, ECC would not exist. All volunteers are equally important, however, there are a group of volunteers that give over 100 hundred hours in service in a given year in keeping the legacy left to us by Mr. Cayce, alive in Canada. Each year these folks are inducted into the Golden Volunteer Club and receive a Golden Volunteer certificate.

Catherine MacDonald
President/ CEO

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Announcement

You are invited to the annual general meeting of the corporation of Edgar Cayce Canada, to be held on May 24, 2014 at St. Lawrence College, Kingston, Ontario. Only paid-up members can exercise a vote at the meeting, however **Everyone is Welcome**

Ma vie aux côtés d'un maître (Suite de la page 16)

extrasensorielle est un attribut que nous sommes tous susceptibles de cultiver et d'utiliser, parce qu'il existe, latent, en notre âme ». Nous partageons un repas et nous dormions chez lui. L'accueil était important pour lui. Nous nous sentions nourris autant spirituellement que physiquement.

À son contact, tout était différent, profond. Or, la vie comportait énormément de défis comme celui de la transparence. En fait, ces sept ans ont été initiatives.

Toutefois, j'ai réalisé depuis qu'il est important de prendre aussi soin de soi. Il n'a pas compris



l'importance de ses symptômes, la veille de sa crise cardiaque. Il a senti que quelqu'un mourrait sans réaliser que c'était lui.

Pour mes amis et moi, Jean était réellement un maître, un guide, un ami, même un père pour certains. Il nous a aidés à grandir. Il nous a démontré la valeur du don de soi et de l'amour inconditionnel. Par sa façon d'être, il m'a amené à croire de plus en plus aux forces supérieures et à ma propre connexion. Il m'a amené à voir au-delà des apparences. Il a définitivement ajouté de la magie dans ma vie. Il m'a changé à tout jamais. C'est pourquoi je vous souhaite de rencontrer un être qui vous amène au-delà de vous-même, si ce n'est déjà fait. ✓



Body, Mind and Soul

with Simone Gabbay, RNCP, Toronto, Ontario

Healing With Sound



Simone Gabbay, RNCP, 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.*

In recommending treatment for physical conditions, the Edgar Cayce readings consistently point to the involvement of mind and spirit, emphasizing that true healing could only occur when body, mind, and soul were harmonized and brought into balance. Frequencies and vibrations must be aligned for healing to become possible. Some of the Cayce readings on health contain references to specific vibrational therapies and remedies, including light and sound therapy.

Ultimately, all therapy is vibrational in nature because everything has its own vibratory rate. Every object in the universe has its own resonant frequency, and so by introducing certain frequencies into a person's energy field, we are influencing that energy field, for better or for worse.

The readings also connect colour and sound, noting that each musical note has a corresponding colour. Reading 2779-1 states: "We see...the entity gets the *colour* rather than what is ordinarily called the tonal vibration, see? Though, of course, the tonal vibration is that which *produces* colour. For, of course, colour and tone are just different rates of vibration."

I find this statement most interesting because my son, who studies music and plays the piano, tells me that when he sees a note, a colour instantly pops into his mind. There's even a name for this phenomenon—synesthesia. We recently learned that Franz Liszt also related colours to music, but he disagreed with a few of his musician colleagues about which colour related to which note, so each case of synesthesia may be quite different.

One of the statements Cayce made was that "...sounds, music and colours may have much to do with creating the proper vibrations about individuals that are mentally unbalanced, physically deficient or ill in body and mind." (1334-1)

In another reading, Cayce said that certain types of music could help to bring a person out of a state of despondency: "Whenever there are the periods of depression, or the feeling low or forsaken, play music, especially stringed instruments of every nature. These will enable the entity to span that gulf between

pessimism and optimism." (1804-1)

The use of sound therapy goes back to ancient times. Even Pythagoras is said to have taught that certain rhythms and melodies have a medicinal effect on the body. Shamanic rituals work with sound techniques such as drumming to invoke a therapeutic effect. Religious and spiritual ceremonies have traditionally relied on ritualistic song and chanting for attunement. Cayce recommended a specific way of chanting based on vowel sounds, along with one consonant sound (m), and said that repeating the chant over longer periods of time could help to induce an altered state of consciousness.

In more general terms, Cayce recommended music to most everyone, saying in reading 3084-1: "Learn more of music...Get the harmony and peace that such brings." He also emphasized that "Music should be a part of each soul's development." (2780-3)

In reading 3053-3, given for a 13-year-old girl, Cayce advised, "If you learn music, you will learn mathematics. If you learn music, you learn history. If you learn music, you'll learn most all there is to learn ..." An increasing body of research today confirms that introducing children to music brings many benefits as they grow and develop, including improved academic performance, particularly in mathematics.

Cayce considered music to have great value because it arises from what he called "the realms of creative energies." He said that music was "of the soul" and that it could be used constructively as well as destructively. He said that "...one may become mind- and soul-sick for music, or soul and mind-sick from certain kinds of music." (5401-1) Considering that the music available in Cayce's time could be viewed as "tame" in comparison to many contemporary genres of music, it would appear that we need to be even more conscious today about the type of music to which we expose ourselves and how we allow it to influence us.

Cayce sometimes recommended music to be played while certain types of treatments were being administered. Reading 3401-1 suggests: "Do get the note vibrations in music to which the body will respond and

Continued on page 27

Why I Serve

by Toni Romano
Virginia Beach, Va



Toni Romano holds an MS degree in Human Development Counseling from the University of Illinois. An A.R.E. Life Member, she has been a member of a study group for 30 years. She worked as the Coordinator of the Midwest Heartland Region and Chicago Center for 9 years before moving to Virginia Beach where she worked as Outreach Coordinator for A.R.E. headquarters for 9 years. She is presently a facilitator for the Personal Transformation and Courage Institute, Inc. online at TransformationandCourage.org. She volunteers for the A.R.E. Call Center and is an active member of the Glad Helpers Healing Prayer Group.

Please Email her your stories to: openroad@edgarcaycecanada.com

I'm curious about what motivates people to volunteer; to give their time, their talents, and their money to this 'Work'. What motivates us to serve, besides the greatness of the Edgar Cayce readings? I'd like to share an account of how I came to this service, and would love to hear your story as well.

I was brought up in an evangelical Christian church that emphasized giving one's ALL to the Lord. That meant our time, our talents and our tithes and more if there was a building campaign or project that needed additional funds! This was not questioned in our home. If the church doors were open, we were there! We had to take a city bus, transfer in the middle of town, and take a second bus to the church. And when the paycheck was cashed, the tithe went into the envelope for Sunday morning offering. This was during WW II, and our father was in the South Pacific defending our country! So the "we" was my mother, maternal grandmother, and sister.

At the tender age of seven, I found my way to the altar to give my heart to the Lord. I knew from a young age that I was to dedicate my life in service to God. I taught Sunday school in my teens, held offices in our Youth Fellowship, attended our church college, majored in Christian Education, and married a ministerial student. Church activities and church members made up most of my life until I was in my thirties.

While my husband was co-pastor of a church after seminary, the civil rights movement was born, and we became very active. The church "fathers" determined that being active in civil rights was not an acceptable expression of the ministry and took the credentials away from three of the activist ministers, including my husband.

You might take away credentials, and you might change where you work, but a life of service doesn't change. It didn't matter whether I was volunteering at my children's school, teaching in a public school classroom, working in a community program, or working in a state bureaucracy. The same sense of dedication and commitment motivated me to give my all in service. However, what I experienced at this time in my life was that service in itself was not enough. My soul was hungry. I began searching for more meaning in my life.

One door after another began opening, a weekend of yoga with my sister, an interest in astrology (learning about the blueprint I was born with), learning to meditate with a co-worker, and, as fate would have it, connecting with someone at a state government meeting who became my first spiritual teacher and counsellor!

That relationship brought me to the Edgar Cayce material and the A.R.E in 1983. I was making a major life change, leaving a 26-year marriage, a comfortable home, and striking out on my own for the first time in my life! And here's this "little girl" from the cornfields of Illinois moving to the big city of Chicago. I knew only two people where I found my first job, and that was it! My counsellor told me to find an Edgar Cayce study group. Who was this Edgar Cayce? What would I be getting myself into? If she said it, I trusted it!

I searched and searched the papers until one day I found an A.R.E. program announcement: *Finding Your Soul's Purpose*, with Mark Thurston. I went to the program, became a member, and found an "A Search for God" study group four blocks from where I was living and working! I put my foot on the path right then and there!

The Cayce principles have opened me to more understanding of "a life of service" that began when I was seven years old. I now see that this choice was actually my IDEAL. Each time a group exercise focused on discovering ones Ideal, I would come up with *Service*—no surprise. Looking at the Ideal from a spiritual, mental, and physical perspective gave much more meaning to *Service*. I found myself at one point, honing the Ideal by adding *Loving Service*. That made me more aware of "how" I was giving service.

When I became so engrossed in the busyness of *doing* the work, I found myself neglecting the spiritual practices to keep me centered. I didn't like how my life was going! The next time I worked with my Ideal, I added *Joyous* to *Loving Service* to remind me that it is not the doing that is as important as the way we are *being* when we are serving. So that has brought me to an Ideal to Be Love, Be Joy, and Be Peace.

And that's my story... so far! If you are inspired to share your story of what motivates you to give your time, your talents, and your financial support to this 'Work', I would love to hear from you. **Love and blessings!** ✓

Are You a Healer?

By Karrie Eardley-Bertram
Barrie, Ontario



Over a decade ago, I was told I was a natural healer; it was a message from a medium at a British spiritualist service for my mom to pass onto me. I was a design engineer with a young daughter at that time. I disliked my job. I did not like the 'happy' woman in the office that was bringing cakes and cookies whilst she was screaming on the inside - she scared me. I was the first to be let go when the cuts in engineering began.

I had nothing to lose; I decided to experiment with what being a healer meant, and I spent the next few years taking and re-taking healing courses — Therapeutic Touch, Tellington Touch, Quantum Touch. I was confused that I had taken all this training, yet I felt strange that I didn't feel moved to heal people; instead I began to get the urge to explore Past Life Regression. I had recently retrained as a web designer and was also writing freelance for the local business newspaper; I needed to earn an income and didn't have the thousands of dollars needed for the training. For a solid year that strong urge continued until I surrendered, got trained and became a certified hypnotherapist. Taking the past life training just weeks

after, I discovered that I had lives as a First Nations Medicine Woman, an aboriginal seer in Australia, a priestess in a cave, and a work-obsessed Jewish Scribe in around the time of Jesus of Nazareth (I wasn't a fan, if you were wondering). To me, experiencing the visceral knowledge that I had been more, helped me to integrate and accept more of my own power, and opened me up to the theme of spirituality that had revealed itself. On reflection I recalled a fascination with religion as a schoolgirl, and I had seriously considered moving in that direction.

A couple of years working with Past Life Regression and hypnosis, led to a strong urge to learn psychotherapy skills

to support my clients; this time I didn't resist the urgings, I simply followed them - I was drawn to just one school, and when I began training, I discovered it was perfect; my transpersonal counselling skills training was based on the Mystery Schools teachings as well as Carl Jung's discoveries, such as archetypes and synchronicities. Here I flourished; I healed, and I opened up energetically, psychically and spiritually.

Another couple of years tick by, and the itch to get back to Mediumship training returned; again, I fought against the urge, but gave in after six months. A couple of more years training in this field led to me giving Mediumship readings - sacred messages from communicators on the higher side of life to their loved ones in this realm. I also took training in Healing Mediumship from Spiritualist Minister Steven Upton; here the doctors and helpers on the other side direct you into a trance, and use the Medium as the vessel for channelling this spirit-directed healing to the sitter.

The healing mediumship could result in partial or full healing, which could be temporary or permanent in nature, depending on what spirit was working on. We were told that typically, in the first sitting with this style of healing, 1/3 would have healed with simply a placebo, 1/3 use the healing offered them and heal, and the last 1/3 will not heal as their life plan seems to have other events scheduled; giving the rate of success of 2/3. It seems that the placebo effect does not always apply with this healing modality; Rev. Upton shared a story of a woman that came for healing with him who only came to the appointment at the insistence of a loved one, having no faith in non-conventional healing. A short time after, Rev Upton received her email filled with gratitude; the healing had a strong effect on her, she had regained her will to live, had found love, and wanted more healing mediumship sessions with him.

On an interesting side-note, Johns

Continued on page 27

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

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AN INSIGHT GLEANED... By Evelyn Smith MacKay, Rockwood, Ontario



Even after 50 years of reading about Cayce, being both a member of the ARE and ECC and part of a study group for many of those years, I am still learning lessons! I am just reading an article in the latest copy of *The Open Road* (FALL, 2013) which refers to a child who was “picking up” images of energies that were upsetting and Cayce had suggested that a living, loved thing be taken in to the place/room where such awareness was experienced. In the last paragraph of the article by Sidney D. Kirkpatrick on page 14, Cayce is quoted as having written: “A bird or a flower ... (has) Life and Life is God .. (and God is Love) and when He is with me ... nothing can harm.” This triggered a memory for me.

Some 15 years ago, maybe more, an Edgar Cayce Canada meeting was being held locally and one of the attendees, billeted in our home, gifted us with a beautifully created piece of art as a thank you. It was a large, stained glass and framed depiction of an Angel, which seemed to me much in excess of what we had offered our guest! She insisted on leaving it with us and I hung it in the living room window to honour her and the Angel she had created, even though I felt the gift was undeserved.

For some years, through the local Board of Continuing Education, I have taught a class on the awareness and

understanding of Angels. A woman attending one of those classes expressed concern about her pre-teen daughter and the daughter’s recently claimed ability to see ghostly children in scenes that were frightening and sometimes threatening. The Mum had come to my class in hopes of better understanding her child. Together we considered the use of prayer in helping her young daughter, for whom the spontaneous visions were increasingly uncomfortable. While prayer helped a bit, the mother eventually asked me to meet with her daughter to understand and further help and I agreed to do this without knowing how I should respond. I did trust that a way would open up for better understanding.

Mother and daughter came to visit. The young girl shared her concerns for the children involved in the scenes she was ‘seeing’. I asked her what she knew about Angels and whether she felt an Angel might help. The child said she had attended church with her dad and yes, she thought an Angel could help but she didn’t know her Guardian Angel and had only recently learned about them from her mother. I have many depictions of Angels in my house, some paintings, some carvings, some very costly, others made of bits of wood or fabric. I suggested to my young visitor that her Guardian Angel, the Angel who could help her cope with her visions and help the young children involved in the visions... that Angel was in my house. I suggested she could take a walk through my home and if her Guardian Angel was there, she would know her Angel when she saw it. In this large, old house, my little guest walked through the kitchen, the sunroom, the dining room and halls, looking at a variety of Angels as she went on her path, and when she came to the beautiful framed, stained glass depiction of the Angel in the living room, she exclaimed: “There she is...that’s my Guardian Angel!”

And immediately I understood that the gift I had reluctantly accepted was never meant for me at all! I realized it had been meant for this young child

whose need had been anticipated by a loving Creator, that need whispered to the artist and then to me as well, in spite of my reluctance to accept it! Of course, the stained glass gift came out of the window and went home that very day with this little girl. Her Mum called me a few days later to report that the stained glass piece was immediately hung in her daughter’s bedroom, over her window, and that the troublesome sightings had stopped. I was happy about that but really I did not understand how this could have been accomplished.

Years later, I met the mother again. She reminded me of our meeting and told me that her daughter was then in university and had taken the stained glass Angel with her, that it had hung in the dorm room window and was still an object of value to her daughter. When her daughter graduated with a degree in psychology just a few years ago, her mother again connected with me to say that the Angel had not only stayed with her daughter through her university years but was now hanging in her daughter’s office.

I have always been puzzled as to how this worked so well. It wasn’t that I felt Angels had no power because I know they have power to do good in so many ways. Today, just an hour ago, I read this article in *The Open Road* and I finally understood! It was LOVE that did it; it was the love this child had instinctively felt for the Angel represented in the stained glass piece as an agent of the Most High. It wasn’t the picture, it was what it represented: the love of God represented by the Angel, made by a woman she didn’t know who had created it with love and gifted it to me with love, that allowed me to pass it on, with love, to this little girl who cared about other children. THAT was the key to understanding and I know, as I write this, that Love was the reason, was the catalyst for such teaching and after so many years, was a gift of learning for me!

The learning continues. And isn’t that a gift of another sort? I think so! ✓

The Higher Shelf

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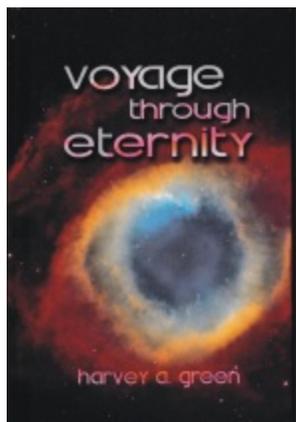
VOYAGE THROUGH ETERNITY BY HARVEY GREEN,

The Universe is at least 14 billion years old and it is so large we do not have the means to accurately measure it. Because it is still expanding the Universe becomes larger every moment. It harbors unimaginable forms of life and embraces dimensions we have yet to discover.

Yet we, being among the most temporary and fragile inhabitants lay claim to ascendancy. Is this simply a matter of ego, like the mouse challenging the elephant to a fight? Or is there something deeper that we cannot see but influences our judgment? In fact, we existed long before the Universe unfolded and even before those dimensions existed from which time and space were poured out. We were there when the forces came together that would eventually condense into time and space. We were there when those very forces further condensed into energy within time and space, to be compressed into matter. We were witness to the creation of our universe and all that it contains. We further beheld the seemingly limitless potential of what it could become. And this barely describes our position of ascendancy.

For more information on creation and our role in it, read **VOYAGE THROUGH ETERNITY** by Harvey A. Green.

Available at Edgar Cayce Canada's Higher Shelf, toll free 1-866-322-8209, ext 2.



LOVING YOUR LIFE: An illustrated how-to book on becoming who you are and loving it, through passionate, creative living

The author shares her way of life and training in the arts to help the reader to attain happiness.

Elke Scholz, a client-focused and solution-focused therapist who embraces expressive arts therapy among other therapies, believes that each person has a wealth of creativity that leads to the ability to achieve his or her dreams. She addresses the need for listening to ourselves and to others. She stresses the importance and efficacy of journaling. She points out the importance of spiritual pursuits, meditation, a walk in the woods, listening to special music, reading spiritual material.

Then there is the question of creativity. Elke goes into this aspect of our possibilities very deeply, pointing out the stumbling blocks and suggesting ways to remove them; discusses how to stimulate our creative energy; and, finally, how to translate our creativity into an art form. Here is hope for those of us who would like to live more fully and creatively.

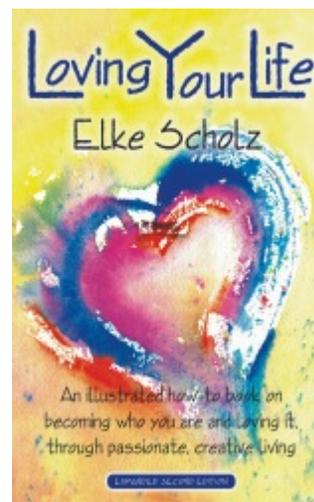
"Elke is a courageous woman who through her own life's unfolding has learned to sit with a difficult experience and hold this experience through the arts. Since the first edition of this book, Elke has continued experimenting with how to 'sit in the swamp' and move through the dark places, not knowing what's to come. Through a combination of meditation practices, words of wisdom, and easy-to-follow processes, the reader will find unexpected paths to increasing his or her own creative potential." Lisa Herman, Ph.D., MFT, Registered Expressive Arts Therapist, Director Creative Expression, Sofia University, Palo Alto, California.

Elke Scholz, a well-known artist, has her Master of Arts in Expressive Arts Therapy from EGS and holds a postgraduate certificate in Expressive Arts from Sir Sandford Fleming College and a diploma as an expressive arts therapist from the private college, ISIS Canada. She has spent thirty years painting, art coaching and managing her successful art studio in Bracebridge, Ontario.

Loving Your Life: An illustrated how-to book on becoming who you are and loving it, through passionate, creative living (ISBN: 978-1-77123-020-9), by Elke Scholz, is published by:

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Letting Go (Continued from page 10)

every thought is like installing a program we would be much more careful of what we choose to think. This title of a book says it well, *Can you Afford the Luxury of a Negative Thought*. Can you? Think of how much money is spent on advertising. Advertising's objective, in the most part, is getting you to believe that what they say is true, it's a program. Often part of the belief they want you to adopt is that you are in some way deficient and their product or service will make you whole (not sexy enough so need sexy car, or new hair colour, etc.). If you believe it, then you will buy and consume their product or service. Discipline (being a disciple of one's self) starts with the mind. Being aware of and intentionally choosing your beliefs takes you out of an automatic, habitual loop and is the prerequisite to conscious living. Here are a couple of thoughts by Deepak Chopra that you may want to consider installing, "My purpose is to let go and welcome what is to come. Whatever I'm afraid of losing is meant to go. I will be better off when new energies come in."

Thoughts are actually, in large part, habits. Whatever is showing up for you that you don't like in your life or do like for that matter is a result of your thoughts. Usually they are so habitual you don't recognize the creator or seed thoughts anymore. To break the cycle and create space for something new to enter in, meditation is a helpful practice for daily life, as are affirmations and taking time to cultivate mindfulness. There are as many ways of meditating as there are ways of eating and exercising. Find what works for you. The idea is to stop the mental chatter and create a crack in the reality you are creating to allow new dimensions to shine through. Remember, thought habits are like all habits and they take time, effort and conscious awareness to adjust and change. Be patient and loving towards yourself always.

Attachment is really fear and not trusting Life, Spirit, All That Is. Not trusting that we really can move out of the caterpillar world into a butterfly reality. Nothing stays the same and the more we are attached to our thoughts and things, the more pain we will suffer as we move into the next 'now'. Life is fluid, it streams, it is flexible, it encompasses much more than the parts we attach to. Life is love. The more we release attachment, the more we let Life in and more we can truly love and be loved.

What does a butterfly world look like? "We are the change," as Ghandi said. It is up to us to create in our minds the future we want to be in. Can you imagine a world where our children actually love to go to school, where it is recognized that to help

another is actually helping ourselves, a world where we cooperate with nature, where our decisions are based on love rather than fear, a world where profit is not the target but quality of life is and the media stimulates us with stories and news of what IS working in the world?

Let's make 2014 a year where we think and talk about the possibilities before us. Let's pay attention to the amazing discoveries being made; new ways to build, new ways to educate, new ways to harness power, new ways of living and being with each other, new ways of cooperating with nature. Imagine living in a world where you can't wait to get up because you have so much joy to express! Visualize it, think it, talk about it, do it! By doing so, we are literally the change. Let go of the old. Allow a New Now to unfold through you. Let's create a HAPPY NEW YEAR. **I welcome your thoughts and visions of a positive future. ✓**



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Intuition

OR

Imagination

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

What is intuition? Intuition is a collection of abilities that are beyond sensing with the five physical senses. This includes: premonition, precognition, prediction, prophecy, telepathy, telekinesis, clairvoyance, clairaudience, and clairsentience. These abilities are esoteric, mystical, and associated with perceiving the future. Often the intuition is called extrasensory perception (or ESP) and is, therefore, an ability to perceive something over and above the conscious mind without “thinking.”

Being aware of something without drawing a conclusion, making a deduction, or reasoning out the answer is the correct way to use your intuition. In other words, “Tell me what you see, not what you think.”

The rational mind contains intellect, logic, reasoning, ego, and personality. This is your Low Self. The contemplative mind (or High Self, or soul mind) contains all of the intuitive abilities, or ESP. This is that part of you that lives forever, and comprises everything that you are, have been, and ever will be. This is a slow and powerful mind that takes a direct course as it moves ahead. Like an elephant, it is not easily distracted, but moves forward with confidence. By contrast, the rational mind is like a monkey, chattering on and jumping from one random thought to the next.

Getting in touch with the high self or soul mind starts off with the intention to quiet the chattering mind. The chattering mind cannot merely be turned off, but it can be turned down. This takes control, and meditation is

the key.

Everyone thinks they have control over their own mind. However, gaining control is much more difficult than you might think. Here is a test to demonstrate just how little control we have.

As you read these words, do not think of a white polar bear, on a warm sunny beach, wearing red running shoes, carrying a tennis racket and wearing sunglasses. Again, DO NOT think of this.

If you are like most of the population, you immediately saw a polar bear in your mind’s eye.

To develop your intuition, gaining control over the monkey mind and getting in touch with the elephant mind is essential. I teach a form of meditation that I call Intuitive Meditation, and it is the same principle I use in my daily practice as a Deep Trance Clairvoyant. In order to perceive clearly, the rational mind must be distracted or preoccupied with a task. When you meditate, you shift your focus onto your breathing. The mind cannot think of more than one thing at the same time. As you become more proficient with your meditation practice, you will become better able to access the High Mind or Soul Mind (or the contemplative mind) and beyond to the Akashic Records.

To know the difference between your intuition and your imagination is to observe what image comes to your mind without provocation or contemplation, but just pops up “first” in your mind’s eye. This is a very powerful lesson to learn. When you are thinking, you are in the rational mind.

When you are not thinking, but are instead calm and receptive, you are in the contemplative mind.

It takes some time to master this, so be patient. It also takes a little courage to reach out intuitively and to overcome the intellectual notion that this is not possible or that you cannot do this.

At first, the images might come slowly, but do not try to reason what the answer might be, come to a conclusion, or make a deduction what the answer should be. If nothing comes right away, it could be that your intellect is getting in the way. If you get two answers on top of one another, or you get conflicting images, this might be your will getting in the way of your intuition. In other words, what you are seeing is what you want to see, not what your intuition is showing you. When this happens, stop and clear all the images in your mind, and then look again.

You might be thinking, “I can’t do this,” or “how am I going to come up with the right answer.” If you are thinking this way, you are suffering from I Disease; that is to say “I this” or “I that.” Attempt to keep your thoughts out of the question. Just say what you see, not what you think.

There will come a moment when you will be convinced that what you are seeing or perceiving is not your imagination. You will see something that could not possibly be in your mind, in your memory, or in your recollection. Seeing an intuitive image clearly and vividly, you will have your evidence that you are capable and able of perceiving intuitively information through your contemplative soul mind.

Continued on page 25

Intuition or Imagination (Continued from page 24)

My motto is “Faith is built upon belief, and belief is built upon evidence.” With more evidence, you will have more faith that what you are perceiving is truly from your intuition.

Now, you may never overcome the doubt that we all have (that you are merely making things up, or that it is your imagination), but if you can detach yourself, or be disinterested, whether you are right or wrong, you will do better. In time, you will feel confident in your own ability. Do not hold back, do not edit what you see, do not think. Just say what you see.

It is like learning to ride a bicycle. When you first try to ride a bicycle, everything is unfamiliar. You have to think about steering and peddling the bicycle, and trying to figure out how to balance it. Without a doubt, you might fall down a time or two, but, with persistence, you will soon learn to ride fairly well. In fact, there will come a time when you will ride the bicycle without even “thinking” and doing very well. ✓

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On the Healing Path (Continued from page 9)

of six Schneider was declared legally blind due to congenital cataracts. Today, he has a driver's license with no restrictions. He uses Doctor William Bates' methods which he practices unsparingly according to his surroundings, but with noticeable results. wrote him, called him on the phone and met with him while on his trip to New York in October. In one weekend, I could already read smaller print. He recently published a new book, *Vision for Life - Ten Steps to Natural Eyesight Improvement*.

I tried to have a more regular sleep schedule. For me this was a challenge (I am a night owl). I did two more one week body detoxifications, one in April and one at the end of September. However, a body detoxification is only successful when you change your lifestyle.

For Cayce, the mind is the builder of every cell in your body. I received many energy healings as well as other treatments, such as acupuncture and osteopathy. Cayce used to say, "It is useless to treat a sick body, when the mind, the goals, the ideals of the entity are not in alignment with He that is peace, life, hope intelligence..." [3078-1] so, it was necessary to also look within. I was ready to examine everything. It happens often that past events still have an emotional tie without our knowing. I also turned to music, colour energy and stones that I had discovered or that were offered to me. When in treatment, the therapist who was not aware of my interest in Edgar Cayce told me that Cayce had come to her and was guiding me in healing. She even saw someone putting drops in my eye. I didn't dare put castor oil in my eye but I did apply compresses as of that moment.

For me, the occurrence of illness has many causes. I also attempted to improve my state of health in a multitude of ways in a short period of time. As Guy Corneau, psychoanalyst and author of the book, *Rebirth*, says, "It is the combination of the approaches that brings healing." An encouraging fact is that these measures, along with an awakening, brought about the healing of allergies that had been present within me for over thirty five years. The allergist treating me said that I had taken the path of healing and that I no longer needed him. He also suggested that I listen to my intuition for my eye. I had quit the medication for several months because I thought it was hurting my eye.

Finally in October, the ophthalmologist told me that surgery was no longer necessary, that it was stable and even a bit better. I can read small print. I am definitely on the right track. I am beginning to learn how to take care of myself and to humbly ask and accept the assistance of therapists and friends who are energy workers.

As Cayce suggests, "adopt a positive mental attitude," it is most certainly the key to success and I would add "trust in your own inner feeling, even if on occasion it is difficult to resist the social pressures." When it comes to the eyes, it is as

though improving ones eyesight is impossible.

For Cayce, the mind is the builder of every cell in your body... Since we had the power within us to create illness, we also have the power to destroy it the same way. First in our mind, which in turn has repercussions on our physical self, thus the importance of visualizing our organs as healthy and strong and to put ourselves into positive thinking mode about our body. It is essential to believe in the power of the human mind! ✓

Translated by Linda Perreault from the French version which appeared in The Open Road, Spring 2013.

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Pennies from Heaven (Continued from page 5)



would be sitting in a conference, look down, and there would be a penny at my feet. Waiting at an airport gate for my plane to depart, I was unable to find a seat. Then a young lady stood up and offered me her seat. Yes, you guessed it; there was a penny on the seat. Every time I found a penny, I was so grateful and comforted.

After four years, the pennies were not as frequent. One day I was having a very difficult and challenging day. I was missing my Bob so much and just feeling so far away from him. I talked to him and said that I really needed a penny to help me through this dark period. I needed to know he was with me. That evening, during an infamous Colorado snow storm, I went to our gas station for gas. I was feeling very blue and despondent. I was in the process of filling the gas tank, when I looked down at a snow bank next to my car, AND THERE WERE THREE PENNIES, right in a row sitting on top of the snow. I was so excited that I told the lady next to me about the pennies. She was so kind to listen to my whole story. Three pennies, what more could I ask. It was my sign that my wonderful Bob was with me always. It made my heart sing, and my faith was completely restored.

Those signs are so precious and important as we go along our life's path. Being physically separated from our loved ones is devastating, to say the least. Those treasured signs that come our way are our connection to "the other side," to the loved ones we hold so dearly in our hearts. The Cayce readings state that we should pray for those who have gone before us because often they wait and listen for us to reach out to them. I don't know how to send them pennies, but I do know how to send prayers and love. ✓

Are You a Healer (Continued from page 20)

Hopkins Medical Schools' research indicates that medical errors and prescription drugs together may be the leading cause of death in the U.S today.

Edgar Cayce resisted his calls to action at the beginning of his journey; desperate illness in loved ones is what initially pushed him into utilizing his gifts as a 'last resort'. It was only after Cayce's tuberculosis suffering wife was pronounced incurable by her physicians that Cayce was compelled to step in to assist. The methods of healing he spoke of in trance were so unconventional, her physicians scoffed and would not endorse his prescriptions to the pharmacist, who in turn risked jail in creating the compounds, without her Doctor' approval.

Cayce's trance-fueled healing suggestions became just over 90% successful; considering the majority of these people had already been labelled, "terminal" by their physicians, it is astoundingly high. Examples of healing exist in the readings where it is clear that the patient didn't believe in Cayce and only grudgingly acquiesced to the treatments, but they still healed.

The 'happy' woman in the office that was screaming on the inside? At the time, I didn't know that not many other people could hear or feel her energetic outpourings. I didn't know that her young child had died, and I cannot now imagine such pain; I am amazed that she managed to get to work, I am astounded by her bravery at putting on a brave face, and I now realize that she was trying to cheer herself up by bringing happiness to others. Now, I see that, but then, I was too much into my own wounds.

A healer can be many things, someone with a kind smile, a soft heart and open ears brings solace to many, some need tough love. I would say it's as simple as, "a healer is someone who wants to help." I now call myself a healer. If you feel the nudge there's really no point running away, take the leap. It's worth it! ✓



Healing with Sound (Continued from page 18)

continue to interest the body in same whenever the treatments are given." And reading 2712-1 counsels: "Keep about the body... music that is of harmony, such as the Spring Song, the Blue Danube, and that character of music, with either stringed instruments or the organ." The reading advises that both these pieces provided vibrations that would return the body to near-normal vibrations.

In addition to recommending chants based on vowels, the readings advise that chanting a long, drawn-out "Aum" would have healing effects on the body. Another interesting statement made in the readings is the suggestion that by entering deep meditation with purity of heart and an attitude of service to God, we may be able to access and hear the "music of the spheres."

But whether or not we can attune ourselves to the point that we can actually hear the music of the spheres, Cayce said that each person could find some form of music or musical instrument that would help them become attuned to their spiritual selves and that each of us can "find hours...when music...brings into association those forces of the celestial as well as the mental and spiritual...to give expression to the messages, those lessons, that will be of so much help, and hope, in the minds of others." (2156-1) ✓

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The Holographic Universe (Continued from page 13)

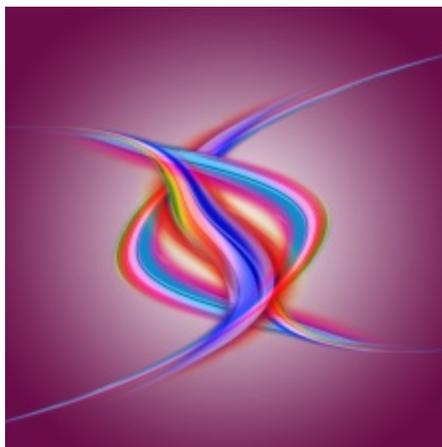
experiments was performed in 1950. Published in the *Journal of Clinical Investigation*, a group of 33 pregnant women, suffering from morning sickness were told that they would be given a drug that would stop their nausea and vomiting. After taking the drug all 33 women reported that their nausea and vomiting had stopped. So the drug had been very effective. The only problem was that the women weren't given a drug to reduce nausea and vomiting but one that should have made them even sicker, syrup of ipecac. So a strong desire to feel better coupled with a belief in the suggestion that the drug would work was able to override the powerful effects of the nausea inducing syrup.

Hundreds if not thousands of scientific studies have been published in the last half century on mind-body communication, including the 1995 Institute of Heartmath study, published in the *American Journal of Cardiology* where it was found that thoughts of appreciation and anger produce opposite effects on the heart; or the 2006 University of Utah study, demonstrating that a hostile attitude among married couples can cause heart disease. Heartmath scientists even found that 5 minutes of "care and compassion" caused a boosting of the immune system for 5 hours while "anger and frustration" caused the immune system to be depressed for 5 hours.

So powerful are emotions on the body that science has now discovered an entire psychosomatic network of molecules connecting the body and mind. Discovered in 1972 and called neuropeptides, these "molecules of emotion" are responsible for numerous bodily functions. The hundreds of neuropeptides located throughout our bodies cause a whole cascade of changes in our physical bodies, based purely on the expression of thoughts and emotions. Science is even demonstrating how thoughts and feelings can switch genes on and off, as well as change our DNA. The research

of the effect of our thoughts and feelings on our genes has even led to the creation of a new field in science known as psychosocial genomics.

While science has clearly demonstrated that our thoughts and feelings express themselves throughout our own biology, research is now incredibly also beginning to understand how our thoughts and feelings affect others and our outer reality. Scientific research has proven that a good mood is infectious. Published in the *Journal of Nonverbal Behaviour* in 1981, it was found that when a person in a good mood sat opposite someone in a bad mood for 2 minutes, their good mood was



transmitted, subconsciously improving the person with the bad mood. This is profound in its implications for, if you have the power to change someone's mood by your own mood, then your mood also has the power to change their biology; basically, joyful thoughts and words can quite literally heal. The reverse is also true.

Since everything is energy and vibration, connected throughout the holographic universe by our thoughts and emotions, healing outside of ourselves becomes possible. For instance, a study conducted in 1999 by Toni Bunnell at the University of Hull, in England studied the effect of healing touch on an enzyme called pepsin. Over a series of 20 trials, she found that the healer speeded up the rate that the pepsin carried out its converting. Similarly, a 1984 study looked at the effects of healing on the mutation of

live bacteria. The researchers discovered that there were many more lac-positive E-coli bacteria in the tubes where the volunteers were asked to speed up the mutation and many fewer lac-positive E-coli in the tubes where they were asked to slow the mutation down.

However, since everything is connected, within the holographic universe, the power of the mind can also heal, at a distance. A 2004 study jointly performed by the California Pacific Medical Center, The Institute of Noetic Sciences and MD Anderson Cancer Center at the University of Texas found that practitioners using Qi Gong were able to influence human-cultured brain cells, at a distance. Each practitioner directed healing intentions towards the cells for 20 minutes and was able to speed up the rate of growth of the cells.

One of the greatest discoveries in this field of physics, as mentioned earlier, is that quanta can express themselves as either potential waves (the hologram) or as manifested particles (the virtual world in which we operate). The combustion point for this conversion from wave to physical particle is observation. This quantum field of energy, also known as chi, is influenced by intention, which can either be individual or collective. Group prayer or intending seems to have the greatest influence on vibrational wave patterns, affecting more than just our physiology. It can also affect our behaviour, as evidenced by recent studies on crime. In one such study published in the *Journal of Crime and Justice* in 1981, several hundred expert meditators gathered together in a city and meditated. FBI statistics gathered over the following year recorded substantially lower crime rates. Other studies have been conducted in several cities around the world with similar results. The excellent book, *The Intention Experiments* by Lyn McTaggart relates a whole host of such experiments, performed in recent years.

But intention can also manifest in more unusual ways. Coined by the famous Swiss psychoanalyst Carl Jung, a synchronicity is a meaningful coincidence between two or more events. It is perhaps here, in the baffling

rendezvous' with people, events and circumstances, where the Holographic Universe is most shockingly at work. If ever material evidence was needed to prove the creative power of our mind, within the framework of this divine matrix, synchronicity is without a doubt the smoking gun! Yet our knowledge of meaningful coincidence is so devoid of any intellectual study, of so little understanding of its underlying mechanism that it leads one to conclude that it is not the effort that dissuades people from delving into its study so much as the fear of what such studies might do to our pre-established view of reality. I have been fascinated by synchronicities for many years now, having experienced many myself. One of the most recent and relevant to this article occurred while I was in Lilydale, New York, attending a workshop on quantum manifestation. At one point the speaker began talking about our reality as a hologram. Interestingly enough, I had brought a book with me to read during the weekend, called, *The Holographic Universe* by Michael Talbot. During lunch, I went to visit the library with my friends. I was instantly drawn to one of the bookshelves. The very first book that I took off the shelf was none other than *The Holographic Universe*, the same book lying on my night stand. My thoughts and emotions had been consistently on this topic for some time. This synchronicity was but a further example for me to ponder of how our thoughts are quantum wave patterns that eventually manifest into solid particle form.

Could it be that our reality is but a reflection of the balance of our thoughts? These are the age old conclusions reached by mystics, philosophers and spiritual teachers the world over. The interconnectedness of the holographic universe can be seen in the harmonious flight patterns of birds in the sky or the perfect swimming formations of fish. It can also be seen when a group of monkeys on the mainland all begin to wash their food in exactly the same way as a group of monkeys on an isolated island. This by the way, is known as the "hundredth monkey" experiment, conducted in 1952 on an island off the coast of Japan. It's almost as if information was downloaded into what Carl Jung calls the collective unconscious and then it reaches a tipping point before it is downloaded to all the individuals of the same species, through their DNA. How else can it be explained that two inventors on opposite sides of the planet can come up with the same idea, at the same time? If we are all one or as Neale Donald Walsch puts it: "the individuations of a singularity," then the paranormal becomes normal, the supernatural becomes natural and the extraordinary becomes ordinary.

The esoteric science known as alchemy has known this for millennia, using the Greek formula *En To pan* or *All is One* as its central mantra. Pantheism is also a derivative of this holistic belief in the unity of all things, whereby God exists in all matter, as living consciousness. Some scientists surmise that the pinnacle in human evolution is the awakening of our consciousness to our own divinity, as creators of our own reality.

I hope that this article will have been helpful in explaining the Holographic Universe theory, and in underscoring some of its practical applications in our everyday lives, as the author, main character and narrator of a much grander, cosmic play. ✓

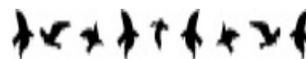
*For more information on the science of Bohm's theory please refer to Michael Talbot's excellent book *The Holographic Universe*, New York: Harper Collins, 1991. Maldacena, J. M. Adv. Theor. Math. Phys. 2, 231252 (1998). Hyakutake, Y. Preprint available at <http://arxiv.org/abs/1311.7526> (2013).*

Thoughts

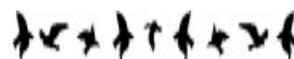
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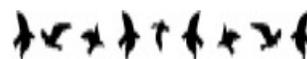
Laughter is a response to humour, which in turn is an expression of joy. Of all God's creatures, we are the only ones given the gift of laughter. A day spent without laughter is a day we have squandered the gifts of love. Let us not take our self so seriously that we cannot see the humour all around us. May we laugh often and uninhibited that the spirit of joy may fill the world around us.



There is a time for dreaming, a time for planning and a time for doing. The time for action is at hand. Let us live our dream even if it is in the seemingly small ways. A benevolent universe awaits our action so it may make a miracle of our activity. Dare to dare.



We may not think that what happens thousands of miles away is a reflection of our behaviour, but it certainly is. Where there is fear and doubt, there is combat and conflict. All problems may be solved and all differences bridged by men and women of goodwill. Once we give ourselves over to the process, the conclusion will be much more agreeable. Let us live in such a way that our actions will speak of our dreams, and melt the hearts of those with whom we share this planet.



When we experience anger, fear, impatience; feelings that are not expressions of love, we are not weak, we are not lacking in love. We are simply experiencing the opportunity to awaken that sense of love that lies deep within us and of which we are comprised.

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Contact: William or Judith Munns 250 753 2110

www.nanaimometaphysicalnetwork.org

Vancouver - Meeting Every Month
Mutual Interest Group/Movie Night

Contact: John Golka 604 736 7762

Ontario

Listowel - April 26

Speaker: Evelyn MacKay

A Day with the Angels

Contact: Nancy Thomas 519 696 3202

fstnat1@gmail.com

Kingston - May 23-25

Annual Canadian Fellowship Conference

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Doing Good to Self and Others

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cfc@edgarcaycecanada.com

Huntsville - July 17-20

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Contact: Erika Allen 905 726 9043

erwassif@gmail.com

Peterborough - August 17

Annual Summer Picnic - Pot Luck

Contact: Helene Thibert 705 745 7188

Ottawa - October 25th

Speaker: Sidney Kirkpatrick

Contact: Thérèse Leman 613 731 4901

anncatjt@hotmail.com

New Brunswick

Sackville - July 11-13

Annual Atlantic Fellowship Conference

Keynote Speaker: Rick Hunter

Topic: **Adventures Within**

Contact: Mary Easson 902 926 2096

crittershack@hotmail.com

Quebec

Chateaugay - October 3 - 5

9th Creative Spiritual Awakening Weekend

Facilitator: Bob Johnstone

Contact: Bob Johnston madisonrj2004@yahoo.ca

Peter Kendall - hopsing555@hotmail.com 450 676 4203

Montreal (South Shore) - Biweekly meetings

Healing and Meditation Group

Contact: Peter Kendall 450 676 4203



Announcement

The annual Toronto Symposium that is usually held in September each year will be rotated among other locations starting in October 2014. The proposed locations being, Ottawa, Peterborough, and Toronto.

It is the hope that these locations will bring the symposium closer to where many potential attendees live.



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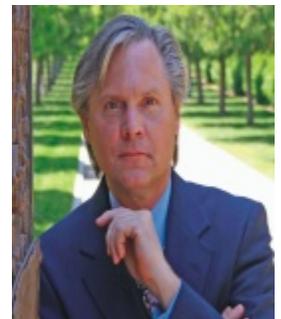
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Memberships in the National Guild of Hypnotists, the Association for Past Life Research & Therapy and the Association for Research and Enlightenment have led Rick on travels throughout Canada and the United States. He has been invited by groups and individuals to present workshops in various cities throughout Canada and the United States, including the Atlantic Fellowship Conference in Truro, Nova Scotia and the Canadian Fellowship Conference in Kingston, Ontario.

Topic: Adventures Within

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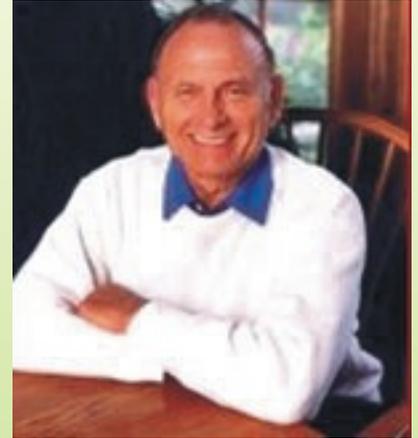
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