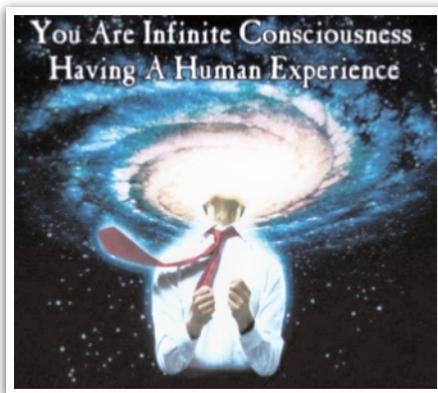


# Exploring The Mysteries of Your Mind

WITH GREGG UNTERBERGER, M.E.D.

We use only a small capacity of our brain and mind. But the work of “the sleeping prophet” - Edgar Cayce - suggests that we can move about in time and space, discover alternative “ways of knowing” beyond rational thought, learn to see the radiant “inner light” in everyone as well as attain higher sources of wisdom and insight, even develop an ability to see our destiny! The 21st century has brought about a dynamic confluence of science, research, and metaphysics, yielding exciting new “spiritual tech-

nologies” that can greatly enhance and accelerate our per-



sonal journey to the Divine. What if we could uncover our spiritual destiny? What if we

clearly understood our karmic lessons? What if we could shift into deep meditation... just by flicking a switch? What if ordinary people could make contact with the other side?

You may be surprised by the exploration of these questions. In this experiential workshop you can:

- ~ Discover a mystical vision of the future of your spiritual path
- ~ Learn the practical tips and secrets of professional psychics

*Continued on page 2*

IN THIS ISSUE	
1 Exploring the Mysteries of Your Mind by Gregg Unterberger M.Ed	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><i>From the Editor's Desk...</i></p> <p><b>Hello</b>, from Calgary, Alberta. Another year has passed very quickly, and as we are embark on 2015, I reflect on a a few things as I do each year at this time. With a strong interest in numerology, I wonder, “what are the numerological influences of 2015?” Although many will say it totals an 8 which can reflect power and money, there is a gentler meaning inside of the numbers that indicates relationships, harmony, balance and adventure. The eight on it’s side is the sign of infinity, also known as the sign of karma - we reap what we sow. While this is a year that could create change or instability for some, it may also provide opportunities for peace and harmonizing of relationships throughout the world, one person at a time.</p> <p><i>"Hence, Destiny is: "As ye sow, so shall ye reap." And like begets like! And the first law of nature, which is the material manifestation of spiritual law in a physical world, is self-propagation - which means that it seeks self-preservation and the activity of the same law that brought the thought of man (or the spirit of man) into existence - companionship!" (276-7)</i></p> <p style="text-align: right;"><i>Lori Jensen</i> ECC Chair</p> </div> </div>
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<p><i>Note: Edgar Cayce reading numbers are written in brackets throughout this publication</i></p> <p><b>Editor:</b> Lori Jensen</p> <p><b>Edgar Cayce Canada</b> 505 Muskoka Rd, 118 W, Ste 155 Bracebridge, Ont P1L 2G7</p> <p><b>Toll Free:</b> 1-866-ECC-8209 (322-8209) <b>contact@edgarcaycecanada.com</b></p>	

# Exploring The Mysteries of Your Mind Continued from pg. 1



- ~ Explore the new spiritual technologies that can make mystical states of consciousness available “on demand”
- ~ Directly examine your previous incarnations through hypnosis in a past-life regression
- ~ Find out how doctors at the Chicago Veterans Hospital developed a method of apparent

spirit contact to dramatically resolve grief and depression  
~ Uncover the new technique that can aid you in “hardwiring” your brain to God

Our brain—our “higher mind”—is a vast wonderland of undiscovered abilities and untapped resources.

*Further reading can be found at: [www.greggunterberger.com](http://www.greggunterberger.com)*

*Gregg Unterberger M.Ed. will be discussing these and other profound concepts at the annual **Canadian Fellowship Conference in Kingston, Ontario, May 22-24th, 2015.***

Gregg’s use of evocative music, mind-expanding graphics, and custom video won’t simply explain these concepts; individuals will **experience them directly!** Even if you think you have little ability, you may be surprised to discover or dramatically increase your own sixth sense during this amazing weekend. Utilizing ancient and contemporary spiritual teachings, plus current research and the wisdom of Edgar Cayce, this workshop will directly put you in touch with the untapped potential of your higher mind!

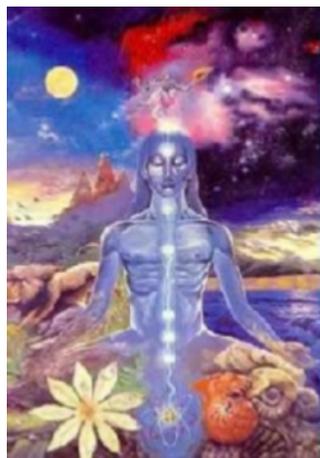
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## A Better Meditation

By John Van Auken  
Virginia Beach, VA

...**O**ne of the most pleasant activities of personal spirituality is sitting quietly in the sanctuary of one’s body temple while aware of the life force flowing within us. Nothing compares to it. As Edgar Cayce noted during one of his deep attunements to the mind of the Maker, “If you will but open your tabernacle of consciousness to allow the holy to come in and sup with you, all the beauties of peace and harmony are yours – for they are the birthright of each soul.” (987-4)

Cayce explained that the subconscious mind is the bridge from the physical outer world to the metaphysical inner worlds and the Source of Life.



This is a stage in meditation where we move to our deeper mind and that part that is our soul. In the early years of meditating, one has to use the imagination in order to perceive the soul-self. But as one grows in the practice, the soul-self becomes a familiar aspect of our whole being – a portion of what Cayce called the “entity.” The body is wonderfully arranged for both physical activity and *metaphysical* activity. The body is, as so many teachers have claimed throughout the ages, a temple of the “living God.” And, as with all temples (Hindu, Buddhist, Egyptian, Mayan, Hebrew, etc.), the body-mind temple is a sanctuary. This is where the real communion takes place. And the mind, according to Cayce, is the crucial link: “Your body is the temple of the living God, your mind the connecting and communicating link with the Divine, through which you may ever receive the answer,

*Continued on page 3*

# A Better Meditation

...Continued from page 2

if you will but harken." (2174-2) Let's take a moment to understand Cayce's perspective on the mind's role in communing with God. All of the following insights come from his discourses in 281-13, but I've edited it for clarity and focus to our point at hand:

"There are definite conditions that arise within the inner person when an individual enters into true or deep meditation. The sources of impulse and imagination are aroused by the shutting out of thought pertaining to the carnal forces of the person. Then, [the person] partakes of the individuality [the soul] rather than the personality [the outer self]. If the image that is raised by the individual in its imaginative and impulse force [motivation] takes the form of the ideal held to be raised to, then the individual bears the mark of the Lamb, or the Christ, of the Holy One, or the Son, or any of the names we may have given to that which enables the individual to enter through it into the very presence of the Creative Forces. The soul is within its temple, within the body of the individual, see? With the arousing then of this image, it rises along that which is known as ... the pineal center, to the base of the brain, then to the hidden eye in the center of the brain system."

Imagery, motivating influence, and the Ideal are important ingredients in Cayce's method. I have found that my imagery has changed over the many years that I've been practicing. Think of these images as furnishings for your sanctuary. These will be unique to each soul's experiences, beliefs, and ideals. What God and heaven are is going to differ according to the mind that is seeking. At least in the beginning this is correct. In the beginning, imagery may provide you with initial furnishings that reflect your personal perspective on spirituality and God-consciousness, and they will provide you with just the surroundings you need for your communion with God.

Reading 281-13: "In order to bring some understanding of what a soul may pass through when traveling from one realm to another, it becomes necessary to convey the experiences in images and concepts that are comprehensible to those souls in the lower realm - in this case, in the Earth realm. One that thinks of heaven as "Elysian Fields" needs birds and flowers. One must find the materialized form of that portion of the Maker that *that* entity, that soul, can enjoy and comprehend. Houses built in the woods would appeal to some. Woods, in its essence, are what? Only those who become conscious of the essence (Continued on Page 7)

## Edgar Cayce Canada's Youth Scholarship Program \* Needs Your Support \*

The Youth and Adult Outdoor Retreat will be in its third summer in July, 2015. It has become a very popular event and to-date the organizers have been able to raise enough scholarship money to either fully or partially assist youth under the age of 21 to attend. The scholarship program has been partially the reason for the success of the retreat. All youth under the age of 16 years must be accompanied by an adult, and when a family of 4 or 5 register, paying for 2 parents and 2 or 3 youth the cost of this three day weekend becomes formidable.

Not all parents or grandparents accept the scholarships offered and that is wonderful too, however, for the majority, the assistance is critical to enable the youth to attend.

The program for youth immerses them in the Cayce material while making the experience loving and fun, with meditation, dream analysis, games, hiking, crafts and much more. The program caters to all ages, from birth to 100 year-olds; there is something for everyone. If you are unable to attend this wonderful experience, you can ass-

-ist the youth to attend by donating to the scholarship fund, or by purchasing a specially produced Book of Prayers, which was created to raise scholarship money for the youth for this program. This is a 23-page book of prayers gathered from religions all over the world.

To date, donations have come mainly from individuals and Cayce study groups, who support the idea of raising a generation of Cayce kids. There have also



been sales, raffles and silent auctions facilitated by the Retreat organizers to raise

enough funding to ensure that

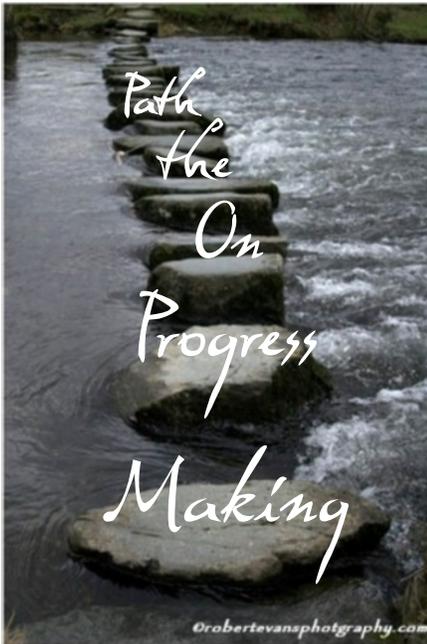
no youth is left out because of a lack of funds. The recommended minimum donation for the *Book of Prayers* is \$10.00. Please remember this program in your prayers and if at all possible a financial contribution would be greatly appreciated.

The *Book of Prayers* is available from Edgar Cayce Canada, 505 Muskoka Rd. 118 W, Ste. 155, Bracebridge, ON, P1L 2G7, or Tel: 705- 645-3879. We accept cheques and credit cards.

Thank You!



Sometimes we may feel that, regardless of all the spiritual books we've read, the conferences we've attended, the inspiring lectures we've listened to and the workshops we've participated in, we are not much further ahead on the spiritual path than when we started. A single negative incident may throw us way



off base, spiritually and psychologically, for some time. A recurring mental, emotional or physical pattern may leave us thinking that we can never move

## Making Progress On the Path

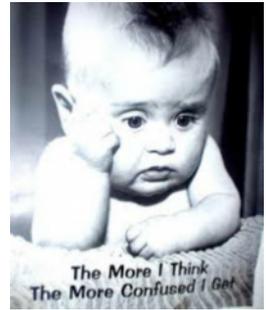
By Mark Finnan, Peterborough, ON

beyond a certain stage in spite of all that we thought we had learned. So what's going on?

First, we should be reassured, from the shared wisdom that has come our way from others down through the years, that we are not alone in experiencing this kind of predicament. We should certainly not doubt or despair that it is possible for each and every one of us, regardless of how disconnected from our better self or how downbeat we may feel at a given time, to make progress on the spiritual path. As the Cayce source more than once advised 'Do not lose faith in self, for if faith is lost in self and self's abilities to accomplish, then there is already defeat staring thee in the face! This would be true for every individual...' (257-131). In conjunction with that advice we are encouraged in all humility to accept and face our failings, our weaknesses and af-

ter calling on God's help renew our commitment by taking what steps may be necessary to get us back on track again.

It is a fact of life, most especially for anyone on a spiritual path, that challenges will confront us from time to time. Aspects of our nature or situations with others may come to the fore that we find inhibiting to our development. Throughout the Cayce readings we find people being encouraged to see these as opportunities for further growth rather than as deterrents to their development. We are assured that we are never given more to deal with than we are able to handle. In facing up to these set-backs, we are encouraged to apply our chosen ideal to a given problem and to draw in what help we need through meditation and



Continued on page 6



### Edgar Cayce Canada - Board of Directors

...is seeking board members to represent the province of Ontario beginning in May, 2015. If you are interested in the long-term planning of the organization and have a few hours per year to give to the 'work,' we need you. Please contact: Thérèse Leman, Chair of the Nomination Committee at [anncatjt@hotmail.com](mailto:anncatjt@hotmail.com) or phone 613-731-4907.

# Edgar Cayce Canada Youth Programs 2015



## The Canadian Fellowship Conference Youth Program

May 22<sup>nd</sup> - 24<sup>th</sup>, 2015  
Kingston, ON

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

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

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

Perhaps Elizabeth's greatest gift is her unconditional heart and anchored faith in Christ-centered principles. ECC in conjunction with the ECC Youth Advisory Committee, look forward to providing an exciting format for the CFC Youth Program for 2015.

For more information please contact [elizabeth.hornseth@gmail.com](mailto:elizabeth.hornseth@gmail.com), or Lori Jensen at [coach4u@telus.net](mailto:coach4u@telus.net). You may also visit our website at:

[www.edgar cayce canada.com](http://www.edgar cayce canada.com)



## Volunteers!

To Volunteer at the Canadian Fellowship Conference or the Outdoor Retreat please contact: [cmacdonald@edgar cayce canada.com](mailto:cmacdonald@edgar cayce canada.com)

## Edgar Cayce Canada's

3<sup>rd</sup> Annual

## Youth and Adult Outdoor Retreat

At:

The Ecology Retreat Centre  
Mono, Ontario (near Orangeville, ON)

July 31<sup>st</sup> - August 3<sup>rd</sup>, 2015



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

A 3 tiered program:

- Crafts for the young and young at heart
- Teens with sports, games and workshops
- Adults with workshops, discussion groups, Meditations, prayer circles and much more

All ages are welcome!

For more information contact: Erika Allen at 905-726-9043 or [erwassif@gmail.com](mailto:erwassif@gmail.com)

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

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## Making Progress On the Path

...Continued from page 4

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prayer, to seek spiritual strength and inner peace.

While the recognition and overcoming of some deep rooted personal issue blocking our progress could require counseling followed by transpersonal work on our part, the solution to what we feel is our lack of progress may lie in our response to one or more of the following questions. Are we engaging with spirituality mostly on an intellectual level? Have we established a regime that is holistic in its approach to our development? Is our seeking too self-centered or imbalanced in some way? Are we careless or indifferent about putting into practice the precepts we say we believe in? Do we lack consistency? If we can answer yes to any of these we obviously need to review the nature of our seeking and our commitment.

From my own experience I know that so much depends on how we begin our day as in "Choose this day whom ye will serve." Do we take a few moments to try to remember/record our dreams believing that they can be a source of inner guidance? Do we allow time each morning for prayer and meditation? Do we

remind ourselves of our spiritual ideal (Cayce regarded the setting of a spiritual ideal as essential to any further development) and give some thought as to how we



can express it through the day? Any and all of these practices, which require only a relatively small amount of our time each morning, act as a conscious exercising of the soul forces and can bring us into alignment with the Divine before we engage with the physical circumstances of our lives.

Along these lines the Cayce source advises us to 'Take time to be holy. Don't let a day go by without prayer and meditation for some definite purpose, not for self, but that self may be a channel of help to someone else.

For in helping others is the greater way to help self.'

(3624-1). Making time first thing in the morning for this essential spiritual practice, fo-

cus on a particular prayer or affirmation, allowing ourselves to attune to what we perceive as the light within, then sending out that light, that love, to others who may benefit from it. As an outcome of this practice we



will find that we embark on the day with a lighter heart and a greater awareness of being a co-worker with God. In answer to someone who specifically asked Cayce for advice on how to develop spiritually he replied, 'Through prayer and meditation. Turn ever to Him, for as he has given, practice daily the love of the Christ. For as He gave, "A new commandment I give unto you, that you love one another." Then manifest that in every way. Let everyone that you meet be happier for having met you, for having spoken to you... This ye can do by spreading joy... This is the manner to unfold, to develop....' (3416-1)

As with any activity involving self-direction and discipline, we need to be consistent and determined in our practices on the spiritual path. Periodic or haphazard attention to such spiritual practices will not get us very far. That great spurt of insight and inspiration gained at a conference or from

some book needs to be followed up with time devoted daily to the spiritual side of one's life. This most often involves setting aside time on a regular

basis for self-reflection and whatever we need to do to bring about a physical cleansing. With persistence, a devotional approach and the applying of the tenets we have taken to heart we are much less likely to get stuck in the spiri-

*Continued on page 7*

## Making Progress On the Path

...Continued from page 6

tual doldrums. That is not to say that we will never falter or become imbalanced at times. But if we do, because we have been consistent in doing the work, we are in a much better position to be able to get back on track and move on.

In concluding, a detailed reading for a young woman who sought his help with her own advancement Cayce even suggested that if she applied the advice given she would not only make prog-

ress in a balanced way but in doing so would be able to complete her purpose on this earth. "Follow on these well and we will soon find the physical, mental and spiritual development of this body full, complete in the earth's plane, for the knowledge is the application of these laws that keeps the whole, whether of physical, mental, soul or spiritual on the even keel of development." (140-2).

Mark is an author, actor and playwright. He has led workshops on a variety of subjects relating to the principles in the Edgar Cayce material. Website: [www.markfinnan.com](http://www.markfinnan.com)



## A Better Meditation

...Continued from page 3

and have attuned themselves to that which is in accord with His will may know. For each soul, every soul, should seek to attune its mind, its soul to the Mother-Father God in Jesus the Christ. Tune into that light, and it becomes beautiful in that you think, that you are, that you live!"

Cayce is acknowledging that the imagery of souls varies greatly. Whatever you experience as "furnishings" for your sanctuary is right for you.

Cayce himself felt that he had to travel through many realms symbolized by watery depths, and return with names, dates, and ages intact - what better way to convey this than traveling in a bubble through massive amounts of water. This was his personal imagery. The body acts as the bubble for the soul while incarnate in the Earth dimensions. But when traveling beyond the Earth, the bubble symbolizes a vessel that protects the soul on its journey to and from the highest heavens.

My imagery changed dramatically from visual scenes to simply feelings. I had sensations of rising and expanding, and a deep sense of at-onement with the Universal Consciousness, with God's presence and mind. Gradually, visual images faded into pure feeling or the essence of everything, and a "knowing." At first I became concerned about this. But then I came across Cayce readings that acknowledged the value of subtle feelings or knowing something without dramatic images or phenomena, and that these came as from out of nowhere.

"Know that your body-mind is indeed the temple of the living God. Thus may you find that the sweet incense of faith, hope, prudence, and patience will arise to bring the consciousness and the awakening of the glories that may be yours." (1472-1) ✓

By John Van Auken - *Living in the Light Newsletter* Issue 175, Reprinted with Permission

## Events Across Canada

### Spiritual Growth Study Groups

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

### British Columbia

- **Comox Valley** – Monthly Meetings  
**Metaphysical Exploration Group**  
Contact: Anjali or Norman Thomas  
Telephone: 250-338-1690
- **Nanaimo** – 1<sup>st</sup> and 3<sup>rd</sup> Thursdays  
**Nanaimo Metaphysical Network**  
Visit: [nanaimometaphysicalnetwork.org](http://nanaimometaphysicalnetwork.org)  
for schedule and speakers  
Contact: William or Judith Munns  
Telephone: 250-753-2110  
Email: [nmn05@shaw.ca](mailto:nmn05@shaw.ca)

### Ontario

- **Ancaster** - January 23 to 25, 2015  
**Mount Mary's 45<sup>th</sup> Annual January Meditation Retreat**  
Topic: *Gratitude*  
Contact: Larry Smokorowski  
Telephone: 416-923-3538  
Email: [smokysr@rogers.com](mailto:smokysr@rogers.com)
- **Listowel** - April 25, 9:30 - 4:30  
**The K-W Area Team Present:**  
**Irish Sullivan**  
*Access and Activate Your Optimum Energy Potential!*  
Contact: Nancy Thomas  
Telephone: 519-696-3202  
Email: [fstnat1@gmail.com](mailto:fstnat1@gmail.com)
- **Kingston** - May 22 to 24, 2015  
**St. Lawrence College**  
**32<sup>nd</sup> Canadian Fellowship Conference**  
Keynote: **Gregg Unterberger, M.Ed**  
*Edgar Cayce on... Exploring the Mysteries of the Mind*  
Contact: Laurie Oliver, Registrar  
1-866-322-8209, Ext. 715  
[cfc@edgarcaycecanada.com](mailto:cfc@edgarcaycecanada.com)
- **Mono** - July 31 to August 3, 2015  
**Ecology Retreat Centre**  
**3<sup>rd</sup> Annual Youth and Adult Outdoor Retreat**  
Contact: Erika Allen  
Telephone: 905-726-9043  
Email: [erwassif@gmail.com](mailto:erwassif@gmail.com)

### Nova Scotia

- **Halifax** - July 17 to 19, 2015  
**St. Mary's University**  
**Atlantic Fellowship Conference**  
Keynote Speaker: Alicja Aratyn  
*Sacred Vibrations - Going Beyond the White Light*  
Registrar: Gary Smith  
Telephone: 902-543-9513  
Email: [gbsmith@eastlink.ca](mailto:gbsmith@eastlink.ca)  
[www.atlanticfellowshipconference.com](http://www.atlanticfellowshipconference.com)

**Gregg Unterberger, M.Ed.** is a Licensed Professional Counsellor and Certified Clinical Supervisor in private practice in Austin, Texas. Formerly an instructor in Group Therapy at Texas State University, Gregg is currently a national presenter for the Association for Research and Enlightenment and a long time teacher and student of A Course in Miracles. Gregg is known for bringing simplicity and humour to complex psychological issues and spiritual truths. Since 1990, his work in personal growth, intuition and spirituality has reached millions of people through his workshops and on national television.

**St. Lawrence College, Kingston, ON**  
with **Gregg Unterberger M.Ed.**

**May 22<sup>nd</sup>-24<sup>th</sup>**  
**2015**

**Edgar Cayce**  
**Canada's**  
**32<sup>nd</sup> Annual**  
**Canadian**  
**Fellowship**  
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**May You Have a *Joyous* and *Prosperous* New Year in 2015!**



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