



The Open Road

A Path to Awareness

Issue 53 - Fall 2012

The Magazine of Edgar Cayce Canada



"When Morning Stars Sang Together" © 2001 Carol J. Hicks

See page 3, "Cover Picture."

Oil on masonite panel

There must be first the quiet or harmony in one's own self if one would find harmony with the association with others. Edgar Cayce Reading 1540-7



The Open Road (Circ.800)

Publisher: Edgar Cayce Canada
Editor: James W. Schmidt

The Open Road is published twice a year and is one of the benefits of membership in Edgar Cayce Canada.
Membership is open to any person interested in furthering the mission of Edgar Cayce Canada.

The Open Road is a member driven publication and your articles are greatly appreciated. Submission deadlines are July 15th and January 15th.

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The Open Road
Publié par: Edgar Cayce Canada
Rédacteur: James W. Schmidt

Le journal The Open Road est publié deux fois par an (printemps & automne) et fait partie des bénéfices d'adhésion à Edgar Cayce Canada.

L'adhésion est ouverte à toute personne désirant faire avancer la mission d'Edgar Cayce Canada.

The Open Road est publié par des membres et vos articles sont grandement appréciés. Dates limites pour les soumissions: 15 janvier et 15 juillet.

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The mission of Edgar Cayce Canada is, "To encourage exploration and application of the principles in the Edgar Cayce readings."

La mission d'Edgar Cayce Canada est, "D'encourager l'exploration et l'application des principes qui se trouvent dans les lectures D'Edgar Cayce."

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." (254-86)

INDEX

- 3 Cover Picture - Edgar Cayce Reading
- 3 Simone Gabbay - *Body, Mind and Soul ..Does Personality Survive Death?*
- 4 Mark Finnan - *The Edgar Cayce Story of Christmas-Historical & Metaphysical*
- 6 Michael Epstein - *Varicose Veins*
- 7 Sidney D. Kirkpatrick - *Edgar Cayce Behind Bars*
- 8 Robyn-Marie Butt - *Diary of a Small Town Psychic.. Thanking Frank*
- 9 Dr. Barbara Cowan - *Naturopathic Notes.. Living on the Edge:2012*
- 14 Edgar Cayce Canada News
- 15 Activities Across Canada
- 16 Activities Across Canada(Continued).. ECC Youth & Family Outdoor Retreat
- 16 Glenys Cook - *The Inside Connection - ECC's Prison Library Program*
- 18 Jeanne Harvey - *The Francophone Connection/La connexion francophone*
La vie en Couleurs
- 20 Alex Braikoff - *Le contact avec Soi-même, le Moi supérieur, par la voie de rêves*
- 22 *Letter to the Editor*
- 23 *The Prayer Circle Network .. "We got Mail!"*
- 24 *Edgar Cayce Canada.. Financial Report for 2011*
- 25 *Laughter .. The Best Medicine*
- 26 Events Across Canada
- 26 Community Contacts
- 27 *Event Advertisements*

2012-2013

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BODY, MIND, AND SOUL

with Simone Gabbay, RNCP, Toronto, Ontario

Does Personality Survive Death?

Cover Picture

Painting inspired by Reading 294-206 given for Edgar Cayce.

“When Morning Stars Sang Together”

Then, for this entity (Edgar Cayce), we would begin first by picturizing that to illustrate the period when the morning stars sang together and the sons of God came together announcing the advent of man into material consciousness.

Thus, across the lower portion, extending almost the whole width of the design, begin in the right hand side by putting the crescent, with the seven stars; the one closer to the crescent the brighter. These, the stars, would be five-pointed-in gold and in silver. This portion of such a drawing should be rather with the background the blue canopy of heaven; dark, while toward the left side would come the shading to that of light, lighter, lightest - with just the very tip of the sun arising over the expanse as of water; with heavy vegetation and growth. The animals all would be indicated as in a state of expectancy toward the light, or the sun; from the serpent to the fowls of the air; indicating especially the raven and the doves in the fowls of the air, and the serpent upon one of the trees or shrubs indicated, and the ox, the camel. These especially would be indicated on such a drawing.

Upon the left, in the lower portion, put the symbol of the sun. Upon the right put the symbol of the earth. Each of these would be white and green; even the sun would be in the light green with the white and gold centre.



As a longtime student of the Edgar Cayce readings and other spiritual teachings, I believe in the continuity of consciousness after the death of

the physical body. I have always had a great interest in this topic, and the fact that many of my loved ones have crossed over to the other side has only fueled my interest in recent years. I have read everything I was able to access, and find time to look at, on the subject. I found that there was largely agreement between the different philosophies, but I also noted their differences.

Some teachings hold that while consciousness survives, the personality does not. Some say that the mind is discarded at death along with the physical body, and that the soul takes on a new mind with each incarnation. Depending on what we understand these terms to mean, it seems difficult to imagine our loved ones without the unique individuality that their minds and personalities bestow on them. These are the very traits by which we know and love them! But if it is only undefined awareness that survives, and the rest, including memories of a life lived, is reabsorbed into the vast ocean of universal consciousness, then we might as well say that death is indeed the end of the individual.

Yet the countless firsthand reports of those who had near-death experiences or visitations from loved ones who had died seem to tell another story. They indicate that the so-called dead remain aware not only of themselves as a unique entity, but also of those whom they leave behind in the physical world. I have many loved ones on the other side, and I was curious as to whether they knew I was thinking of them, praying for them, and plagued with regrets about the glitches in some of my interactions with them while they were still on the earth plane.

I thought that if I could find a reputable medium, I would try to get a reading. But I wanted to be sure the medium was absolutely authentic and accurate. Through a Facebook group called “Visits From Heaven,” managed by the author of an A.R.E. Press book by the same title, Josie Varga, I learned about a medium and clairvoyant in New York City, Freddie Rivera. From following communications by group members who had received readings from Freddie, I learned that he was not only a very accurate medium, but also a person of high integrity, motivated by a deep desire to help others.

I booked my own reading with Freddie Rivera. I had had psychic readings before some 30 years ago but had never experienced a mediumship reading, so I didn't quite know what to expect. I was a bit nervous as Freddie began the reading, conducted over the phone, with a prayer of protection and a request to his spirit guides to allow only authentic, benevolent spirits to come through. I was hopeful, yet afraid I might be disappointed. Soon my nervousness was replaced by amazement. Each person who came through did so with very much the same personality they had had while still on earth, and they used “identifiers” that were authentic beyond the shadow of a doubt. An evidence-oriented medium, Rivera does not want to be told anything in advance about those with whom we seek contact. Spirits are requested to come through one by one and introduce themselves with “evidence” for who they state they are. I was astounded by how quickly Freddie picked up names and the description of places and circumstances from some of my departed loved ones. In one instance where there was contact with my sister, I wanted to speed up the reading by describing the type of work that she had done, but before I even finished speaking, Freddie assertively stated a highly specific, more accurate and sophisticated term than the one I had used, which was exactly what my sister would have done, to correct me. It was as though her personality spoke through him. Even more amazingly, my sister mentioned a celebration the following month that I was not aware of at the time of the reading. It was only sometime later,

Continued on page 11

The Edgar Cayce Story of Christmas - Historical and Metaphysical

by Mark Finnan, Peterborough, ON

The additional details that the Cayce readings bring to the Gospel story of Christmas combine to give us a more complete and comprehensive picture of a sweeping cosmic drama, with its interplay of supernatural forces, dedicated individuals and extraordinary circumstances; all leading to a joyful and glorious conclusion in the birth of the Christ child in a stable in a small town in southern Judea. In its totality it is an informative and inspiring account of the power and presence of divine love, coupled with human faith, self-sacrifice, courage and commitment to a spiritual ideal that spanned ages past. Yet it is also imbued with a timeless dimension and a transcendental nature that can guide all who seek his light in the present.

The sacred history revealed in Cayce's telling of the story of Christmas not only gives us a greater appreciation of the purpose behind the birth of the child Jesus and that soul's eventual role as the fullest expression of the true relationship between God and man, it also has the potential to awaken in us the awareness of our own need to give birth to the highest within ourselves, that we too may become as He was, an expression of God's love in the ways and days of our lives. As we explore this story from the perspective of the Cayce material we may find that we are led into a greater understanding of its 'breadth and depth' for us at this time in our lives. While the historical account should not be ignored, the birth of the child Jesus in Bethlehem as a pivotal event in the spiritual evolution of mankind remains supremely significant for all of us, we need also to open our minds and hearts to its metaphysical nature and aspects of it that apply to us on a more immediate and personal level. Here again the Cayce material has much to offer by way of emphasizing its universal significance for us as individual souls; spiritual beings living in the earth and seeking our way back to conscious union with God.

A series of readings given in the late

1930s/early40s for Thomas Sugrue, the author of the original Cayce biography, *There is a River*, and a few other readings given to individuals who in past lives were involved in the preparation for and arrival of the Christ child, provide most of the descriptive details not mentioned in the Gospel accounts of the birth of Jesus. It was in answering questions posed by the first Search for God study group in Norfolk, Virginia that the Cayce source elaborated on the deeper meaning and significance that the event has for each of us at a personal level.



While concurring with the Gospel account of the purpose behind the journey to this small town south of Jerusalem, namely to be registered for a new Roman tax, the Thomas Sugrue readings make a passing reference to the spiritual education and preparation that Mary, from the age of four until sixteen, underwent in the Essene community on Mount Carmel. The Essenes we learn elsewhere were a reclusive Jewish religious sect of both men and women that embraced the teachings of the Jewish prophets from Elijah onwards and accepted astrology, the study of solar cycles, numerology and reincarnation as part of a broader understanding of the interaction

between the divine and the human experience. As a result of the knowledge gained they were aware of the cyclical time frame associated with the ancient prophecy concerning the coming of the Messiah and of the necessity of creating those conditions

conducive to its fulfillment. For that purpose they undertook, under the supervision of their leader, Judy, the instruction of a chosen group of young girls who were offered by their parents for the purpose of one of them becoming the vessel through which there might be the birth. In Mary's case she was four years of age when her mother Anne presented her to the Essenes. She, along with some of the other novitiates, later freely chose to dedicate herself to this ideal. We learn that she was about twelve years of age when she was chosen. It was sunrise as she and the other maidens ascended the altar steps of the Essene temple for morning prayers when the angel Gabriel appeared and took her hand to lead her forward.

The marriage between the older Joseph, who was an Essene associate, did not occur until Mary was sixteen. It also took place on Mount Carmel. The Cayce account also confirms the Gospel version of the visit of Mary with her older cousin Elizabeth, who was also a believer in the Essene teachings, in the hills of Judea. Here the angel Gabriel again appeared to her.

The couple arrived in Bethlehem after a journey of several days during which there were delays due to Mary's advanced condition. It was a cool evening on what was either January 6th or March 19th in the year 4 on the old Julian calendar. The discrepancy in the dating in different readings is due apparently to the several changes in the accounting of time since then and the soul record of the individual seeking the information. We are told that the road to Bethlehem was crowded with

shepherds, husbandmen and others coming in from the hills of Judea to be registered for taxation. Mary and Joseph were not alone but were accompanied by some of Joseph's assistants and others.

In the meantime the inn had become crowded with an assortment of other travellers and officials whose presence and behaviour made the inn unsuitable for the event that some hoped would take place there.



Laughter and jeers greeted Joseph on his arrival with his much younger and very pregnant wife. So it was for the purpose of protecting them from further abuse and the disturbing conditions inside for such an occasion that Apsafar, the innkeeper, who was also an associate of the Essenes, felt it best to turn the couple away. Immediately those with the couple who were aware of the urgency involved looked for a place where shelter and privacy could be quickly found. As a result Mary and Joseph took refuge in a stable set in one of the hillside caves nearby.

"Then, when hope seemed gone the herald angels sang. The star appeared that made the wonderment to the

shepherds, that caused the awe and consternation to all of those about the inn; some making fun, some smitten with conviction that those unkind things said must be readjusted in relationship to things coming to pass. All were in awe as the brightness of his star appeared and shone, as the music of the spheres brought that joyful choir, **peace on earth, good will to men of good faith.** All felt the vibrations and saw a great light, not only the shepherds above the stable but those in the inn as well. To

be sure those conditions were later to be dispelled by doubters, who told the people they had been overcome with wine or what not. Just as the midnight hour came, there was the birth of the Master." (5749-15)

The innkeeper's wife and daughter were soon on the scene as were the shepherds who had been on the hillside and had seen and heard the unusual occurrences. We are also told in the Cayce references to the birth that the daughter, who was of a similar age as Mary, was the first person to hold the infant Jesus after Mary and that the whole experience had a profound effect on her life. We also learn that although all kinds of assistance was offered Mary preferred to remain in the cavern until there had been the circumcision and the customary period of purification had passed.

When we turn to a reading requested by the Norfolk study group for a deeper understanding of the birth of Jesus, the Christ, we are presented with an opening comment that immediately suggests a transcendental perspective. "For time never was when there was not a Christ and not a Christ mass." (262-103) From here on we are drawn into a more metaphysical interpretation of the event. After acknowledging the historical account as written up in

Luke's gospel, Cayce stresses that the perfect concept of what the birth means can only be known by those who seek to experience what such an event means in their own lives.

Reference is made to the difference between the knowledge of an event and the wisdom embedded in it; which in this case was the desire of the soul that was Jesus to give the more perfect concept of the relationship of mankind to the creator, as was also the case with Mary. It is pointed out that there is a lesson here for all of us, namely the willingness to become a channel for the expression of God's love in the world. So the various aspects of the preparation for the coming of the Christ child are in themselves pointers to us for the work of bringing about the birth in ourselves of that same divine consciousness.

In this sense we may well ask ourselves some of these leading questions drawn from the story. How are we preparing spiritually, mentally and physically for the coming of the Christ child within us? Do we try to purify the body, discipline the mind and bring about a holistic balance between the spiritual, mental and physical so that we may become better vessels for the indwelling of God's presence in us? Do we periodically take ourselves apart from the world, as in daily meditation or other ways that allow us to become more attuned to the Divine? Are we engaged with a persistent spiritual practice, individually or as part of a group or church, that by its nature draws us closer to the Christ? Do we exercise the faith that is required of us to enter upon that journey that results in a new birth? Do we seek God by drawing close to nature? Do we pay attention to those dreams, inner promptings and intuitive insights, the angelic influences that beckon us to follow the light, the heavenly star that shines within us? Time again the individuals in the group that sought this information were advised and encouraged to seek to be channels, each according to their abilities, for the loving expression of the universal Creative Forces.

The readings emphasize that it is our positive response to such questions

Continued on page 13

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Varicose Veins *by Michael Epstein, Montreal, Quebec*

Recently a colleague of mine decided to undergo surgery in order to correct her varicose vein problem. Several years ago she had a previous surgery for the same problem, and at the beginning experienced relief, but as the years passed the problem returned. So a few weeks ago she had her veins striped. Since then she's been off her feet, hasn't been able to work, and is generally miserable as she slowly recovers. This is a scene that I'm sure has been repeated by thousands of people, and yet there is a safe alternative that should be explored before one elects the knife. Being a good friend I decided to research what Cayce had to say about this topic, made some notes, even gave her a print-out of a reading describing what should be done in order to improve her condition. But like many others who subscribe to traditional medicine she felt that a few hours with the surgeon is far simpler than following the Cayce remedy which would have demanded much more time, effort and money on her part. And yet for this person money was no object. I asked myself "is the CAUSE removed by the surgery?" The answer is I think not, because it's been my experience that other new problems will surface as long as the underlying cause is not removed, and in my continuing research into the Cayce readings he concurs. Let me make a composite of the various readings Cayce gave, showing you some causes and the recommended program to reduce or remove the problem.

CAUSES:

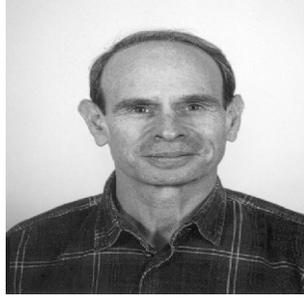
- "incoordination between the cerebrospinal nervous system and the sympathetic, especially as related to the emotional nature." (5148-1)
- "standing is hard on the body...indicated by the swelling of the limbs, which will tend to make very bad circulation, and produce varicose veins..." (457-13)
- "from those conditions that have arisen from times back, by something of an injury to the end of the spine, there has gradually been a slowing up of the circulation...producing in the lower limbs and in the feet a distress that has taken on the form of varicose veins." (1093-1)

EFFECTS: (taken from reading 5148-001)

- "a slowing of the blood supply through the lower extremities..."
- "with this disorder, the heart, the lungs, the liver, the kidneys all become involved in a greater or lesser degree. Hence we have periods when there is shortness of breath, as when climbing steps...at other times we will have periods when there are those upsetting of the digestion, or headaches as the result of disordered digestion."
- "at other times we will have disturbance when the kidneys and bladder are overactive, or less than their normal eliminations."

TREATMENTS:

- "over the areas of the varicose veins we would apply the mullein stupes (packs). If the dried mullein is used, this may be used in a very strong mullein water. Apply the stupes to the



areas in knee and along the thigh, and just below the knee where the veins are the more severe." (3523-1)

- "take internally mullein tea not more than three times a week...for uniformity, preferably use the dry mullein, a pinch between thumb and forefinger. Put into a teacup and pour boiling water...let stand for 30 minutes, strain, cool and drink. This is a reaction to the liver, lungs, heart and kidneys, so as to produce coordinating activity in circulation...and also makes a better condition through the alimentary canal." (3523-1)

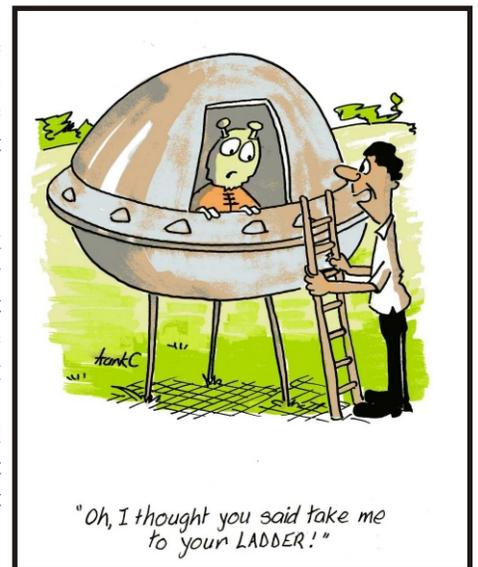
- "three times each week for a period of two to three weeks we would have the corrections osteopathically, especially in the coccyx, the lumbar and lower thoracic area." (1093-1)

- "we would have each evening before retiring a massage of the limbs. This may be done by self or by one close attending same, but the massage would always be TOWARD the body...use oils that tend to make for a flexibility in the nerve ends and the supply...combine equal parts of olive oil, tincture of myrrh and compound tincture of benzoin. Massage during the rest periods from the adjustments. Begin at the toes, through the bursae of the feet, especially around the ankle and the heel; then up to and around the calf of the leg, to the knee, and then up to the thigh- through the whole portion to the groin." (1093-1)

- "at times it will be well for the body to use the elastic stocking, very tight. But if this becomes irritating, remove and use rather the cloth that may be wound around same." (1093-1)

- "in the matter of the diet...drink plenty of water, that these refuses may be washed by the activity of these applications through the system." (1093-1)

- in answering a question about what can I do for varicose veins, low blood pressure and fallen arches, Cayce replied: no better exercise may be taken than the stretching exercise; as rising on toes, on heels, rocking back and forth; stretching the arms upward, the bending exercises...the cat-stretching exercises, which include being able to do the split, to put the head on the feet, to put the feet behind the head, to make the head and neck exercises...they must be gone at gently, but be persistent morning and evening, working at it, still not letting it become rote, but purposeful." (681-2)



Continued on page 10

Edgar Cayce Behind Bars *by Sidney D. Kirkpatrick, Huntsville, Ontario*

We have all imagined what it would be like to meet a psychic who could accurately read our innermost thoughts and describe precise details of personal events otherwise unknown to them. Several men who briefly shared a jail cell with Edgar Cayce in Detroit, Michigan had that opportunity.

Cayce was fifty-eight years old when he accepted an invitation to visit "Motor City" in mid-November 1935. His intention was to give readings for Detroit area ARE members and to meet with local physicians and chiropractors desirous of learning more about his trance-inspired health treatments. Thanks to the outreach efforts of Cayce supporters Harry Bonelli, General Manager of Detroit's massive Buick manufacturing plant, and Charles Dillman, a furniture salesman in nearby Dearborn, a wide and divergent group of ARE members awaited his arrival. Among them were Abe and Bessie Warshawsky, who hosted Edgar, his wife Gertrude, son Hugh Lynn, and secretary Gladys Davis in their Webb Avenue home.

Edgar gave thirteen readings over a four day period when, on the afternoon of November 21, he was requested to give a health reading for twenty-year-old Betty Ruth Mitshkum. As was customary practice, Edgar was not told the woman's condition, only her name and the address on Waverly Avenue where she could be found at the time the reading was conducted. The forty-five minute trance session that resulted was unremarkable when viewed in the greater context of the estimated fifty-two hundred health readings Cayce had previously delivered, but it bears noting as events would later unfold.



Betty Ruth Mitshkum suffered a respiratory condition that Cayce, in trance, said was caused by an injury at her birth or in early infancy. Recommendations included spinal manipulations, an Alkaline producing diet, and treatment sessions with a "wet-cell," a device which uses a low-voltage battery to stimulate the glands to promote eliminations of poisons.

The atypical aspect of the reading was that Betty Ruth herself had not requested the reading, applied for ARE membership, paid the requisite dues, nor was she likely to have been aware that the reading was even being conducted. Technically this was breaking the cardinal rules of the Association's bylaws which were intended to provide a legal fire-wall between Edgar Cayce giving trance counsel and statutes governing health care providers. In this particular instance, however, the Cayces weren't concerned because membership dues were paid by a Mitshkum family friend and Betty Ruth's father, Maurice, had requested the reading on her behalf, had filled out the application and already had witnessed one trance session. It was assumed that he understood the nature of the readings and the means by which they were given. The desire to jump ahead and help a critically ill young woman trumped standard operating procedure. Over the next nine days, eighteen more readings were given including, most notably, one on the 24th which was witnessed by upwards of forty people, many of whom were physicians and medical practitioners. The only early warning sign that anything was amiss was the unexpected arrival, on the 28th, of a man identifying himself as

Mr. King, who claimed to have a child in desperate need of Cayce's medical help. As no ARE members had referred him to the Warshawsksys for a reading, and he was unwilling to pay dues and sign membership papers, no reading was given.

Two days later, on Saturday, November 30, just before 2 p.m., four police officers, including a Michigan health officer, arrived at the Warshawsky home and arrested Edgar, Gertrude, Hugh Lynn, and Gladys Davis on charges of practicing medicine without a license. The arrest warrant was signed by Maurice Mitshkum and included charges that health treatments for Betty Ruth had been recommended—which was true—and that treatments had been given—which was false. As would later become clear, Maurice Mitshkum hadn't adequately understood the membership form he had signed nor the nature of the trance advice he had received. He apparently believed that Edgar Cayce could "cure" his daughter by simply going into trance, and of course, did not find her cured when he next saw her. Moreover, his daughter's physician, Dr. Hyman Cohen, had declared the reading "worthless," and without first meeting or speaking to Edgar, or giving the reading to one of the many Detroit physicians familiar with Cayce's methods, had recommended that Mitshkum file charges.

Police detectives took Gladys Davis's stenographic notebook for evidence and escorted her and the three Cayces to the county jail where they were processed and locked up pending arraignment. Following standard police procedure, their clothes, wallets, purses and keys were taken, leaving each with \$1.50 for cigarettes and candy.

The timing of their arrest, on a Saturday afternoon when the courts

Continued on page 12



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DIARY OF A SMALL TOWN PSYCHIC

with Robyn-Marie Butt, Woodstock, ON

Thanking Frank

Pray oft for those who have passed on. This is part of thy consciousness. It is well. For, God is God of the living. Those who have passed through God's other door are oft listening, listening for the voice of those they have loved in the earth. The nearest and dearest things they have been conscious of in earthly consciousness. And the prayers of others that are still in the earth may ascend to the throne of God, and the angel of each entity stands before the throne to make intercession. Not as a physical throne, no; but that consciousness in which we may be so attuned that we become one with the whole in lending power and strength to each entity for whom ye speak and pray. For, where two or three are gathered together in His name, He is in the midst of them. [3954-1]

We've all loved someone and lost them. Cayce's reminder above is full of poignancy: in its touching image of our loved ones who have passed over, listening for our thoughts of them as if listening for our beloved voices at a keyhole; in its reminder that our God is a God of the living, and our loved ones yet live, and *this* is why they deserve and appreciate our thoughts and prayers. What moving evocations! Who wouldn't want to remember their loved ones then, offering up memories and gratitude for their presence and actions in our lives? Who wouldn't want to pray for them light and love at the highest levels, towards which they themselves have gone?

Who is it *you* think of and pray for? Within your prayers and your thoughts, they are not lost, but draw close in spirit. They're merely on their next journey; in the next room, to which we ourselves may not have physical access, but to which we do have mental and spiritual access. So in the very praying and remembering, we feel *in*

their presence once again.

Frank Thomas passed away since the last issue of *The Open Road* was printed. For those of you newer to Edgar Cayce Canada, this is a name you should know and remember. For those of long standing, you know who Frank is. Frank's is a spirit for whom you'll wish to give abundant thanks; for whom you'll wish to pray all light and blessings. Along with his wife and life partner Nancy, in his time on earth Frank Thomas formed half of the pair.

Frank and Nancy became Search for God study group members in 1971, by 1972 chairing the Hamilton/K-W, Ontario, Area Cayce council. He helped start other study groups, served for many years as Ontario SW team leader, facilitated courses in dream study and advanced meditation, lectured on Egypt and reincarnation. In 1984 Frank became a founding member of the Canadian Fellowship

Conference committee, and over the past 40 years always served in Cayce-related positions. His stated ideal: to 'work closely with the ARE, imparting the ideals of Clarity, Communication, and Cooperation in dealing with groups and teams.'

And indeed, Frank and Nancy diligently sought to live just that through their Kitchener Search for God Study Group. They nurtured and developed close relationships with the individuals and organization of the A.R.E. in Virginia

Beach, and maintained those contacts to the present day. They were instrumental in bringing the work of Edgar Cayce to Canada in an organized and caring way. (The Kitchener Study Group, still running, is a model of generosity and staying-power.) Along the way many people were drawn in to learn and to assist the work.

Today I remember and celebrate Frank, who influenced so many, in such a positive way.

The Frank I first met was a tall man with clear blues eyes, thick white hair, an abundant grey mustache and lanky movement. This is how he remained - until towards the end when he

became thinner and his movement was mostly confined to his armchair. But his mind and his memory for the Cayce material remained clear, and only a few weeks before his passing Frank was generously giving his time and energy to answer questions I had about some Cayce material I was studying. He shared with me a copy of a Cayce offprint that had been valuable to him, the *Story of the Soul*; he gave me insights into the evoked power of the Christ. Three weeks later, I received word of his passing. His funeral was loving and unpretentious: just what he would have enjoyed. (As I'm sure he did.) Best of all, his wife spoke - a rare blessing. Too real and caring to embrace the dignified but silent status of 'The New Widow,' Nancy reached out to everyone in the audience to share and celebrate her husband 'Tom,' as he was known outside Cayce circles. Nancy had us all in laughter and in





And you shall know the truth;
And the truth shall set you free

Robyn-Marie Butt

Writer, Psychic, Teacher
Current & Past Life Guidance
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Robyn's gifts flowered after joining an Edgar Cayce Study Group under the tutelage of her spiritual teacher.

Continued on page 10

I always looked forward to the year 2012. I thought that a spiritual shift in our human consciousness would mean that people would be generally nicer to live with. What I didn't consider was that any change that calls us to become our Highest Selves will compel us to the edge of our comfort zone. In yogic philosophy, this edge is considered to be a creative teacher from whom you can learn a lot about yourself. It's an uncomfortable, precarious and challenging place to be and that's what makes it so rewarding. This is the place where you can let go of your old limitations, beliefs and patterns. So if you are living on the edge and are feeling tested or overwhelmed by this year of transition and challenge, don't despair! Try these two spiritual pick-me-ups to go from being stuck, to being stupendous.



1. Start the Day Right

This is a suggestion in the book *“Twelve Positive Habits of Spiritually Centered People”* by Mark and Sarah Thurston (A.R.E. Press, 2001). How you spend the first 60 seconds after waking up can influence your intention and consciousness throughout the rest of the day. The ideal way to start your day is to ask *“Spirit/Go d/Creator/Yahweh/Allah/Universe, what would You have me do today?”* and then listen/feel for your answer. By opening yourself up and inviting spiritual guidance, you are setting the intention to living each day to your highest good.

2. Polarity Work

This is a powerful tool which is described in the book, *“The Findhorn Book of Everyday Abundance”* by Karen Hood-Caddy (Findhorn Press, 2004). This is a way of finding out what beliefs or fears are holding you back from achieving your dreams. This is a go-to practice for whenever you are feeling “stuck.”

Step 1: Define your goal. What is it that you want? (i.e. a life partner)

Step 2: Write out and fill in these four statements:

- A. I want...(insert desire)**
- B. I fear...(insert desire)**
- C. I want....(insert opposite desire)**

D. I fear...(insert opposite desire)

So your answers could look like:

- A. I want a life partner
- B. I fear having a life partner
- C. I want not to have a life partner
- D. I fear not to have a life partner.

Step 3: Now, go back and fill in reasons/fears/supportive statements for EACH of your four sentences. For example:

- A: I want to have a life partner for companionship and spiritual growth.
- B: I fear to have a life partner because I'm afraid I'll get hurt again.
- C: I don't want a life partner because life is simpler on my own.
- D: I fear not having a life partner because it will prove that I'm unlovable.

Make sure you find at least one statement to elaborate each statement. This is the “polarity” part of the exercise. You're looking at the issue from every angle.

Now comes the interesting part. Centre yourself for a moment. Take a few deep breaths. You're going to access your intuition to find out how you're holding yourself back. Below, you will find five questions. Ask each question separately and listen/feel for what is either your first answer or the answer that has the strongest reaction in you. Write them down.

Step 4: The Five Questions

- 1. Are my recent actions (during this past month) most in alignment with statement A,B,C or D?**
- 2. My heart is most aligned with statement A,B,C or D? (which is my heart's desire?)**
- 3. Which statement is my body most aligned with (which one causes the strongest physical reaction) A,B,C or D?**
- 4. My thoughts are most aligned with statement A,B,C or D? (which one do you think about the most?)**
- 5. Which statement does my soul resonate with, A,B,C or D?**

You'll probably find that the answers to your questions are a mixture of A,B,C and D. You haven't manifested your goal or desire because you have conflicted

Continued on page 11

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|--|--|--|
| <p>Gravenhurst Naturopathic Healing Centre Dr. Barbara Cowan, ND Doctor of Naturopathic Medicine Email: gravenhurstnd@yahoo.ca</p> | <p>120 Harvie St. Gravenhurst, ON (Also in Orillia, ON) Phone: 705 684 9444</p> | |
|--|--|--|

Thanking Frank (Continued from page 8)



tears.

But that first time I encountered Frank, he was at the front of a room full of people in the basement of the Swedenborgian church in Kitchener, Ontario, the place where most area Cayce events are still held. He was delivering a talk on the life of the soul - which, in descriptions by Cayce's Source, comprise beings very different from us and from the physical bodies we now inhabit. At the time I was both shocked and fascinated. Shocked because this was new material to me and seemed totally outlandish; fascinated because Frank was speaking of such things with ordinary calm assurance and a sane man's rational demeanour. In fact he was describing corroboration of those other beings which had cropped up as descriptions from unsuspecting clients in trance. Frank used his spiritual gifts as a past-life regressionist. Proofs from his clients' past lives provided particularly enlightening, affirming, real stories!

Someone afterwards asked Frank in bemusement (astutely, I thought): 'But what happens if the person regressed can't get back?' There were titters from the audience. Frank paused, a bit nonplussed but only temporarily. Then he said honestly: "I don't know. I never had it happen."

Suddenly, as if a piece of a reading had been delivered to me mentally, I heard the answer in my mind: "Because he's so practiced - in multiple lifetimes - at what he does, and does it with such love, that there's no danger of his client getting left behind in Time."

A person most certainly can get energetically stuck partway back in another lifetime after regression, I knew from experience. Then bringing them back correctly *is* vital. However the key is always Love. In case of risk, the subject can be called back by evoking the present reality of someone whom they love. Most important, the regressionist must work from a centre of Love, and use Love in all of the work. Then all is well.

In a sense, Frank had just been typed and named. I was nearly bursting with my need to say this out loud, but knew it was Frank's lecture, and better to let him handle the question. He did. Honestly, without varnish, and teaching the innocent titterers by treating the question as valid. What I took from my experience, instead, was an electrifying sense of having just been introduced to a calling. Somehow Frank had revealed to me the idea that there might be things I was intended to impart to such an audience, too; and as risky as this might seem, it might still be helpful and good. The 'download' I'd experienced was actually meant to bring this fact to my attention.

So it was on that day, and thanks to Frank, that I decided to dedicate some of my life to the work of Edgar Cayce in Canada, and to assisting understanding and awareness of the readings just as Frank was doing. Frank's special areas included Egypt, Atlantis, and the Development of the Soul. Mine has come to be the Life and Incarnations of Jesus. But it is very much, in my mind, Frank who made this insight and this decision possible. Frank empowered in me, and I'm sure in many of his audiences, insights and realizations that make us deeper, fuller, more inquiring human beings.

I can't think of any higher praise for any life, and as far as I know, Cayce's Source didn't either. *To empower and assist others in becoming the best that we can be*, as Frank Thomas did, is something we might all, through Love, aspire to do even in humble everyday ways.

All things fall and are built again, says a poem by W.B. Yeats, *And the ones that build them again are gay.... Their ancient, glittering eyes, are gay*. By 'gay,' Yeats meant 'merry.' Yes, let's be merry over Frank's presence in our midst and ask Light to illuminate his passage now. I had more questions for Frank that I never got to ask. But I have no doubt I can still ask them, and from Spirit a suitable answer will come - whether Spirit guides me to a book or a person, or sends me a mental download and some earthly corroboration. I'll think of Frank then, and I'll be merry.

Varicose Veins (Continued from page 6)

There you have it folks; like many other problems he tried to solve there isn't just one thing we do, and the problem is gone. We see that no matter what the cause is, there are several side effects which could accompany the problem, and often he recommended adjustments, change in attitude, massage and exercise, plus some dietary changes.

I'm still thinking of my friend who is recovering from having some of her veins removed, and I wonder when her body will signal that something else has gone wrong because the underlying cause(s) has not been addressed. I would like to finish by also reporting that a former massage student of mine with the same problem managed to dramatically reduce her varicose vein symptoms by adopting some of the Cayce suggestions, especially the massage treatments.

I would like to conclude that several of my clients that come to me for massage also have varicose vein problems, and when they are willing to get involved, positive results happen...so stay positive and active.

Michael Epstein, C.M.T.

Massage Therapist

Massage Therapeutique

Graduate of Cayce/Reilly School of Massotherapy

Stress reduction Pain relief
Neuromuscular therapy

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Does Personality Survive (Continued from page 3)



when the events of the following month began to unfold, that my sister's comment about "a celebration in June" made perfect sense to me and my family. We were absolutely amazed at how her spirit knew about an upcoming event of which I had yet to become aware.

Another amazing fact was that my mother, in identifying herself, mentioned that she was with William, clearly my stepfather, Bill. I had completely forgotten, but was later reminded by my husband, that my mother had always called my stepfather "William," when he was "Bill" to everyone else, including me. You see what I mean when I say that everyone's personality was very much unchanged.

When my grandmother came through, she identified herself as a deeply religious woman connected with the Lutheran Church, who was offering me roses. Anyone who would have known my grandmother and my relationship with her would agree that this was all that was needed to establish her as my grandmother. The identifiers were so precisely on target, it was nothing short of uncanny.

There's not enough space in this article to write about all that transpired in the reading. Suffice it to say that I am convinced the communications were authentic and came directly from my loved ones, who, surprisingly for me, seemed not to have changed much aside from having left their physical bodies. I was reminded of Cayce reading 254-92, which states, "For do not consider for a moment...that an individual soul-entity passing from an earth plane as a Catholic, a Methodist, an Episcopalian, is something else because he is dead! He's only a dead Episcopalian, Catholic, or Methodist." From my earth-bound perspective as the only surviving member of my core family of origin, I find it deeply reassuring to have received my own personal confirmation of the truth behind this reading.

Living on the Edge:2012 (Continued from page 9)

energies. You are literally tied up in an energetic knot. The first step to dealing with that knot is realizing that it's there (which is what polarity work does). You can now tackle all the different ways that you are holding yourself back. For instance, if the person of our example who wanted a life partner hadn't gone out on a single date this month, this would indicate that their actions do not support their goal of finding a partner. Perhaps their fear of commitment or their desire not to lose their independence is currently stronger than their desire for a partner. Knowing this, they can start addressing their fears by resetting their ideal, entering therapy to work on their issues, using supportive mantras and visualizations, and by confronting their old patterns by changing their actions or using tools such as Emotional Freedom Technique.

Remember, that if you want a different outcome, you need to change your thoughts and actions. Polarity work helps you identify what you need to shift. Bringing your thoughts, beliefs, actions and emotions into alignment will create a congruence that will help manifest your desires.

~ Books by Simone Gabbay, RNCP ~

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Some questions to monitor your congruence:

- Am I acting as if I already have what I want? For example, if I want a loving, committed partner, am I acting as a loving and committed partner to myself and to those I love?
- Is being loving and committed (*or insert your ideal here*) showing up in each and every action that I take?
- Am I taking action every day to increase the actualization of what I am trying to create?



Your job in 2012 is to remove the incongruencies that are keeping you from manifesting your Highest Self. It's time to release your judgements, face your fears and open yourself to love and guidance from Spirit. And remember that you don't have to have all the answers. As Arnold Patent said, "the Universe handles the details". All you need to do is set your ideal and stick to it!

Edgar Cayce Behind Bars (Continued from page 7)

were closed, and the previous visit by Mr. King, who was later revealed to be an undercover policeman, didn't bode well. The plan from the start, so it seemed, was for the prosecutor to assemble a case against the Cayces and Gladys Davis and keep them behind bars for the entire weekend. Had they been arrested the day before, or even earlier the same day, the "out-of-towners" would have appeared before a judge and been released pending a formal hearing.

In contrast to Edgar's arrest four years earlier in New York City for "fortune telling," he was more bewildered than angry. Having long straddled the thin line between offering trance counsel and providing medical advice, he could understand how this might have happened to him, but having his family and secretary treated as common criminals was beyond comprehension. Later he looked on the incident more philosophically, reflecting on the unexpected good he was able to accomplish in the Detroit jail cell.

Gladys and Gertrude were taken to the women's section of the jail and each

put in a narrow cell furnished with a bunk and toilet. Edgar and Hugh Lynn, however, were locked inside a men's dormitory-style "holding tank" with some twenty to twenty-five inmates who were awaiting arraignment, sentencing, or transfer to another facility. As twenty-eight-year-old Hugh Lynn recounted the story, as soon as the jail door slammed closed behind them, fellow jail-mates gathered in a tight circle around him and Edgar. The leader of the group—no doubt an individual capable of physically enforcing his will—demanded the three dollars that they had been given and they promptly handed it over.

As other extortion demands were surely about to be made upon them, a remarkable event occurred. The leader asked Edgar why they had been arrested, and in answering, Edgar displayed his rarely-exhibited power of conscious clairvoyance. Without entering into a trance state, he told his fellow jail-mates the real reason that they, the other jail-mates, were there.

"Like all of you, there is the back of what you are accused of, the real cause, the real reason for your confinement," Edgar said. He then looked directly at the jail-house leader. "You are accused of hitting a child with an automobile. That's why you are here. But the real reason for your confinement is a conflict with your wife that's been going on for a long time. You were very, very angry after an argument with her. Because of this anger you got into your car and pulled out quickly without being very observant and struck a child."

Hugh Lynn described the jail-house leader as turning white and the other jail-mates, upon hearing their "back-stories," gasping at the

"truths" Cayce revealed to them. As might be expected, Edgar and Hugh Lynn were given the two best mattresses in the Detroit holding tank, along with overall preferential treatment.

Fortunately, Edgar and Hugh Lynn didn't actually have to sleep on the mattresses, as they, along with Gertrude and Gladys, were released on bail through the timely intercession and generosity of people who had attended their Detroit trance readings. Half their bail bond was put up by Harry Bonelli, who just the week before had received a successful reading for kidney stones, and the other half by Charles Dillman, who had been the first patient at the Cayce Hospital in Virginia Beach. Instead of spending the night in jail, they were treated to dinner and the theater.

In a plea-bargain agreement the following March, charges against Hugh Lynn, Gertrude, and Gladys were dropped, and Edgar, on the advice of his attorney, pled guilty to reduced charges. The judge was satisfied that Edgar had not physically examined or treated Betty Ruth, but under a strict interpretation of Michigan law, Cayce—not licensed to practice medicine—had given information that constituted a medical diagnosis. Because no one other than the Cayces and Gladys Davis had been harmed or inconvenienced, no fine or jail time was warranted.

Cayce was sentenced to a short period of probation in Virginia Beach. As luck would have it—or the universal forces saw fit—the Norfolk parole officer assigned his case turned out to be the brother-in-law of an ARE member whom Edgar had helped overcome injuries sustained in a debilitating automobile accident. The officer enjoyed making routine checks on his Virginia Beach parolee, during which he received readings on his diet, his career, and on a home loan.

Cayce's impromptu jail-house trance



Edgar Gertrude Gladys

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Edgar Cayce Behind Bars (Continued from page 12)



Edgar Hugh
Gertrude Lynn

counsel was one of several examples of his conscious clairvoyance. In another notable instance, which took place when Edgar and Hugh Lynn were dining at a hotel restaurant, Edgar stopped a woman as she was about to step out the door. He politely excused himself for intruding, explained briefly who he was, and urged the woman—a perfect stranger—not to ride in a car that day. The conversation lasted no more than a few minutes, after which Edgar bid the woman good-bye and returned to his

meal. The next day Edgar and Hugh Lynn returned to the same restaurant where they found the woman waiting for them. She was nearly “breathless” as she hugged and blessed Edgar for saving her life. Only hours before she had received news that a relative, with whom she had intended to take a car trip, had had a fatal automobile accident. Because of Edgar’s warning she had decided to stay home and had urged the driver—to no avail—to do the same. The woman carried with her a telegram confirming the accident.

Edgar’s trip to Detroit is also relevant to an aspect of his work which has long intrigued students—his predictions of

future world events. On March 3, 1936, after sentencing and on his return train trip from Detroit to Virginia Beach, Edgar dreamed he had been reborn in the year 2158 in Nebraska, which, due to earthquakes or war, had become a coastal region. While just a boy in this dream he insisted to his elders that he had been Edgar Cayce in a previous life, and had been arrested in Detroit. He said if someone would take him back to the city he could find the actual police records.

The ARE has copies of some of these records in the Virginia Beach vault, and members can access them on-line through their web site at edgarcayce.org. Perhaps, in time, we’ll also be able obtain a copy of the finger-prints and mug-shot of our favorite psychic to accompany this story. &

Sidney will be the featured speaker at the Toronto Symposium on September 29, 2012. For information and registration see: Edgar Cayce Canada’s website: www.edgarcaycecanada.com. Or phone Erika Allen, Registrar, at 1 866 322 8209, Ext 1.

Edgar Cayce’s Story of Christmas (Cont’d from page 5)

posed by the Bethlehem story that today or tomorrow the Christ may be born into our consciousness. “For He was thy Elder Brother, He is the babe in thy heart, in thy life, to be then even now, as then, nourished in the heart, in body, in mind ... For as He chose to enter, so ye have entered. As he chose to live, so may ye live ... And as these changes come about and as ye make known that as has been the raising of that consciousness of His presence in thine experience, by thy dealings with, by thy conversation with, by thy life with thy fellow man, so may ye hasten the day when He, Christ, may come into thine own heart, unto his own peoples, to reign; yes, in the hearts and lives ... Then what are ye doing about it in thy daily life, thy daily conversation? For not by might, nor in power, but in the still small voice that speaks within, ye may know as He hath given so oft, ‘Peace, it is I! be not afraid, it is I, thy Saviour, thy Christ; yea, THYSELF meeting that babe in thine own inner self that may grow even as He to be a channel of blessings to others.’” (262-103)

These readings repeatedly reminded those seeking this information that the birth of the Christ did not just occur some 2000 years ago but continued to be a living reality again and again in the lives of individuals ever since and that they too could be participants in this great unfolding drama that is the coming into the earth, through all of us, of the universal Christ consciousness.

So, as we celebrate this sacred season we may find it most helpful to our own progress on the path to meditate on that commitment, dedication and willingness to serve that brought Joseph and Mary to a time and place in a distant land where, in spite of challenging material circumstances, His light appeared and He chose to be born so as to manifest for us the love of God and man.

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From the CEO's Desk



With the summer of 2012 nearly over it was a summer of no heat, too much rain in the west, and no rain, too hot in the east, another season of climate change just as Cayce predicted. However, our Edgar Cayce Canada volunteers have prepared an exciting Fall for our members.

September brings the Toronto Symposium with guest speaker Sidney Kirkpatrick author of "Edgar Cayce: An American Prophet". The topic of his presentation is "Edgar Cayce: The Man and the Message". Sidney is one of my favorite speakers.

The Edgar Cayce Canada Management Team and Board of Directors are continuing to work on plans to overcome a decline in membership. This is believed to be due in part to a poor economy, and an aging membership.

We hope you will continue to assist us by renewing your memberships or gifting memberships to friends and family. Only with your generosity and support can this volunteer organization continue.

"Let no day then pass that ye do not speak a cheery and an encouraging word to someone! And ye will find thine own heart uplifted, thine own life opened, they love appreciated, they purposes understood!" (1754-1)

Love to All,
Marilyn Kendall Smith
President

Board of Directors

Farewell to Retiring Board Members



Lori Jensen from Calgary, representing Alberta has completed her two terms on the Board. Her expertise and insights brought to the Board was most appreciated.

Charlie Walker from Kingston, representing Ontario, also completed 6 years on the Board. His input to Board discussions and decisions was welcomed and appreciated. Charlie continues with ECC in the roles of Past President and Webmaster.



Welcome to New Board Members



Al Conrad from Orleans, Ontario has accepted a position on the Board, representing Ontario. Al brings a wealth of experience to the Board from his experience with the federal government and also because of his long time association with the Cayce material.

Thérèse Leman was re-elected to the Board for a second, three year term. She brings many years of experience with ECC activities to the deliberations of the Board.



Chair of the Board

Ray Millard from Waterloo, Ontario was reelected as chair of the Board and Jon Shatat, Ottawa, Ontario, continues as Vice Chair. James Schmidt, Bracebridge, Ontario, will continue in the role of corporate secretary.



NEW

New Website Fundraising Program

Edgar Cayce Canada has recently joined the Amazon.ca affiliate program which will allow our website visitors the option of purchasing books that are not currently carried in our "Higher Shelf" inventory directly through Amazon Canada. Purchases made through the Edgar Cayce Canada affiliate store will contribute to Edgar Cayce Canada's funding through a small commission provided on each sale. Our website team is also currently working on additional affiliate programs that will be available through the www.edgarcaycecanada.com website very soon.

Current plans include an E-Book affiliate program with Kobo Canada, audio books through Amazon's Audible.com and an affiliate program through Café Press which will allow us to offer t-shirts, sweatshirts and gift items with designs created exclusively for Edgar Cayce Canada.

This initiative has been undertaken to make use of the traffic that is already generated by our website and will help create additional sources of ongoing financial support for Edgar Cayce Canada. At this early stage it is not known whether these programs will generate a significant amount of income, however they require a minimal amount of time to maintain and administer and will add to the growing number of features offered on our new website. As always, your continued support through memberships, attendance at ECC sponsored events and purchases at the Higher Shelf are much appreciated. Now www.edgarcaycecanada.com has even more to offer. **Check us out today!**



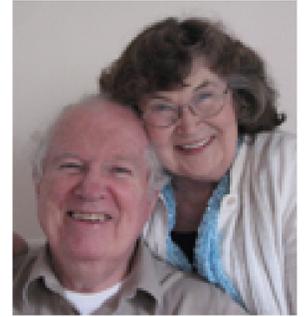
Activities Across Canada

Report for the Nanaimo Metaphysical Network Spring 2012

By William and Judith Munns, Network Coordinators

It should be no surprise that Nanaimo also wants to know if 12/21/2012 will be the end of the world as we know it... or what?

Several speakers at our Metaphysical Network dealt with that intriguing topic this spring. Dr. Gregory Arkos, a science and astronomy professor from Vancouver Island University, described the planetary events that might signal something unusual, or the "end" of something. However, he also said that such events are happening all the time -- and many have already happened. And more will happen in the next years. The root of all this discourse is a Mayan Calendar that ends on Dec 21st 2012, of course. However, there are other Mayan calendars which don't show this interesting anomaly. Interestingly, most Mayans don't seem to notice or care, according to Christina Knighton, one of our members who lives for several months a year in the Yucatan and who studies with several Mayan elders. So, our conclusion, from speakers at the network this first 6 months of 2012, is that we have an exciting day to look forward to on Dec. 21st -- but we must also prepare for Dec 22nd, and Christmas, and New Years, and 2013 as well. Bottom line: It's best if we continue our meditations and as Mr. Cayce said, "*Begin with self first. Be sincere. Be patient. Be gentle. Be kind*". (254-115)



Carol Chapman from Virginia came to Nanaimo in April and spoke to the network about a new idea in our metaphysical studies: She led a daylong workshop titled "*Everyone Has a Book in Them*." Carol encouraged attendees to "write every day" and "forget about editing and publishing details until the fifth or sixth draft!" Judith, after attending the workshop, started a monthly writers support group. While in Nanaimo, Carol also talked about "*Edgar Cayce's view of the 5th root race*" and she ended her week here with a Saturday workshop on "*Atlantis and Its Mayan Colonies in the Yucatan*." We highly recommend her comprehensive, well-organized and informative talks. Others in Canada wishing to connect with Carol can visit her website, www.carolechapman.com



In early June, another Network favourite, Oregonian Raymond Tarpey spoke on "Crystal Skulls and Mayan Prophecies" and he followed with a fascinating daylong workshop on that expanded topic.

Our Network is now entering its 8th year of activity and is now meeting only on the first Thursday of each month. We encouraged our friends, Anjali and Norman Thomas, to do similar activities in Comox (They have the Comox Valley Metaphysical Interest Group), and Eva Grodt in Parksville (A Shift in Action group.) Vancouver Island is blessed with these dedicated and imaginative coordinators. Both groups have been hosting speakers once a month, or more, for the last few years.

We would like to acknowledge our Network co-founders, Christina Knighton and Myrtle Innes, as well as our great volunteers, LindaDeBeeld and Denise Schutz-Jones (hospitality); Janet Laidlaw and David Welsh (podium); and Lynne Wilson and Cindy Walker (registration). David, and more recently Liberty Harakas and Mark Belanger have become indispensable volunteers, pitching in wherever needed. Robin Roberts is making our website more user-friendly. We are planning a party soon celebrating all this dedication and these smiling faces! How joyful it is to serve and be around others who serve as well.

Vancouver Island University's *Consciousness Project* and the Network

Last year we made a rewarding connection with the Vancouver Island University Faculty Consciousness Project. Several faculty from this group have spoken at our Network and hopefully, more will participate in the coming year. This group is in the early stages of proposing classes in Consciousness Studies for the fields of Literature, Psychology Nursing, Physics, Health, Philosophy and more. (See attached photo of Physics Prof. Debra Hearn who demonstrated the mysterious wave/particle conundrum of quantum physics to an enthralled crowd of nearly 100.) We are pleased to support their work by encouraging them to speak at our community-based meetings. The latest event of interest was a program at the University called "Extreme Science" that included a student and faculty member who demonstrated a Tesla Coil that sparked lightning, crackled and popped to the delight of the entire audience. Wouldn't it be wonderful to have someone speak on the Tesla information in the Edgar Cayce Readings and bring along their own Tesla Coil for a demonstration?



We are currently creating our fall Schedule. We will continue to sponsor speakers on topics of special interest, and we are looking forward to offering an expanded service using Skype and other electronic methods, including YouTube. Isn't this world an exciting place to be, in this time of expanding consciousness?

You can reach William or Judith Munns by email: nmn05@shaw.ca or see the latest news at our website: www.nanaimometaphysicalnetwork.org.

... Let thy ways be His ways. Let that which prompts thee be not of thyself, but He - thy Lord, thy God - working in and through thee. For thou hast been called unto a service in Him. Then let thy prayer, thy meditation, be: "Not my will but Thine, O Lord, be done in and through me." (254-85)

Activities Across Canada (Cont'd)

Edgar Cayce Canada Youth and Family Outdoor Retreat .. A First

Submitted by Erika Allen, Aurora, ON.

The first ECC Youth and Family Outdoor Retreat, held August 16 - 19, 2012, was a resounding success! What better place to have it than the light-filled Portage Inn in Huntsville, Ontario, home of Sidney and Nancy Kirkpatrick, who so generously made available their property for this retreat. The Inn and surrounding properties are built on a quartz mountain so the energy of the land, the intention of the 35 people who attended the retreat combined to create an atmosphere of great love and light. It was wonderful to see the amazing warmth, love and friendship that emerged over the four days between people who arrived as strangers.

The children and youth camped in tents outside with five adults, while the other adults stayed either in the Inn or in the chalet on the property. Delicious food was served by Nancy and Sidney's daughter and partner. Meditation sessions were held twice a day under the trees and a dream group met in the morning. Most of the activities were held outside as the weather was generally cooperative. The youth and adults all had a wonderful time playing volleyball, trying out archery and playing billiards in the Inn.

On Thursday evening, Sidney spoke to us about 'Cayce and the Cosmos,' followed by a talk given by a local astronomer who shared his knowledge of the cosmos from a scientific perspective. Unfortunately a cloudy sky prevented us from viewing the stars through his telescope.

One of the activities for the youth and adults included a hike, led by Sidney, to the quartz mountain where they collected beautiful crystals that lay strewn on the ground in great numbers. At the closing ceremony, everyone brought their crystals to the circle where the young members of the group received awards for their "special crystal!"

On Friday evening, we all sat around the bonfire, roasting marshmallows and singing songs to the accompaniment of Rob Johnson and Siyobin. Sidney, standing in the light of the fire, then regaled us with ghost stories about the Cayce family, which were fascinating.

The adults attended a workshop on the use of castor oil packs, aromatherapy and potato poultices. This workshop was interactive and several people sat with both packs and poultices to experience how effective they can be.

Nancy Kirkpatrick gave a very informative talk on, "Leading the Ideal Life according to Cayce." It was felt by all that both she and Sidney made Cayce really "come alive" through their sharing of the readings and their interviews with key people in Cayce's life.

The youth also participated in an Ideals workshop with Jon Shatat and made mandalas with their families, lead by Una Ellis.

One of the highlights of the retreat was the Talent Show which earned a great many laughs! The show included musical selections, both vocal and instrumental, a recitation by Sidney in Olde English, a Portage News broadcast and a skit about Nancy and Sidney's past lives together which was hilarious! After the show, we all went outside and lit sparklers.

One of the favourite activities for the youth and adults was playing the game Pit, a game which Cayce invented and then sold to a company for \$3, and which is still being sold today. Pit is a trading game and demands a loud voice, quick reflexes and determination, all of which were very present! It was chaotic and LOTS of fun!!

Motor boat tours were organized by Sidney through a neighbour who kindly took us out on the water to see the lake. Canoes and paddle boats with appropriate safety equipment, were available for anyone who wanted to use them.

The retreat came to an end all too quickly, but the memories of these few days together, spent in friendship and love, will remain in the hearts of all those who attended.

We hope to see you next year. Book early as spaces are limited!



Naming of a chicken



Lakefront



Workshop



View over Penn Lake

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Atlantic Fellowship Conference 2012

Sackville, NB

John Heney, the featured speaker, provided us with the tools of Spiritual Mechanics, teaching us to play with energy instead of working with it. He also showed us how to work with the energy around persons to improve situations, instead of trying to change the persons. His favorite saying was "working with energy is easy, working with people is more difficult".



John used humour to get his points across. We laughed all the AFC Committee with John in the centre way to understanding! Underlying all our efforts during this wonderful weekend was a sense of buddyhood among ourselves, and with the seen and unseen residents of the universe.

We all left AFC 2012 ready to let our crowd/group (the energies/entities around us) interact with other people's groups to solve challenges with gentleness, wisdom and laughter.

All in all, a very worthwhile and enjoyable weekend!

Gerard Cormier, AFC 2012 attendee



Rev. Robert (bob) Johnstone's **CREATIVE AWAKENING WEEKEND 2012** Chateauguay, QC

It is with much pride and honour that I tell you that, thirty people of like mind came from all over to come together as One. Old friends became new friends and new friends became old friends and everyone left with many new insights, many old memories brought forward to a "Full Cup that Spilled Over along the way."

Many thanks and much appreciation for all the fantastic workers and presenters of the Weekend:

GINETTE SEQUIN- registrations and paper work

GILLES ROUSSEAU and his Singing Bowls,

LOUISE RINGETTE- Meditation on "Alef" First symbol of the sacred Hebrew Alphabet,

JON SHATAT- Obtaining a Spiritual Existence with the Edgar Cayce Material,

KELLY ROUGHTON- Emotional Freedom Technique (E.F.T.) tapping,

ANOUK MACKENZIE- Hearing the Body's Wisdom/ Aroma-Therapy,

PETER G. KENDALL- Conscious Dreamplay, and sense of humour,

JOYCE BROWNING- Intenders Circle,

Rev. Bob Johnstone assisted by Rev. Peter G.- The

Butterfly Art . . .

Closing Circle . . . I feel it was a wonderful experience had by all. Many negatives dropped, many emotions and tears shed, much enlightenment had by all. .

For those who have been there, "You Know" and for those who haven't, "The best is yet to come."

The most amazing point I would like to make now is:

Next Year, August 9th, 10th and 11th, 2013 same time, same place. . .

NAMASTE. . . Rev. Peter G. Kendall

The Inside Connection

Edgar Cayce Canada's Prison Library Book Program

Edgar Cayce Canada's prison library book program, **The Inside Connection**, was started in 2006 and since then 180 prison facilities have been contacted and book packages mailed out. All prison facilities in every province have been contacted, as well as, the Northern Territories. Healing lodges and work camps in British Columbia and Alberta, and facilities that house young offenders across Canada have also been contacted.

The present book package consists of: *There is a River*, by Thomas Sugrue, *Your Life, Why It Is The Way It Is And What You Can Do About It*, by Bruce McArthur, *The Art Of Falling In Love With Your Time On Earth*, by Mannie Billig and *Soul Growth Issues, Soul Grief Choices*, by Fred Rawlins. For an inmate who is searching for a better life, these books are a valuable tool to foster introspection and spiritual growth.

I am contacting prison facilities to ask them if they wish to

receive additional books. A positive response is always received from the Chaplains who remain appreciative of our effort to make their job a little easier. Correspondence from parolees and inmates is starting to come in and I am pleased to be able to send additional books to them.. A personal letter is enclosed, inviting them to provide some feedback on the books that are read. This is an exciting new development in our work and I will keep you updated.

As you may be aware, this program is solely funded by your donations and I thank you for them as well as your thoughts and prayers.

Blessings to you all . . . *Glenys Cook*



The Francophone Connection / La connexion francophone

La Vie en Couleurs par Jeanne Harvey, Québec, QC

« Les couleurs agissent sur l'âme, y peuvent exciter des sensations, y éveiller des émotions, des idées qui nous reposent ou nous agitent, qui provoquent la gaieté et la tristesse. » Goethe

Tout récemment, plusieurs événements m'ont amené l'importance de la couleur dans notre vie. Il faut dire que j'étais dans une phase de variations sur le thème du noir et du blanc accompagnées de notes de couleurs, parfois neutres dans mon habillement et dans mon décor.

Dernièrement, en magasinant pour un ami, j'ai été fort attirée par un set de vaisselle tout en couleurs : bleu, vert, brun doré et violet. Juste le regarder m'harmonisait. J'ai donc changé ma vaisselle. J'ai ensuite ressorti divers vêtements de couleur qui m'ont aussi fait du bien.

De plus, récemment, je tente de prendre une photo : impossible, je ne vois aucunes couleurs. Quelques jours plus tard, une fleur de peluche fortement colorée qui accompagnait mon mari à l'hôpital m'est tombée sur la tête. Le symbole était fort : prends conscience que tu as besoin de la vibration des couleurs dans ta vie. Il en est d'ailleurs de même pour tous, y compris les animaux et les végétaux.

D'ailleurs, il est admis d'un point de vue scientifique que les couleurs sont vibratoires. Celles captées par l'œil humain vont du rouge au violet et comportent une vitesse, une longueur d'onde et un rythme différent, chacune nous touchant d'une façon spécifique. C'est probablement pourquoi on se sent si bien en présence d'un arc-en-ciel.



Ce n'est pas sans raisons que nous baignons dans un monde de vibrations et vivons dans un monde de couleurs. Edgar Cayce quant à lui considérait qu'elles pouvaient être thérapeutiques. « Les sons, la musique et les couleurs peuvent contribuer puissamment à la création de vibrations adéquates convenant aux individus perturbés, que ce soit mentalement ou physiquement, i.e. ceux qui sont malades dans leur corps ou leur esprit. (Lecture 1334-1)

Il recommandait souvent la nature et la verdure pour récupérer la santé, pendant ou après une maladie car, disait-il, la couleur verte est la vibration de la guérison. Il conseillait même de dormir dans des draps verts dès que l'on tombait malade. J'en ai fait l'expérience à profit.

Edgar Cayce définit sept couleurs spécifiques et associe à chacune d'elles une note de la gamme, une planète du système solaire et certains problèmes de santé correspondant à une disharmonie à ce niveau. En chromothérapie, on soigne et on guérit à l'aide des couleurs correspondantes.

La symbolique des couleurs peut diverger d'une culture à l'autre. Toutefois, les correspondances suivantes sont généralement admises :

| Couleur | Note | Planète | Interprétation | Maladie | Sens | Chakra |
|---------|------|---------|-------------------------------------|--------------------------------|---------------------|-----------|
| Rouge | Do | Mars | Force, vigueur, énergie | Nervosité, égotisme | Odorat | Racine |
| Orangé | Ré | Soleil | Prévenance, considération | Paresse, répression | Goût | Sacral |
| Jaune | Mi | Mercure | Santé, bien-être, convivialité | Timidité, faiblesse de volonté | Vue | Solaire |
| Vert | Fa | Saturne | Guérison, utile | Mélangé au jaune - tromperie | Toucher | Cardiaque |
| Bleu | Sol | Jupiter | Spirituel, artistique, désintéressé | Lutte, mélancolie | Ouïe | Laryngé |
| Indigo | La | Vénus | Recherche, religieux | Troubles de cœur et d'estomac | Intuition | Frontal |
| Violet | Si | Lune | Recherche, religieux | Troubles de cœur et d'estomac | Conscience cosmique | Couronne |

Leurs effets physiques et psychologiques sont connus depuis longtemps. Ils sont exprimés dans plusieurs expressions populaires : voir la vie en rose, être fleur bleue, rire jaune, voir rouge, broyer du noir... Au-delà de l'entendement commun, il

Suite à la prochaine page

serait vraiment utile de pouvoir se servir de ces grands courants énergétiques pour équilibrer notre vie quotidiennement.

Nous pourrions nous servir de la radiesthésie pour vérifier quelle couleur nous devrions conscientiser à un moment précis pour ensuite, en méditation, demander de la faire descendre dans nos différents corps et nous harmoniser dans cette énergie. Nous pourrions le faire en visualisant la couleur, en nous aidant d'un objet de la couleur désirée, si nécessaire. Pour cela, nous pouvons nous inspirer d'une méthode tibétaine « le JAPA » où la récitation de paroles sacrées : Om Mani Padme Hûm s'associe à la visualisation des couleurs. Certains utilisent le nom de la couleur en touchant chaque chakra et répètent le processus trois fois aller-retour.

On peut également utiliser des substances chargées de vibrations colorées pour acquérir la vibration de cette couleur. En général, on utilise l'huile, l'eau, le sucre ou des aliments dans des flacons colorés qui agissent comme filtres.

Ces produits sont utilisés pour usage interne ou externe, selon le cas. Ces dernières années, plusieurs personnes utilisaient des bouteilles bleues pour l'eau.

Non seulement il est agréable de porter des vêtements en fonction de nos goûts mais il est bienfaisant de se vêtir de la couleur dont nous avons besoin selon les circonstances de notre vie. Nous pourrions donc ajouter des teintes vivantes les jours de pluie ou d'hiver, par exemple. Nous pouvons également décorer en fonction de l'usage des pièces, par exemple une salle à manger en jaune ou vert pour faciliter la digestion, des couleurs brillantes pour faciliter le travail d'un groupe.

En plus de représenter pour une grande part la beauté du monde, les couleurs sont sans conteste des agents harmonisants et des outils mis à notre disposition pour trouver notre équilibre. Elles comportent tant de choses : bien-être, paix, santé, guérison, amour, pardon, joie, et tellement plus encore. N'oublions surtout pas qu'elles sont une force rayonnante, porteuse d'énergie vitale. Somme toute, elles mettent de la vie dans nos existences. &



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Online Study Groups

If your time is limited or your schedule prevents you from committing to a routine for attending a *Search for God Study group*, then consider joining with other like-minded folks in an online study group at your convenience. We have set up a yahoo group called “cayceonlinestudies.” Anyone can join this group by first accessing the yahoo website and setting up a yahoo Id. This is free for everyone. Once you have your yahoo account and Id set up, then you can go into the groups section and apply for membership with cayceonlinestudies group. The address you can use is: cayceonlinestudies-subscribe@yahoogroups.ca. This will send a message to the moderator who will approve your membership. You can also become a member if you send the request to myself at ECCSFG@mts.net and I will send you an invite to join. I can also be reached by telephone at 1 866 322 8209, ext.714. Information is also available through ECC's website: www.edgarcaycecanada.com.

Don't be shy. Join today!



Le contact avec Soi-même, le Moi supérieur, par la voie de rêves

« A notre époque (...) on n'accorde pas suffisamment d'intérêt aux rêves. Il faudrait, pour aider la famille des hommes à se développer, approfondir la connaissance du subconscient, du monde de l'âme, de l'esprit. Le rêve, c'est cela (...) » (3744-4)

Il m'a fallu du temps, de l'étude et des expériences vécues pour réaliser que dans ma vie il y a eue jusqu'à présent des périodes riches en contacts avec l'invisible qui n'étaient pas du tout le fruit du hasard. Dans les paragraphes suivants j'essaie de présenter certaines expériences de mon cheminement spirituel avant d'aboutir à l'interprétation de rêves.

Dans les années 1970, c'était mon premier contact théorique avec l'occultisme et le paranormal. Je m'intéressais beaucoup à la parapsychologie, aux religions orientales surtout le bouddhisme lamaïste tibétain et j'essayais la pratique de la respiration yoga et la relaxation par entraînement autogène. Les résultats sur ma santé étaient encourageants et je me sentais en pleine forme, physique et mentale. Sur le plan professionnel j'étais en pleine croissance ce qui me donnait beaucoup de satisfaction alors que ma vie était très simple et en harmonie avec la nature dont je me sentais très attaché intérieurement.

C'est dans ce temps-là que j'ai eus des rêves d'une clarté surprenante qui frisaient la réalité, rêves qui se répétaient souvent tout en essayant d'attirer mon attention et de se frayer un chemin vers ma conscience. A l'époque je ne savais pas encore comment les interpréter.

Plus récemment, en 2001, après une certaine période d'inactivité, j'ai repris la pratique de la relaxation et même essayé faire des séances d'auto hypnose ainsi que de développer des qualités de voyance, selon une méthode de Raymond Moody, mais... sans grand succès. Il semblerait que même dans ce cas mes efforts ont porté fruit indirectement en me sensibilisant au contact de l'invisible, surtout dans le



Domaine du rêve, de l'intuition et de l'inspiration. Il m'a été très facile de mettre sur papier mes conclusions suite à des années de travail et rédiger mon petit livre de spécialité que je chérissais depuis des années.

Toujours dans la même période je me suis sensibilisé à la « lecture » ou l'interprétation de mes rêves. « *Les rêves sont un expérience naturelle (...). N'allez pas chercher des choses surnaturelles ou artificielles, le rêve est naturel, il vient du désir de Dieu d'offrir à l'homme un chemin vers la Connaissance.* » (900-143)

Au début je ne savais vraiment pas comment m'y prendre mais peu à peu j'ai commencé à faire des progrès. Je me souviens avoir fait depuis toujours des rêves qui me semblaient très réels et auxquels à l'époque je n'accordais pas beaucoup d'attention ou d'importance; j'avais juste quelques rudiments d'interprétation. Et c'est juste récemment, ayant une certaine expérience acquise, doublée par beaucoup d'ouverture vers le spirituel, que l'interprétation ou la lecture de mes anciens rêves est devenue finalement possible pour moi.

Je tiens à insister d'abord sur deux de mes rêves que j'ai eus dans les années 1971-73, vers l'âge de trente ans, alors qu'à l'époque je pratiquais la relaxation et m'intéressais beaucoup au paranormal et même aux voyages en astral.

Dans le premier rêve, dont je me rappelle très bien, je me trouvais dans une sorte de passage ou de long couloir entrecoupé par endroits de portes et même de petits escaliers

par Alex Braikoff, Montreal, QC

qui montaient et descendaient. Cela me suggérait un des couloirs de l'université de ma ville natale, mais beaucoup plus long, plus fragmenté et, en même temps, assez familier pour moi. C'était comme une voie que j'empruntais souvent, qui dépassait la longueur de l'immeuble de l'université et sortait quelque part en ville. À force de se répéter bien souvent, le rêve était devenu pour moi comme une sorte de réalité presque palpable. C'était comme si je vivais dans un monde parallèle à la vie extérieure, mais pas moins réel, par où je passais presque quotidiennement. L'impression de réel était vraiment très intense.

Le rêve voulait attirer mon attention sur la vraie vie, celle de mon existence spirituelle. Le cheminement de mon âme en train d'avancer sur la voie de la croissance et de l'expérience vécue, le long couloir de « l'université », dont les portes suggéraient des vies antérieures avec de montées et descentes sur le plan de l'évolution. J'avais l'impression d'évoluer dans un milieu connu précédemment où je me sentais très bien. C'était une information très importante qui essayait sans cesse d'atteindre ma conscience étant donnée sa fréquente répétition et la forte sensation du réel. Même si à l'époque je n'avais pas encore l'habilité psychique de m'expliquer ou comprendre ce rêve, ce n'était pas quelque chose à oublier facilement alors qu'il s'est gravé pour longtemps dans ma mémoire. Et on peut dire la même chose pour le rêve suivant.

Mon deuxième rêve a été vraiment très spécial puisque j'avais la sensation très, très réelle d'évoluer en 3 D comme un oiseau. Il semblait que j'étais sur la rue où j'habitais à l'époque et je pouvais m'envoler à volonté et survoler la rue au niveau supérieur des poteaux électriques. Il y avait une sensation extraordinaire de réel, de bonheur et de liberté. Moi-même j'étais le plus étonné et très content de pouvoir décoller et m'envoler juste par le pouvoir de ma pensée. Tout était

tellement intense et net dans ce rêve que j'avais la sensation de vivre dans un monde aussi réel que le notre. Même en état de veille j'ai gardé au début, pas pour longtemps, la certitude de pouvoir m'envoler facilement si je le voulais bien. Bien sûr la réalité s'est imposée rapidement à ma conscience... alors que je regrettais toujours que ce fut seulement un rêve. Puis, je me souviens avoir fait plusieurs fois le même type de rêve qui me semblait se poursuivre comme dans une série TV en s'ajoutant à la réalité quotidienne. Toujours en rêve je me disais : mais oui, c'est vrai il y a pas de doute, tu peux t'envoler, il faut juste le vouloir et c'est tout; cela marchait à tout coup. Ce rêve d'évoluer bien à l'aise dans l'espace m'a suivi occasionnellement à plusieurs reprises, toujours avec la même sensation de liberté et plénitude, mais, jamais, jamais avec la même intensité du sentiment du réel.

Le rêve essayait carrément me faire savoir, transmettre à ma conscience, que l'évolution en 3D, dans un monde parallèle ou dans ce qu'on appelle l'astral, est quelque chose de tout à fait normal, faisant partie de la réalité. Par la suite ce type de rêve ainsi que celui d'un voyage en avion ou d'une ascension dans les montagnes je les ai toujours interprété comme des signes positifs de croissance personnelle ou d'évolution spirituelle.

Et pour finir, voilà un autre exemple de rêve que j'ai fait en avril 2008 :

Je me trouvais dans une vallée d'où j'avais la vue panoramique et en couleurs du versant d'en face. C'était une montagne recouverte entièrement d'un pré verdoyant. Dans ce décor magnifique et sur un ciel bleu clair se détachaient nettement les toitures rougeâtres d'un village situé en pente et très haut sur la montagne. J'étais là-bas, au pied de la montagne, avec l'idée claire dans ma tête de monter le versant à tout prix. Engagé déjà sur le sentier qui montait vers les hauteurs je ressentais la présence bénéfique de quelqu'un qui m'accompagnait. Au début je pensais que c'était ma femme, mais je ne la voyais pas vraiment, c'était une présence invisible,

réconfortante et bienveillante. Juste au début, en bas du sentier, il y avait un secteur très raide et j'avancais péniblement craignant le pire. Je coquetais déjà avec l'idée de renoncer à l'ascension en pensant que la poursuite était au dessus de mes pouvoirs physiques et psychiques, la pente était vraiment très escarpée. Heureusement, le plus difficile ne dura pas beaucoup, juste dans la première partie du sentier. Et puis, soudainement, j'étais déjà là-haut sur un plateau légèrement ondulé sur lequel j'avancais facilement; des fois le sentier descendait un peu mais finalement je progressais dans mon ascension vers les hauteurs.

Depuis quelques jours je venais de prendre des cours de méditation que j'ai commencée à pratiquer avec beaucoup d'intérêt et motivation. Et dans ce contexte il me semblait assez facile d'interpréter le rêve comme montrant la voie de la méditation ou simplement la Voie. Une fois abordée avec détermination et persévérance, quoiqu'assez dure au début, la voie aboutit sans même se rendre compte vers le sommet de la spiritualité et du bonheur. Le rêve me faisait aussi savoir que je ne suis pas seul mais accompagné dans mon cheminement par une présence invisible et bienveillante. C'était un rêve d'encouragement.

Bien sûr qu'on fait beaucoup de rêves de toute sorte mais, le plus souvent, en se réveillant on les oublie. Et même si on ne les oublie pas, les rêves semblent toucher souvent à des aspects de notre vie quotidienne ou à celle de nos proches. Il y a des

ouvrages ou même de manuels sur les rêves et leur interprétation. Moi personnellement je recommande à faire confiance d'abord à son intuition en utilisant les manuels juste à titre informatif.



D'ailleurs, Edgar Cayce affirmait qu'il est préférable que la lecture ou l'interprétation du rêve soit faite par la personne qui a eu le rêve et qui est personnellement et directement impliquée. « ...Interprétez-les vous-même, comme vous le sentez. Non pas d'après un manuel, ou d'après ce que disent les autres, mais plutôt en sachant qu'il s'agit de symboles, de signes. » (1968-1) « Cette personne peut analyser les rêves et les interpréter mieux que quiconque car elle les analysera mieux pour elle-même que le meilleur des spécialistes. Et cela est vrai pour tout le monde! » (257-138). A force de pratiquer la lecture de rêves, notre pouvoir psychique se développe et on obtient toujours de meilleurs résultats. ☺

Think on This..

Perfection is not possible in a material body until you have at least entered some thirty times...
(2982-2)

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LETTER TO THE EDITOR

"Past Lives" by John Van Auken got me home! We had just disembarked from a cruise and were all ready to take our flight home when we heard the disheartening news that a terrific storm had cancelled all connecting flights----and we seemed

doomed to spend all day sitting in the Fort Lauderdale airport.

I decided to use a positive approach, as I like to do in these cases. I visualized our group getting good connections back to Toronto, seeing it as a fast and already-accomplished fact along the biblical lines of "Before you have asked I have already answered." I gave a mental "thank you" and confidently relaxed, then approached the desk clerk once again with some hope, but was told "Nothing has changed."

Some time later, I repeated my affirmation and prepared for another assault on the desk. A strange intuition came to mind, and persisted even though it seemed unlikely to help the situation---I was to place "Past Lives"(which I was re-reading) on the desk in front of the lady, placed so she could readily read the title.

I have long been convinced of the relevance of intuition, intention and the spiritual, so I did as instructed and plunked

John's book on the desk. Only a few minutes into our discussion, the book was duly noticed, and the conversation changed.

"Do you believe in past lives?" she asked.

I said I did, indeed, and asked if she knew of Edgar Cayce, which she did! We had a good discussion, and I promised to send her some articles my wife, Donna, and I had had published in Venture Inward on dreams and mystical experiences. It happened that she had been going through a difficult period at home, and felt our meeting was a good omen.

For fifteen minutes, three telephones plus computers were furiously humming, and then---we were presented with the last three FIRST CLASS tickets to Atlanta, and thence Toronto.

Thanks, John, and intuition!

Sincerely, *Dan Jeffrey*
Oakville, Ontario



Edgar Cayce Canada's website has been completely renovated, updated and redone. See it now for the new content and look! www.edgarcaycecanada.com

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Centre



www.breakthroughcentre.ca
Breakthrough@sympatico.ca

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Joan Birbeck - Membership- Telephone Program
Ray Millard - Study Groups
Charlie Walker - Webmaster
John & Thérèse Leman - Enquirers Program
Kathie Caple - Prayer Circle Network
James Schmidt - Open Road Editor & Database Manager
Catherine MacDonald - CFO, Open Road Assistant and
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Vacant - Public Relations & Marketing Manager
Glenys Cook - Prison Library Book Program
Jon Shatat - Youth Program
Vacant - Events Coordinator
Vacant - Toll Free Telephone Manager

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 Hwy 118 W, Suite 155,
Bracebridge, ON P1L 2G7
Email: openroad@edgarcaycecanada.com

The Prayer Circle Network .. "We got Mail!"

Submitted by Kathie Caple

Miray's Story

One of our prayer volunteers shares this story. About 5 years ago her sister and brother-in-law from New Brunswick were visiting her in Toronto. They surprised her with the gift of a light fixture installed above her stove, a sweet gesture to help her with everyday food preparation. A short time after they returned home she tried to use the light but it didn't work. Someone came to check the installation and everything seemed to be in working condition but no light. She shrugged and forgot about it, not mentioning to her sister and brother-in-law that it didn't work.

Several years later her brother-in-law was diagnosed with lung cancer. Unable to physically be with him, she spent much time in prayer and meditation, looking at his picture and sending him loving thoughts. One night while she was praying by candlelight she suddenly opened her eyes to see a blazing light in her kitchen. The light over her stove had come on. It was as if her brother-in-law had responded in spirit to the loving kindness she was showing him with her prayers. He seemed to want to make it right before he passed. The light was fixed and has worked ever since.

Many thanks to Miray for sharing her experience and her continuing prayers.

The message in the paragraphs following was received in an Email from Fred who was on ECC's prayer list. When I asked him if I could submit it to The Open Road for printing his response followed. .

Subject: How things are,

Hi guys, been a tough spring and early summer for me but getting back on top of things again. The "Staph" infection I got during the second by-pass operation in 2001 has come back several times since then and I've got over it pretty quick each time but this year it has been very difficult. It flared up in January and got so bad that on April 23rd, they opened up the upper part of my sternum and removed the top wire (that had broken in 2002). It caused the infection to flare up again and gave me a serious dose of Shingles. After weeks of anti-biotics etc. (7 doctors, 5 hospitals and so many lab tests I lost track of them) I finally fell back on the old "Alternative Health Care" things I promoted in my younger years. With a Castor Oil Pack every second day and several applications of Aloe leaf jell through out the day we cleared everything up in less than a week.

the Immune System kicked back in after the first Castor Oil Pack and I have been feeling great ever since.

I've even got back at installing the stone patio across the front of the house.(that I started 2 years ago).

I will be going to the Heart Institute (in Ottawa) on Wednesday for a final checkup and all clear report.

On Thursday I will be attending the first public presentation of "The Land Between," to be aired on TV Ontario this fall. I provide the voice behind the scenes of the first settler arriving in the Haliburton region. The interview was held in our living room in front of the fireplace.

Best wishes, keep well, *Fred*

OK, we're here to help others, so go ahead.

Thanks for the prayers. I'm a real believer, I had a prayer group at my house for several years as well as the SFG study group. I taught Massage Therapy and Reflexology for over 15 years to ARE members, once a month for \$3.00 per session (to cover the costs of oil and washing up of towels, etc. But many years with the (ARE) Glad Helpers Prayer Group in Virginia Beach convinced me that when all else fails prayers don't let you down. (You just have to learn how to read the results as to what's best for you.) After over 30 years as a Life Member I still give thanks to Edgar Cayce for showing us the way to get back on the path. Thanks for your dedicated work with the Prayer Group Kathie, your star is shining brightly.

Fred.



*Light a Candle
and say a Prayer*

on the Edgar Cayce Canada website
for that special someone.

Just go to www.edgarcaycecanada.com
and click on "Get Involved."

TRY IT! IT IS TRULY SPECIAL!



To join the **Prayer
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as a pray-er,
or if you are in need of
prayer,

contact **KATHIE CAPLE**
Prayer Network Coordinator at
prayercircle@edgarcaycecanada.com
1-866-322-8209, ext 4

Financial Report for 2011

| | |
|-----------------------------|-----------------|
| Income | \$17,249 |
| Expenses | |
| Program expenses | \$10,025 |
| Operating expenses | \$10,846 |
| Total expenses | <u>\$20,871</u> |
| Deficit | \$3,622 |

Income Details by % age

| | |
|------------------------|--------------|
| Membership fees | 58.9 |
| Donations (Total) | 22.4 |
| Conferences (Net) | 9.2 |
| Advertising Open Road | 0.3 |
| Interest Income | 0.4 |
| The Higher Shelf (Net) | <u>8.8</u> |
| Total | 100.0 |

Expenses by Detail and % age

Program Expenses

| | |
|-----------------------------|--------------|
| Open Road publication | 61.1 |
| Promotion/marketing | 13.4 |
| Golden Volunteer Club | 10.1 |
| Website & computer support | 6.0 |
| Prison Library Book Program | 5.5 |
| Toll Free Telephone Line | 2.9 |
| Inquirers Program | 0.9 |
| Spiritual Growth Groups | 0.1 |
| Prayer Circle Network | <u>0.0</u> |
| Total | 100.0 |

Operating Expenses

| | |
|-------------------------|--------------|
| Board of Directors | 26.6 |
| Insurance | 15.2 |
| Management Team Meet'gs | 13.0 |
| Membership Office | 10.6 |
| Credit Card & bank fees | 10.0 |
| Headquarter's Office | 9.2 |
| President's Office | 7.6 |
| Miscellaneous | 6.9 |
| Audit Expense | <u>0.9</u> |
| Total | 100.0 |

Explanatory Notes

Edgar Cayce Canada is a national, non-profit organization governed by a Board of Directors consisting of 11 members from across Canada. Although much of the Board's communication is by Email and teleconferences, ECC's by-laws require that the Directors meet at least annually, face to face. The major expense is for travel for members to attend the annual Board meeting which is held in conjunction with the Canadian Fellowship Conference in Kingston, Ontario.

The Board operates at a "strategic" level and the management of the organization is done by 12 "managers" from across Canada, who collectively form the ECC Management Team. Much of the communication within the Team is by Email, however, The Team meets regularly via teleconferences throughout the year. Every effort is made to communicate electronically in order to minimize expenses.

The President, Marilyn Kendall-Smith, resides in Sechelt, British Columbia and participates in Team meetings, as well as, reports at the Board meeting and the ECC Annual General Meeting which is also held in conjunction with the Canadian Fellowship Conference in Kingston. The President is also the contact between the ARE and ECC. ECC's headquarters are located in Bracebridge, Ontario where the financial system, the database (with over 5000 names), The Higher Shelf (retail sales) and The Open Road are managed.

Early in 2012 the Management Team reviewed both the 2011 income and expense statements and passed several cost saving steps to bring the 2011 deficit under control. The over-expenditure in 2011 resulted primarily due to the loss of income in The Higher Shelf because of Canadian

Government regulations which no longer allowed ECC to import or sell Heritage Store (Cayce) products from the United States. Although ECC does have some limited reserve funds these will quickly disappear unless some improvement in income occurs and expenses minimized, as appropriate.

A large portion of the cost savings will come from the printing and distribution of The Open Road and The Open Road Newsletter. (You will note that there is no

longer a colour centrefold.) In addition, the 2 year membership fee will be increased by \$5.00 (still a 10% saving) beginning on January 1, 2013, which hopefully will increase revenues. Several smaller savings opportunities have been identified in various programs and in operating expenses, as well as fund-raising initiatives..

During 2013 there may be more cost cutting as the need is identified. So please bear with us during this time of austerity adjustments.

You the members can assist by remembering the organization in your prayers, by attending conferences, by purchasing books from The Higher Shelf, by using the fund-raising opportunity mentioned on page 14 and, as appropriate, through your financial donations.



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)

Humour - Cayce's Tip For Saving Many

The guidance that came through Edgar Cayce's attunement to the Universal Consciousness dealt with so many aspects of human life and soul growth from bodily health to soul travel through star gates! One topic that is often overlooked is the value of humour in our disposition and vibrations. Humor is a saving grace and makes difficult situations lighter.

"That this entity has a sense of humour has oft been a saving grace, in not only this experience but in others. And this brings about those abilities that are worth while, if they are applied in the present experience." (2788-1)

Here's another:

"One who is at all times inclined towards good humour and might at times well be called a wit. At times the entity sees so well the humour in so many situations as to appear to see ridiculous rather than that which is the creative force in humor. Do not lose this sense of humor; it will oft be a means for saving many an unseemly situation." (2421-2)

I believe that Cayce's comment, "see the ridiculous rather than that which is the creative force in humour," relates to a man's tendency to see only the ridiculous when there is also a very creative, life-energizing force involved when humour is flowing.

In this next reading, Cayce is encouraging us to not only keep our sense of humour but to cultivate it!

"One whose sense of humour has and will oft save many in an unpleasant situation. Keep that humour! Rather cultivate same. Entertain is, and use it also in thy abilities as a singer, as a teacher, as an announcer." (5262-1)

Here's another:

"It is well that the entity cultivate that of humour, or the funny side of an experience and not become morose, self-centered, nor to that extent as to only see the serious side of experiences, associations or the like.

Cultivate reading comics, wit and humour, those stories of visualizations of activities that have the humour in same." (2648-1)

And another:

"One that finds a sense of humor in most every situation, and this is something that should be encouraged ever in the experience of the entity." (3205-1)

In this next reading, Cayce guides the individual to "seriously, prayerfully, spiritually," see the ridiculous side of every question and the humour in same.

"The entity should attempt seriously, prayerfully, spiritually to see even that as might be called hilariousness, is good for the body, physically, mentally, and gives the opportunity for greater mental and spiritual awakening.

"That seriousness with which the body (and mind) takes on the material as well as the mental and social relationships is not good. While the happenings, the experiences even in the material sojourn may have at times tended to convince the body of the seriousness of living, know that life should be joyous, happy, open, and all that brings hope."

"For, in the seriousness of it all, know that the very fact of consciousness itself, the very fact of an awareness of self and self's emotions, is an expression of the awareness within of the divine and of His (God's) hope for you. And if he be with you, what matters what others think or say in the material world?" (2647-1)

What an encouraging reading, explaining how the very fact that we are conscious is an expression of God's hope for us! And if God be with us, why be so serious, smile and help others to smile.

"One that should cultivate more the humorous side of life; see some wit, some humour. Not that which is at the expense of another; that is, never laugh at anyone, but laugh with others often." (2327-1)

Mr. 773 asked Cayce how to develop humour. Cayce replied that it was a natural force within the body and this will develop naturally.

Let's keep a sense of humour oh, let's develop it!



Reprinted from John Van Auken's newsletter, "Living in the Light," which is available by subscription.

Study Groups Across Canada

Contact Ray Millard,
Toll free, 1 866-322-8209
Email: studygroups@edgarcaycecanada.com

Events Across Canada

British Columbia

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

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

Vancouver - Meeting Every Month
Mutual Interest Group/Movie Night
Contact: John Golka 604 736 7762

Ontario

Toronto

September 29

Toronto Symposium

Edgar Cayce: The Man and the Message
Registration: Erika Allen 1 866 322 8209, Ext 1
Email: torontoregistrar@edgarcaycecanada.com
For information: Susan Lappin 416 466 5324

Ancaster

Jan 25-27, 2013

Annual January Meditation Retreat

Theme is "Humour"

Mount Mary Retreat Centre

Registration & Information: Larry Smokorowski 416 996 4672
Program Information: Susan Lappin 416 466 5324

Peterborough

Nov 24

*Prophecies: Cayce, Maya and others -
Separating Fact from Fiction*

With Mark finnan

Contact: Helene Thibert 705 745 7188

Jan 26, 2013

Annual New Year Retreat Day

Living in the Light

Contact: Helen Thibert 705 745 7188

Quebec

Montreal (South Shore) - Biweekly meetings
Healing and Meditation Group
Contact: Peter Kendall 450 676 4203

How to Get in Touch!

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juwilmunns@shaw.ca

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Terry & Joan James (250) 338 0597

Okanagan Valley

Cindy Fellows (250) 869 3909

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If there isn't a representative in your area,
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January Meditation Retreat

Come and join us.

Theme: Humour

This annual tradition continues at Mount Mary Retreat Centre in a beautiful country setting in Ancaster, Ontario.



**January
25th - 27th, 2013
Workshops and Lectures**

Accommodations and Meals
Double occupancy (2 per room) \$190.00
Single occupancy \$220.00

Contacts:

Allan or Susan Lappin

Tel: 416 466 5324;

Email: susanlappin@rogers.com

Registration: Larry Smokorowski

Tel: 416 996 4672; Email: smokysr@rogers.com

Edgar Cayce Canada's 6th Annual Youth Conference

May 24 - 26, 2013

St. Lawrence College, Kingston, Ontario



Facilitated by Jon Shatat
ECC Youth Coordinator

Assisted by many volunteer workshop presenters and including CFC's keynote speaker Kevin Todeschi, CEO, Edgar Cayce's Association for Research and Enlightenment

Suitable for Ages 11 - 18 Years

The program will be based on the Cayce readings regarding the spiritual development of Youth. A few features:

- Psychic butterfly art with Rev. Bob Johnstone
- Spiritual workshops for Youth
- Arts and Crafts
- Nature Hike
- Working on Dreams
- Time with CFC's Keynote speaker

For more information see:

www.edgarcaycecanada.com

Email: cfc@edgarcaycecanada.com

Annual New Year Retreat Day

Living in the Light

Talks, workshops, reflections

Based on the Edgar Cayce material

January 26th, 2013

9 am - 5pm \$55.00

Mark St. United Church
Peterborough, Ontario

Contact: Helene Thibert

Tel: 705 745 7188

Email: helene_thibert@hotmail.com

Creative Spiritual Awakening Weekend of Workshops & Fellowship

August 9 - 11, 2013

Chateaugay, Quebec

Facilitator: Robert Johnstone

Contacts: Bob Johnstone: madisonrj2004@yahoo.ca

Peter Kendall: hopsing555@hotmail.com

Tel: 450 676 4203

30th Canadian Fellowship Conference

With Kevin Todeschi

Executive Director & CEO, Edgar Cayce's A.R.E.



*Edgar Cayce on Vibrations,
Soul growth, and
the Illusion of Time*

May 24 - 26, 2013

St. Lawrence College, Kingston, ON

For information see:

www.edgarcaycecanada.com

Note: Additional information is available on many events on the Edgar Cayce Canada website: www.edgarcaycecanada.com

Edgar Cayce Canada's First Youth and Family Outdoor Retreat .. 2012

They came!

They camped in Tents



They stayed in the Chalet



They stayed in the Portage Inn



They played outdoors



They played indoors



They hiked



They had meals together



They participated in workshops



They said goodbye, God Bless!



And they said, see you at the Retreat in August, 2013! Watch for dates in the OR Newsletter!

Your Membership Expiry Date is on the mailing label below. Please consider renewing early by mailing your cheque to the address below, or to pay by credit card call toll free 1-866-322-8209, Ext. #3.
\$29.00 for one year; \$49.00 for two years or E-Membership \$20.00 (1 year).

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