



The Open Road

The Magazine of Edgar Cayce Canada

Issue 57 - Fall 2014

You and the Cosmos

with Nicholas Theo

Is the New Age Here?

Gregg Unterberger

Wake Up and See the Angels

Darlene Bodner

Be glad you have the opportunity to be alive at this time. (Cayce 2376)





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.”



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The Purpose of the ‘Work’

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

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The Open Road

The magazine of **Edgar Cayce Canada**

Publisher: **Edgar Cayce Canada**

Editor-in-Chief: **James W. Schmidt**

Production Manager: **Catherine MacDonald**

The Open Road (circ. 500) is published twice a year (Spring and Fall) 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 January 1 and July 1.

Email submissions are greatly appreciated, “MSWord” files preferred.

All submissions can be sent to:

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Publié par: **Edgar Cayce Canada**

Rédacteur en chef: **James W. Schmidt**

Directrice de la production: **Catherine MacDonald**

La revue The Open Road (circ. 500) est publiée 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: 1 janvier et 1 juillet.

Les soumissions par courriel sont appréciées, les fichiers “MSWord” sont préférables.
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Edgar Cayce Canada From the President's Desk

The Edgar Cayce material has been part of my life for many years, brought to my attention by my mother. I use the knowledge in my eating habits, to doing therapeutic touch with hospice clients, to meditating, to studying ancient civilizations - the list could go on.



John on the Camino Trail 2013

Earlier this year I agreed to finish out Catherine MacDonald's term as President/CEO and was appointed to that position at the Board meeting in May.

The Canadian Fellowship Conference allowed me to connect with many familiar friends from my earlier involvement in ECC. Dr. Norm Shealy was a fantastic speaker and presenter at CFC 2014. It was truly a gift to see Norm (who is over 80 years old) on the stage full of vim and vigor, relating his methods of treatments and that of Edgar Cayce.

There are some great new faces and energy to work with and I look forward to a fruitful year. Spiritually centered organizations always provide great opportunities for personal growth, read that as challenges; the beauty lies in moving through the challenges and going forward.

I would like to give a special thanks to Catherine MacDonald who has put in so much effort over the years, and continues to do so

I look forward to bringing my skills to further the ECC outreach in Canada.

John Miller
President/CEO



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

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

Encounter with an Angel

By Darlene Bodnar, Brighton, Colorado



Darlene Bodnar, was married to her dear husband Bob for 48 years. Bob passed over suddenly of a heart attack in 2008.

Darlene has been a member of a study group for 45 years. Darlene served on the Board of Trustees for the Association for Research and Enlightenment (A.R.E.) for 5 years and has served as the Regional Coordinator of the Rocky Mountain Region of the ARE. Darlene has given many lectures and workshops on the Cayce material and has travelled extensively in many parts of the world which included backpacking with her daughter to South East Asia, India and Nepal, as well as, parts of South America.

"For those who have met Darlene you will recognize her smile and genuine love of her many friends and family. She works with the Cayce concepts daily in her life. She truly walks the talk."

*(Quote:Nancy Thomas,
Bright, ON)*

Wake Up and See the Angels

It promised to be an exciting, rewarding day, and I was looking forward to being with our Albuquerque, New Mexico A.R.E. family for an all day program. Carol Ann Liaros was our guest speaker, and I knew her programs to always be stimulating, enlightening, and instructive.

Registration for the program was taking place, and I had the privilege of greeting people as they registered and found a seat. The book/products coordinator was very busy with customers, and I was trying to help wherever I could. At one point, I turned around and saw a young man entering the room with a lady friend and was taken aback. I had never seen this gentleman before, but I had a profound reaction to him. There was something very special about him—indescribable—but my reaction was unexplainable. We greeted each other, and I remember the clear, sparkling eyes which seemed to have a light within. I was stunned. The couple went to their seats, I went back to my activities, and then the program started.

Carol Ann's program was focused on training us to become our own psychics, to work with our intuition. During the course of the day she would have three sessions where we would pair up with someone we did not know; then, taking turns, she would lead us into giving a reading to our partner. We had completed two of these sessions, and she announced that we would have the third one after the break. During the break the young man approached me and asked if he could be my partner for the third session. I was quite pleased and told him that would be great.

During this last pair-up session, he and I found a spot and proceeded to give each other a reading; I went first. Then it was his turn. I still don't understand how it started, but he

talked a long time to me about my husband, Bob, who had passed away a few years earlier. I was still in the midst of grieving, and he told me he saw my pain and my efforts to find some normality in my life—to find a way to go on without Bob. The reading was absolutely remarkable and gave me insights and guidance that were invaluable. It was as though he was talking to my soul, his message had great depth. I was flabbergasted. His reading was very gentle and sincere. He told me that death was devastating only to those who were left behind and that my soul had taken on the burden of being the one left behind. Incredible! We were gathered back as a group by Carol Ann, and I thanked him profusely and asked him his name. He told me it was Michael Joseph.

After the program was over and he and his friend were walking out, he came up to me, took my hand, and said goodbye. I thought a lot about the time spent with this special young man and was so grateful for that opportunity. I then asked the program coordinator about Michael Joseph, and she told me that she didn't know anyone by that name and couldn't help me. I asked her to check both the pre-registration and at-the-door registration lists for his information. There was no record of him at all. No one knew or remembered seeing him. He has not attended another A.R.E. program before or after. He is not on our data lists.

Who was this special young man who had captured my attention from the moment he walked in the room that day. Had I been in the presence of an angel, a messenger from a higher source? It was an extraordinary encounter and one that I will carry with me the rest of my life. His message warmed and helped heal my heart. It was one of those moments in time that are truly unforgettable. ✓

Is the New Age Here?

Gregg Unterberger, M.Ed., LPC, College Station, TX



In the 1960s, the musical *Hair* included a song called "The Age of Aquarius," that promised the dawn of a new era, filled with "mystic, crystal revelations and the mind's true liberation." Cayce said that the latter part of the 20th Century was to be a time of the incarnation of many advanced and awakened souls, many of whom had been in Atlantis. All of this begs the question, "is the New Age really here?"

Consider for a moment, the explosion of eastern esoteric knowledge into the Western world (much of it initially spearheaded by the Cayce work) in the last 40 years. Articles on mindfulness appear as front cover stories in *Time*, millions of people sign up for an online study course with Eckhart Tolle, books on the near-death experience top the best-seller lists and the U.S. Centers for Disease Control recommends meditation as one of the seven things you can do to prevent the flu.

States of consciousness can be shifted "on-demand" through the use of binaural beat frequency technology, allowing first time meditators to access brain-states similar to those of experienced Tibetan monks. Magnetic deep brain stimulation is being used to reverse depression and accelerate learning. Induced After-Death Communication (IADC) developed by doctors at the Chicago Veterans Administration Hospital allows for apparent contact with departed loved ones, without the aid of a psychic or medium, sometimes erasing the grief and terror of loss in a single session.

Specially processed music is now being used in clinics around the world to restore hearing, reverse brain damage, even reduce or eliminate autistic symptoms! In the right hands, a new therapeutic modality called brainspotting can be used to fine-tune the brain to ignite experiences of the Divine, perhaps even "hardwire" our brains to God.

Globally, tens of thousands of people have had transcendent, mystical experiences without drugs or years of meditative practice through Holotropic, Integrative and Transpersonal Breathwork, powerful psycho-spiritual techniques that combine evocative music, spiritual intent with a kind of yogic breathing that Cayce said could open the chakras and put an individual "into association with all that has ever been or may be...[by loosening] ...the physical consciousness to the universal consciousness."

The problem is simple: most people don't know about these technologies and research. To the larger public, these breakthroughs sound like New Age mumbo-jumbo or science fiction. But the truth is, the last few decades have brought about an astounding confluence of psychology, spirituality and scientific technology that makes what was once a dream-world a firm reality that already exists.

For the past ten years, I have presented seminars and workshops introducing Cayce students and others to these astonishing and exciting new modalities, sharing the research and often demonstrating these techniques. In my workshops, thousands of people have touched their past lives and seen visions of the future. They have seen me catalyze apparent contact between the bereaved and those who have passed. In Breathwork experiences they have met

angels and spirit guides, experienced realms of indescribable peace, luminous colours and have even "touched the face of God."

I often start my workshops with a poem:

Imagine a world where the wisdom of the antiquities

Meets the technology of a new millennium

A world in which clarity comes to all who seek it

And everyone can touch the Infinite

Imagine a world

Where death no longer casts a ghastly shadow

To separate us from the ones we love

Phobias are cured with a single healing vision

A symphony heals a child's damaged brain

Consciousness can be shifted on demand

The mind moves freely in time and space

Past and future lives can be seen

Wisdom is no longer solely the realm of prophets and geniuses

Imagine a world

Where ordinary people have visions

And all begin to claim the treasure

That has always been within

We have wisdom

We have the science

We can learn the techniques

Imagine a world of

Healing

Clarity

Unbroken Connection

Open your eyes

Claim what is yours

That world is here. ✓

Gregg Unterberger is a former instructor in Psychology at Texas State University and is currently a Licensed Professional Counsellor and National Presenter for the A.R.E. His new book, *The Quickening: Leaping Ahead on Your Spiritual Journey* will be published by the A.R.E.'s Fourth Dimension Press this winter and explores advanced spiritual technologies that can greatly accelerate spiritual awakening. He will be the featured presenter at the Canadian Fellowship Conference, Kingston, ON in May, 2015. For more information about Gregg go to www.GreggUnterberger.com or listen to his interview with radio station KEOS at <http://ourvoicesourselves.com/interview-with-gregg-unterberg>

You and the Cosmos

With Nicholas Theo
Norfolk, Va



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



The Cayce Readings Define Astrology's True Purpose

One of the greatest insights that the Cayce readings offer to us about astrology is that astrology's main purpose is meant to be a guide or roadmap for our own potential soul growth rather than as a mere method of fixed prediction. Cayce put astrology into the context of a useful tool for soul growth and not immune from our free will when he states, "Astrology is a fact, in most instances. But astrological aspects are but signs, symbols. NO INFLUENCE is of greater value or of greater help than the WILL of an individual. Use such directions as steppingstones. Do not let them become stumblingstones in thy experience." (Edgar Cayce reading 815-6) Therefore, we are not meant to be helpless spectators in a world that is subject to the fixed effects of the planetary motions within our solar system. We purposely incarnate into the Earth for enacting our own will and direction within this dimension. In a related themed reading this is emphasized when Cayce reminds us that, "Astrological urges are not existent because of the position of the Sun, Moon, or any planet at the time of birth, but rather because the soul-entity is a part of the Universal Consciousness and has dwelt in those environs. Thus they yield, or wield, an influence upon individual application of spiritual or mental truths or laws, as they are brought into material manifestations."

(Edgar Cayce reading 2132-1)

This is an important statement because Cayce instructs us that our individual will does not exist only within the space of its own awareness. In fact, Cayce stresses that our souls are part of an interconnected universal consciousness, and once we recognize this essential truth, we then find we are able to constructively use and apply our free will. The birth chart then is a snapshot of our experiences within this solar system. It permits us to see how our prior experiences within this space bring us to a certain viewpoint as we start our current incarnation. All soul growth and understanding is internal, and it is as Cayce frequently stated, "mind is the builder." Through meditation, prayer, and paying attention to our projected thoughts in our attitudes and emotions, we can set our intentions. In addition, Cayce reminds us of our power of creative force and intention: "Rather than the star directing the life, the life of the individual directs the courses of the stars, see?" (Edgar Cayce reading 311-10) We are a thread interwoven in the fabric of our universe. Creation is fluid, growing, and changing as a direct result of our thoughts and actions. What we choose to do during our incarnate experience affects not only us on our journey, but it also affects the space around us. Thus, Cayce defines time and space for us in a way in which we

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Eyes To See

By
Karrie Eardley-Bertram
Barrie, Ontario



Past Lives

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

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

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Synchronicity

Both Edgar Cayce and Carl Jung, the Swiss psychologist and grandfather of transpersonal psychotherapy, believed in the “universal unconscious” or as Cayce called it, the “Creative Force.” Each was referring to that infinite intelligence that flows through all things, some call this God. Both believed it was possible to access this knowledge and receive insights and guidance; but is this intelligence that is all around us, the orchestrator of synchronicity?

“Synchronicity is an ever present reality for those who have eyes to see.”
Carl Jung (1875 - 1961)

Carl Jung defined the phenomenon of ‘synchronicity’ in the 1920’s; it being two or more events, although seemingly unrelated, are experienced as occurring together in a meaningful way. As we each progress along our spiritual path, we may notice more examples of synchronicity occurring. In my work I am a transpersonal psychotherapist, a Spiritualist medium, a master of hypnosis and a past life regression facilitator. Very recently I found out that these seemingly incongruous skills are, in fact, connected - an example of synchronicity at work.

The Edgar Cayce readings provide fascinating information of the earliest times, when those newly arrived to the physical realm still had the full awareness and ability to use their psychic ‘powers’. He speaks of misuse of these powers and the creation of weird monsters and playthings by them; many of those new to the physical realm

became trapped, they lost the awareness of their abilities to co-create their reality; they lost much of the awareness of their psychic faculties and fell into the cycle of reincarnation. In this human form it was much harder for them to access their higher perceptions and abilities. Each subsequent lifetime was to learn a lesson or carry out certain activities, and if not completed, then to try again in another lifetime. Carl Jung wrote on the “... concept of rebirth necessarily implies the continuity of personality. Here the human personality is regarded as continuous and accessible to memory, so that, when one is incarnated or born, one is able, at least potentially, to remember that one has lived through previous existences and that these existences were one’s own, i.e., that had the same ego-form as the present life.”

Evidence is seen in China, India, Africa, Tibet and our First Nations People, just to name a few, of cultures where guidance from beyond the earth realm is considered a natural talent; this could be considered our ancestors, guides, or that infinite intelligence, itself. Both Cayce and Jung had very similar views on communicating with the “dead.” As a Spiritualist medium I communicate with those that have passed over to the other side. Jung, however, was not comfortable with this concept, and would not allow his findings to be published until after his death. Conversely, Cayce had experienced visits from discarnate beings since his childhood and as an adult, his family would often hear him in communication with these visitors; he would receive communications in dreams, giving very detailed information - many times his mother came to him, once telling him that she was to be born anew in the form of a baby to a relative; sometimes his mother or his old family doctor would come through whilst he was in the trance state, at the end of a session, and sitters would hear him carrying out a seemingly one-sided discussion with them. On occasion the sitter would receive messages from his/her own deceased relatives. Both Cayce and Spiritualists agree that those on the other side come through to offer their personal guidance, to support, to

Jesus—a Sleeping Prophet

By Robyn Butt, Woodstock, ON

He, that Christ-Consciousness, is that first spoken of at the beginning when God said, “Let there be light,” and there was light. And that is the light manifested in the Christ. First it became physically conscious in Adam. And as in Adam we all die, so in the last Adam - Jesus, becoming the Christ - we are all made alive. [Cayce 2879-1]

If you’re like many New Age people, the quote from a Cayce Source reading above might make you feel, a bit shakily, as if you’ve fallen into a Christian Right revival meeting or a big media worship service at a born-again congregation. You’re already back-pedalling, scoping for the exit.

But you can leave those preconceived associations behind, because this is pure Cayce Source, the bedrock of all Cayce’s proffered metaphysics and History of Humankind distilled into a nutshell. Of course, informed discussion of it could enrich a lifetime. And following its trajectory through the teachings provided by Cayce’s Source can become a labour of astonishment and love—cracking back layer after layer of separation-from-truth, separation-from-freedom, you didn’t even realize you were living.

I know, because I’m embarked on following just that trajectory. It’s a big undertaking. Perhaps even monumental. Years back I discovered a deep interest in the Cayce material on the life of Jesus, and decided, quite without knowing where this would take me or how far-reaching it might prove to be (and I still don’t know), to dedicate part of my life to studying and developing accessible public talks around that material as a form of service. I did this because nobody else

seemed to be doing it, and it seemed important and necessary somehow.

So first I tackled the birth. Start at the beginning, right? “**Miracles of Christmas According to Edgar Cayce**” became a talk I give in Advent, the traditional holy season leading up to Christmas. And from the beginning of research I found this subject renovating nearly everything I’d come, as an intellectual liberal Christian, to believe or assume about Christmas. It happened not in a way that destroyed intellect or liberalism in their best sense, but which invited me to take those values and go way bigger, to imagine our world and our universe painted in *much* more massive, *much* more amazing and wonderful, strokes.

It was a challenge to shift out of my thinking rut, now revealed to have been too small. For a year I wanted to cling to my comforting familiar version of the Christmas story. But when I finally delved deeper into Cayce’s version I discovered that it was worth the shift. If my sense of the universe had been invited to a radical transformation, that transformation was also unexpectedly comforting and awe-inspiring.

Next I developed a talk for Lent, the traditional holy season leading up to Easter, “**Miracles of Easter According to Edgar Cayce**.” Some dedicated people attend these Sleeping Prophet Jesus talks, which I try to give annually, every year. They say it sets them up for the recurring holy season in a more profound way than they would otherwise experience. One

dying woman who came to the Easter talk wrote me later, that this year, for the first time in her life of attending Easter worship services at church, she fully understood what she was celebrating. For me, responses can’t get any better than that! And this is not to be construed as due to myself; it is thanks to Cayce’s Source and ultimately, to God and to Christ.

Other talks were needed to fill in the big Jesus picture. I’d once thought the Birth was the beginning? Not by a long shot! There are all of Jesus’s previous incarnations!

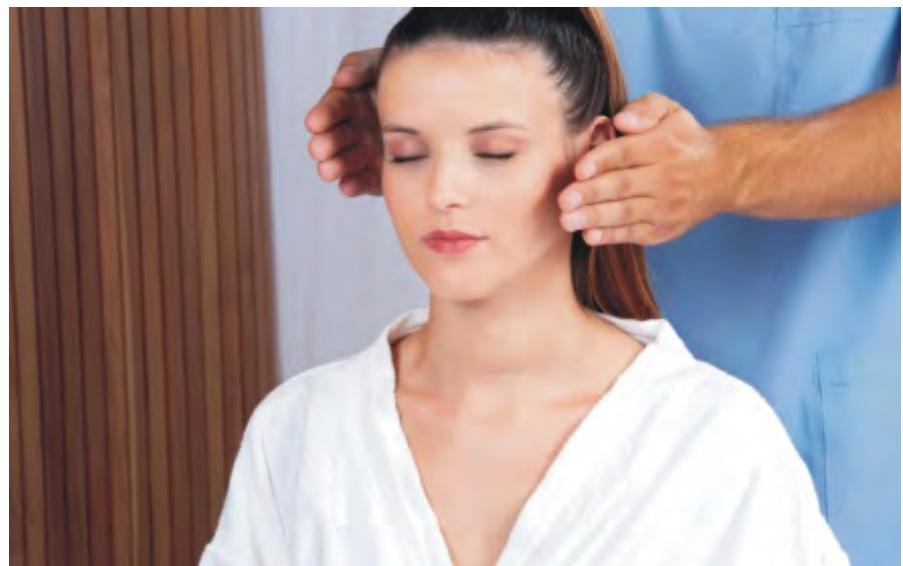
I am now embarked on study and research for the next *Sleeping Prophet Jesus* talk, “**Past Lives of Jesus According to Edgar Cayce**.” This has proven to be so massive an undertaking that I’m thinking I’ll need roughly until February next year to be ready to deliver it for the first time. I was nearly a hundred hours into study and preparation when I realized I was up against a huge body of wisdom. The original date I’d set would have to be gently set aside. This journey was taking me into Alchemy, Hermeticism, Metaphysics; deathless transformations from the physical back into the spiritual; immaculate conceptions; doings and skills, mastery over the material we’ve been taught to think of as anti-

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Therapeutic Touch

By

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



Therapeutic Touch - A Way to Access 'First Energy' and Promote Wellness

Today, three clients, all known to me, are asking for Therapeutic Touch treatment sessions. One, whom I visit weekly, is facing a life-threatening illness and is having therapy. She is experiencing a lot of pain and stress. Therapeutic Touch™ gives her some relief which enables her to relax and rest. Another client is suffering from a concussion, and we know from recent publicity that all concussions need to be taken seriously. What I have learned in treating her is how essential it is that the client tells me of any change or sensation during the treatment. The third client has a painful ear and this session may need a one-time response to a recent trauma. You can see that these three situations are different yet Therapeutic Touch can be useful in addressing such a variety of health issues/challenges.

In each of these different sessions the healing intervention will be approached in much the same way. As practitioner, I will use my hands in the client's bio-energetic field. It is done in co-operation with the client who remains clothed and either is seated or reclining in a comfortable position.

The bio-energetic field may be a new term to some. Here's how Therapeutic Touch Practitioners understand it: the human body is nourished through three avenues: food and water which

is taken in to the body and used to sustain the physical. So too is air, which is inhaled and processed in the lungs. We have learned we are also supported by a universal energy field that some call the "unified field" or a Universal Source or God, and referred to in Cayce reading 900-274 as 'first energy'. This universal source supplies all physical beings with the energy needed to sustain them as energy manifests in and around the physical form of all living beings. This is referred to by energy workers as the bio-energetic body. Others may refer to it as an aura or personal space.

It is in this bio-energetic body or 'personal space' that a practitioner of energy healing works. The authors of this particular method were two wise women: Dora Kunz, who was a natural healer and considered to be a very fine intuitive, and Dolores Krieger, PhD, RN, who was a Professor of Nursing Science at New York University. These two developed this method to be taught to students of nursing science. While nurses would use it in workplace situations, it was soon discovered that lay people could also learn and use this method.

Although named Therapeutic Touch, very little physical touch is involved. Rather, practitioners learn to move into a place of inner awareness where it is possible to feel centered and grounded, to then use their hands in the bio-energetic field of a client, discover whether there are imbalances in that

field and work with the energy therein until the field around that client appears to be restored to appropriate balance. The understanding is this: every living thing is sustained by energy from universal source or 'first energy'. When the body is well, energy moves in, through and out of each living being constantly and consistently in a balanced and predictable way. When there is illness or discomfort or dis-ease in the physical body, a reflection of same would be felt in the bio-energetic field, as imbalance. This imbalance may be felt by the practitioner as differences between the right and left sides of the field and are picked up by the hands of the practitioner through a variety of signals: heat or cold, congestion or tingling, prickles or pulsation to name a few.

The practitioner, aware of imbalance and by using the hands in a clearing motion, learns to restore balance to the field. As the field is cleared of imbalance, a fresh supply of energy enters the field and the client is then able to initiate change and in the minutes or hours following the treatment session, begin to absorb fresh energy and to make inner, physical, changes toward wellness and healing. It is understood that those who receive a treatment really do their own healing which is simply initiated by the practitioner.

It is possible for anyone to learn this simple and effective healing method which is being used in clinics, hospitals

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Edgar Cayce Canada

Highlights from "A Year in Review - 2013"

The 2013 Canadian Fellowship Conference was a great success with Kevin Todeschi as keynote speaker. The Toronto Symposium was also a success with keynote speaker John Van Auken. These events are significant sources of revenue for Edgar Cayce Canada.

Membership numbers increased during the year by 40 making the total membership 450. This is not to be confused with numbers of members as memberships are family memberships making the total members closer to 600. The 2013 membership manager position was held by Sandra Bradley of Gravenhurst, Ontario but subsequently has been taken over by Patty Russell of Peterborough, Ontario. This volunteer sends out renewal letters and processes payments. Joan Birbeck of Ottawa, Ontario is the follow-up volunteer and phones members who may have forgotten to renew their memberships.

The Prayer Circle Network is managed by Kathie Caple of Keswick, Ontario. There are consistently more than 100 pray-ers spread across Canada and the United States. There is never a lack of persons requesting prayer.

The Inside Connection, ECC's prison library book program, is managed by Glenys Cook, of Lindsay, Ontario. All Federal Correctional Facilities and many provincial institutions including those for Young Offenders across Canada have now received spiritually

based books for their libraries. The second phase of the program will begin in 2014 with a new set of books. This program is funded solely by donations from members and at this time the fund is very low.

The Spiritual Growth Study Group program is coordinated by Marilyn Kendall Smith of Sechelt, British Columbia. There are registered groups across Canada. But there are also other groups in Canada that are studying alternate material.

Marilyn is also the first-line contact on ECC's toll free line.

Laurie Oliver of Ottawa, Ontario manages the ECC website with technical assistance from Thomson Lawrie of Stoney Creek, Ontario.

The Youth and Adult Outdoor Retreat is managed by Erika Allen of Aurora, Ontario. The Youth Conference that has been run in parallel with the Canadian Fellowship Conference was put on hold while a new program could be developed and a new coordinator located. It was the forerunner of the Outdoor Retreat.

The Toll Free telephone line is managed by John Ryan of Hamilton, Ontario. It is his voice that you hear when you call in to the organization.

Up until this year, Thomson Lawrie of Grimsby, Ontario produced *The Open Road Newsletter*. However, Lori Jensen

of Calgary, Alberta has now taken over that position and produced her first newsletter in January 2014. Volunteer writers are appreciated and continue to be needed.

The Enquirers Program is managed by John and Thérèse Leman of Ottawa, Ontario. All enquirers receive a full information package by postal mail. The number of enquirer contacts has decreased over the past couple of years due to the website being available with much of the information. This cannot be measured, but is evidenced by the increasing number of people buying memberships, paying for events and retail sales that are coming in through "PayPal" off the ECC website.

The Higher Shelf retail sales is managed by Catherine MacDonald of Bracebridge, Ontario and is a significant revenue source for the organization. Catherine is also the Chief Financial Officer for the organization.

James Schmidt manages the ECC database that comprises 5200 names and addresses. He is the editor of *The Open Road* magazine and also manages the central mail distribution.

It takes many hands and hearts to keep the organization going throughout the year. Hats off to all these dedicated folks who work continually throughout the year. Blessings to you all!

Note to Members

You may have noticed that you did not receive the summer issue of *The Open Road Newsletter* produced by Lori Jensen of Calgary, Alberta. Regrettably, this was unavoidable due to a computer challenge.

We apologize for this and expect to have the problem resolved for the winter issue.

Many thanks for your patience!

Letter of Thanks!

Edgar Cayce Canada wishes to thank Nancy and Sidney Kirkpatrick for providing the location for the first two Youth and Adult Outdoor Retreats. Their beautiful property, the Portage Inn, is located on Peninsula Lake in Huntsville, Ontario.

This gesture was paramount in the starting of the Outdoor Retreat program and we are truly grateful. The Youth Program is a top priority for Edgar Cayce Canada and the Kirkpatrick's generosity is greatly appreciated.

Blessings to you Nancy and Sidney, in all your future endeavours!

Signed: Edgar Cayce Canada, Management Team



Edgar Cayce Canada Youth Program

Mark your calendars July 31- August 3, 2015
Youth and Adult Outdoor Retreat at its new location.
The Ecology Retreat Centre (near *Orangeville, ON.*)



Dining Outdoors



Labyrinth



Indoor Dining



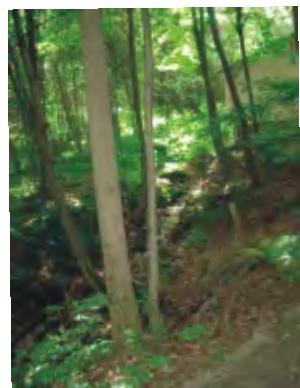
Hiking Trail



Dining Hall



Meeting Hall



Spring Fed Stream



Campfire Pit



Meeting Room



Labyrinth

Regular retreaters, Genevieve, Zack & Nolan
on site visit - July 2014



Sleeping Lodge



Sleeping Rooms



Edgar Cayce Canada Youth Program

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

July 31 - August 3, 2015



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

A 3 tiered program

- crafts for the young and young at heart
- teens with sports, games and workshops
- adults with workshops, discussion groups, meditations, and much more

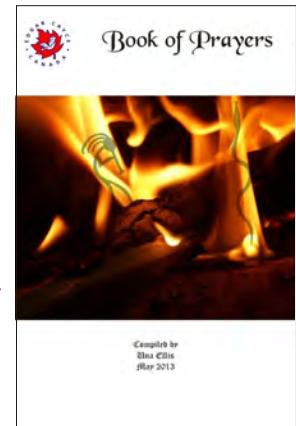
All ages are welcome at
any of the programs levels.

Retreat Affirmation

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

Youth Scholarship Fund

Edgar Cayce Canada operates fund raising activities to encourage donations to the Youth Scholarship Fund ensuring that no youth is turned away from the program for lack of money. Una Ellis has compiled a *Book of Prayers* to assist with this fund raising. It is a 23 page book consisting of prayers from many religions around the world. For a \$10.00 donation to the scholarship fund you will receive one of these beautiful cerlox bound treasures. You can pay by credit card by calling Catherine at 705 645 3879 or email cmacdonald@edgarcaycecanada.com



Seeking Junior Counsellors

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

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



Edgar Cayce Canada Member Appreciation



Charlie Walker and his wife Wendy Luella Perkins have played a major role in the development and maintenance of Edgar Cayce Canada (ECC). Wendy is an ordained Unitarian Universalist minister and Charlie has now retired from teaching computer technology and music in the secondary school system.

They have been long time members of ECC and Charlie has served the organization in several administrative positions including President/CEO and webmaster. He is responsible for the wonderful state-of-the-art website that we currently enjoy as well as instrumental in establishing the Youth Program as chair of the Youth Advisory Committee. He has served on the Canadian Fellowship Conference Committee and held several positions with the annual conference. His accomplishments with ECC are numerous and very much appreciated. Charlie is currently in his third term on the ECC Board of Directors.

But before all this his interest towards the metaphysical all began at a very early age when he discovered Morey Bernstein's book, *The Search for Bridey Murphy*.

As a young man coming from a conservative Christian background he quietly stumbled upon the Edgar Cayce books in the dark corner of an occult bookstore and he soon became a member of the Association for Research and Enlightenment (A.R.E.) and joined a *Search for God* study group.

When he moved from Toronto to Kingston, Ontario he discovered that ECC's annual Canadian Fellowship Conference was right on his doorstep! Synchronicity in action! That was a very prayer-answered day for Edgar Cayce Canada. Charlie's input into the development of the organization was no coincidence, but truly heaven sent.

Over the years, Charlie has worked as organist,

recitalist and choir director in a variety of churches, during which time he taught piano, organ, voice, and music theory to hundreds of students. He has sung in the Toronto Mendelssohn Choir and has an associate Diploma in Organ Performance from the Royal Conservatory.

Wendy is the founder of *Soulful Singing*, a program of music meditation groups which have met regularly in Kingston since 2002. She worked several years as the Growth Coordinator for the Canadian Unitarian Council's National Office. She is also a singer-songwriter, and has released two CDs. She has been a strong support to Charlie in his ECC work, and has personally participated in several Cayce events.

Edgar Cayce Canada sends out a great big thank you to Charlie and Wendy for their dedicated support of the Cayce work in Canada. ✓



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AND SAY A PRAYER

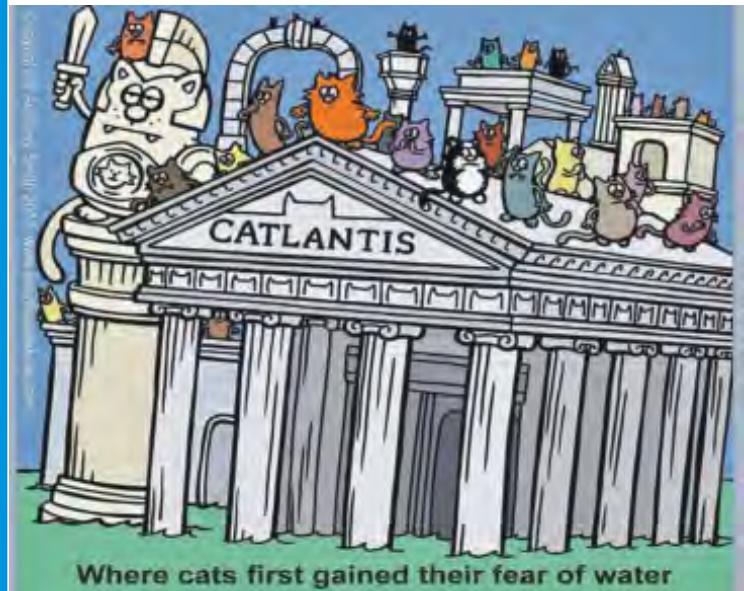
on the Edgar Cayce Canada website
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and click on "Get Involved" and
"Prayer Circle Network"



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)*





Edgar Cayce Canada's Canadian Fellowship Conference 2014

The 2014 Conference was a huge success with Dr. Norman Shealy's vast medical knowledge and witty delivery. There were 15 workshops given by volunteer presenters as well. Fun and laughter filled the air during the Saturday night social. Marilyn Kendall Smith, CFC Chair, is pictured with Dr. Shealy, lower right.

A picture is worth a thousand words.



Photos courtesy of Anita Pennell, Amherstview, ON.

Announcement CFC Youth Program 2015 Will have a New Face



Edgar Cayce Canada wishes to welcome Elizabeth Cayce Hornseth of Calgary, Alberta to the position of CFC Youth Program Coordinator. Elizabeth is a spiritually grounded, enthusiastic young lady who is dedicated to helping youth in a creative, supportive, and conscientious learning environment. Elizabeth comes to the program with new age ideas and old-soul wisdom combined with education and experience to make her a valuable member to our team.

Elizabeth has university degrees specializing in education, and several years of experience as a youth leader. Her mission in life has lead her to the responsibilities of a Sunday School teacher, Camp Counsellor, Teacher's Aide, Tutor, and sensitive work with high needs youth. Having a life long association with both the A.R.E and E.C.C., she has a keen understanding of the Cayce material.

Perhaps Elizabeth's greatest gift is her unconditional heart and anchored faith in Christ-centered principles. E.C.C. in conjunction with the E.C.C. Youth Advisory Committee, looks forward to providing a revised format for the CFC Youth Program for 2015. For information please contact Elizabeth at Elizabeth.Hornseth@gmail.com, or Lori.Jensen@coach4U@telus.net. **If you wish to volunteer with this program during the 2015 Canadian Fellowship Conference please contact the above.**



Edgar Cayce Canada News



Golden Volunteer Club 2014

Edgar Cayce Canada(ECC) is operated totally by volunteers, no one has ever been paid to work with the programs. It is a definite labour of love and the personal rewards are unmeasurable.

Each year ECC honours those volunteers that have spent more than 100 hours in promoting and working with the Cayce material across Canada by admitting them into the Golden Volunteer Club and presenting them with an award certificate.

If you will be eligible for this club in 2014 and/or know of someone that will be, please contact

Catherine MacDonald,

705 645 3879 or

cmacdonald@edgarcaycecanada.com

Edgar Cayce Canada's Volunteer Management Team

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

President/CEO

John Miller

1st Vice President

Laurie Oliver

2nd Vice President

Glenys Cook

The Open Road Magazine

James Schmidt

The Open Road Newsletter

Lori Jensen

The Higher Shelf Retail Sales

Catherine MacDonald

Database Management

James Schmidt

Email Database Mgt

Nancy Thomas

Membership Services

Patty Russell

Membership Telephone

Joan Birbeck

Study Groups Coordinator

Marilyn Kendall Smith

Toll Free Telephone Line

John Ryan

Web Manager

Laurie Oliver

Enquirers Program

John/Thérèse Leman

Prison Library Book Program

Glenys Cook

Prayer Circle Network

Kathie Caple

Youth /Adult Outdoor Retreat

Erika Allen

Canadian Fellowship Conference 2015

Chair Robyn Curry/ C.MacDonald

Registrar Laurie Oliver

Treasurer Catherine MacDonald

Workshops Monika Jones

Welcome

New Volunteer

Patty Russell from Peterborough, ON has assumed the position of Membership Manager.

Quote: *"I first discovered Edgar Cayce over 20 years ago, but more recently rediscovered his work in the last 7 years. I like the Cayce material most because it is about self-development and is grounded in very safe meditative practise. In my real job I am an administrative assistant with education and extensive experience in database management. I am enjoying the membership job!" Signed: Patty*



Many thanks to Sandra Bradley who managed the membership program for the past year. Blessings to you Sandra in your new endeavours.

Volunteer Position Available

Events Coordinator

This volunteer will coordinate and/or manage conference events within the province of Ontario.

Skills Required: Excellent communication skills both verbally and in writing with a working knowledge of internet communication. Proven organizational skills are required to co-ordinate and work with volunteer teams at the location of the events.

Interested parties contact: Catherine MacDonald at 705 645 3879 or cmacdonald@edgarcaycecanada.com

Calling for Volunteer Writers for The Open Road Publications. If you have a personal story that will be an inspiration to E.C.C members, please contact James Schmidt, Editor at openroad@edgarcaycecanada.com or 705 645 3879.

Body, Mind and Soul

with Simone Gabbay, Toronto, Ontario

The Will of God for You and Me



Simone Gabbay, Toronto, Ontario, is a holistic nutritionist in Toronto, who has studied and worked with the Cayce readings for more than thirty years. She is the author of three books including, *Edgar Cayce's Diet Plan for Optimal Health and Weight Loss*.
(See page 27)

Thy Will Be Done." What are we asking when we say these words from the Lord's Prayer? What *is* God's will for us here on earth? Is it something to be feared because it is sure to cause us pain and discomfort—because it will certainly ask things of us that we don't want to do or experience? Does God's will always stand in opposition to our own? Even Jesus is known to have struggled with the will of God in the Garden of Gethsemane: "My Father, if it is possible, let this cup be taken from me..." until he surrendered, "yet not as I will, but as you will." (Matthew 26:39)

We may not expect God's will to send us into persecution and death by crucifixion, which was the Master's path, but what if God's will for us includes other types of suffering and struggle—perhaps illness, tragedy, misery, and lack? If misfortune and hard times strike, do we assume that they have come to us by the will of God and it is our job to bear them until we've "burnt off" our karma? If we ultimately must surrender to the will of God, will it invariably bring us struggle and suffering that we (with our own will) would rather avoid?

The spiritual teachers whose works I consulted in researching this article make it clear that God's will for us could never include pain and suffering. According to the late spiritual master Sri Chinmoy, "God really did not want the human life to be divided into half joy and half sorrow." Sri Chinmoy also said that consciously or unconsciously, humans cherish suffering, and as long as we continue to do so, suffering will remain on earth. It might sound strange to suggest that humans "cherish suffering," but I have met many well-intentioned individuals who sincerely believe that suffering is in some way necessary and even beneficial for human soul growth. If we hold this belief in our consciousness and thus continue to "cherish" suffering, it will indeed remain in our individual and collective experience.

Joseph Prince, a world-renowned preacher and senior pastor at New Creation Church in Singapore, teaches that God's will for us "is never to suffer crippling illnesses, live a life that is miserable, or die

prematurely." If we want to know God's will, Prince says, we should look to Jesus and his healing ministry. Jesus embodied and enacted God's will and he unconditionally loved and healed people wherever he went. "...great multitudes followed Him, and He healed them all." (Matthew 12:15) Prince also emphasizes that Jesus' suffering at the cross—his finished work—has forever redeemed all humanity from the need for suffering.

The late spiritual author and founder of the worldwide Religious Science movement, Ernest Holmes, whose teachings focus on the idea that our habitual thoughts and beliefs, conscious or unconscious, take shape in the experiences and conditions of our lives, shared his understanding of God's Will for us: "Many people feel that God intended them to have a life of suffering and hardship—is it any wonder that it is what they have?" But limitation and suffering are not imposed by God. Instead, they are the result of our own ignorance and our false beliefs and wrong thought choices. In truth, says Holmes, the will of God for us is for a boundless life filled with joy, success, happiness, peace, and abundance. We have but to realize, accept, and believe this, for ourselves and for all people, and then, according to our faith, it will be done to us.

As co-creators with God, we must not dwell on negative conditions, but instead fill our consciousness with the attributes of the good that we wish to manifest, since Spirit, impressing upon the Infinite Mind with which our minds are joined, creates by contemplation. As the Apostle Paul wrote in Philippians 4:8, "...whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." I see Ernest Holmes' philosophy of "thoughts become things" reflected in the well-known quote from the Cayce readings, "Spirit is life; mind is the builder; physical is the result."

The late spiritual teacher and author Florence Scovel Shinn concurs with the above. God's plan for us, according to Scovel Shinn, always includes health, love, abundance, and perfect self-expression. We

Continued on page 27

Stan and Angie

by Toni Romano

Virginia Beach, Va



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

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

A Life of Service

In the Spring 2014 issue of *The Open Road* I wrote an article on 'Why I Serve'. It was a personal sharing of the opportunities for service throughout my life, even though I had not realized and chosen Service as my spiritual Ideal until I was in my mid-fifties. In the past three years my new area of service has been being a companion to folks in assisted living facilities.

In this article I am sharing a beautiful story of how someone, even in a limited situation was being of service to another.

Stan and Angie

One of my greatest joys has been having lunch with Stan at the assisted living facility at Atlantic Shores Seaside in Virginia Beach. The residents have a regular table where they have their meals and this creates a sense of community. One interaction in particular really touched my heart. Angie, another stroke resident sits to Stan's left. One of her sons or her daughter comes every day.

Angie had been confined to her room for several days with an infection and recently returned to the table. She very affectionately reached out her hand to Stan. He took her hand and they just looked at one another for a few seconds. Another day Stan reached for her hand, and as she took his, he said, "I just want you to feel better."

One day Angie had a bad time at the lunch table and they took her back to her room. Later when I was leaving I peeked in Angie's door and her daughter Kitty stepped out to talk to me for a minute. I asked if they had called her to come in since Angie was having a rough time. She said, "no, that Angie had decided not to take her meds or to eat. She is just tired of trying and is ready to go." I mentioned how touched I am when her mother reaches her hand for Stan. Kitty could hardly hold back the tears. She said that the family has waited 40 years for their mother to open her heart, and are thrilled to see this interaction with Stan.

Another day when Stan was leaving the lunch table, Angie reached out her hand. When Stan took her hand she said, "I'll see you in my dreams", and he responded, "I'll try to meet you there!" My heart just melted.

Today when I passed Angie's door her daughter came out and said, "I think it's her time." After lunch when Stan and I were going back to his room he looked up, pointed and said, "this is Angie's room." I told him that Angie may be getting ready to pass over. He said, "let's go in and see her." I wheeled him close to the bed and he reached his hand for her and said, "I hope you'll feel better." And then he said, "Look for the golden gate!" She could only blink one eye, and we knew they were communicating. Then he said, "I'll be joining you some day."

Angie's daughter said ending up in Seaside may have been the opportunity for her mother to open her heart again. Who are we to question what our souls may have planned. I feel so blessed to be a witness to love in action. Perhaps Stan, in his limited condition has found a way to be of service to another. ✓

The Fiddler

There's a ragged fiddler on the street

An empty case at his feet
He plays a tune that makes
you cry

An opportunity for passers by

His soul reaches in your face
As you rush by and make
great haste

Afraid to look, a mirror to find
Run fast, pretend that you are
blind

Your eyes are closed but
you can hear

Slow down, what is it that you fear
Yourself, my friend, you can't deny
But for the grace of God
There am I

Author: Catherine MacDonald

can better understand how to work with the planetary influences.

Cayce offers us the blueprint on how best to use the birth chart. When we truly recognize that we are immortal souls who are a living part of the Creative Forces, we gain much needed perspective when we inhabit a mortal body. We gain a purpose for that incarnation that builds the framework for our experiences in that lifetime. How we interact within our relationships, or the pursuit of a vocation, takes new meaning when we know that our attitudes and emotions continually shape the experience. We then have a choice how we meet and participate in life and its probable outcomes. These actions bring us the experience and soul growth that has direct effects on our other earthly experiences.

We - the individual souls that make up humanity - have this unique relationship with God in that we have free will. The readings go on to state that through free will, we have the ability to harness these energies: "Yet no influence of any nature—astrologically, hereditary or environmental—surpasses the will of the entity, the birthright of each and every soul." (Edgar Cayce reading 2505-1) Astrology then becomes a tool in allowing us to comprehend our birthright and expression.

When an astrologer reviews your birth chart from this perspective it casts your interpretation into a new light. The potential for reading the chart then expands

from an analysis of personality traits and tendencies into a useful roadmap for your journey. For instance, a trine aspect that in traditional astrology is interpreted as luck or ease is now seen in the light of a talent earned over several lifetimes, and to bring it out to its highest use, that talent needs to be shared with others. In contrast, the aspect of an opposition between two planets is frequently interpreted as conflict. However, when we look at this same aspect from Cayce's perspective, it asks the native to be aware of how they project into the environment, because what they experience in relating with other people is only their own projection of attitudes from within self. An earnest change in inner attitude brings an awareness that now bridges with other people instead of continually meeting conflict.

The astrological material from the Cayce readings usually was given to individuals and in sometimes-piecemeal form. Yet, when we look at it as a body of work, these astrology readings impart a valuable perspective and wisdom. The birth chart becomes fluid and living, and from this interpretation, the astrologer weaves these spiritual themes of soul growth and the use of will into useful guidelines and directives for the spiritually seeking client. ✓



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Synchronicity (Continued from page 8)

let us know that they are frequently around us and watch us in our daily lives, loving us still. It is true that once you pass over, it is unlikely you will be any wiser than when on the earth; the character and personality persist, which is a blessing, as it helps us to identify the visitor when they come through as we remembered them! Spiritualists around the world hold services where the skills of a Medium bring messages of the continued existence of the human soul, in the form of communications from family and friends that have passed on. Spiritualism also provides communication via mediumship writing, physical mediumship, inspired addresses - speaking whilst in a trance; all of these produce phenomena that brings evidence of continued existence after 'death'.

Through the research of Carl Jung, and information relayed through Cayce, as well as other sources, we know today that psychic experiences are an ancient birthright of the human race. Even today, many cultures still operate with this knowledge woven into their daily life, it being commonplace to discuss dreams and share information from those on the higher plane of life. Some of these accounts are mentioned in the Bible, and many have postulated that Jesus used his mediumistic / psychic gifts for guidance and healing.

Hypnosis was used in ancient Egypt where they created 'sleeping temples' for deep healing work. The Bible seems to mention hypnosis, with Genesis, stating God put Adam 'into a deep sleep' to take his rib to form Eve. Carl Jung didn't use hypnosis himself, but encouraged

his clients to use active imagination, a tool in the hypnotist's toolbox, to create change. Edgar Cayce recommended hypnosis saying, "the study of self ... may best be done by suggestive forces to the body through hypnosis." The trance state he used for readings is an altered state of consciousness that he could access with self-hypnosis.

Cayce and Carl Jung both lived lives rich with synchronicity, they too believed there is more to life than disconnected events. Their biographies show times of turmoil that pushed them into a deeper understanding of themselves and helped them to be of greater service to their fellow man; the difficulties they had to experience had meaning, and opened them into a deeper realization of 'self'. That infinite intelligence, or 'creative force' that animates all matter is truly active in all of us and guiding us with seemingly unrelated events. The signs are there for each of us to follow, we just need the eyes to see. ✓

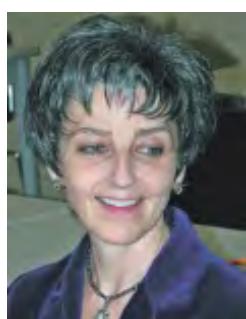
Karrie has been practicing Past Life Regression and Hypnotherapy for a decade and has held several Past Life group sessions for adults and children at the ECC Annual Conference in Kingston. A member of Edgar Cayce Canada for many years, Karrie also offers Transpersonal Counselling and Mediumship Readings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

Email: karrie@interwovensouls.ca



Jesus - a Sleeping Prophet (Continued from page 9)

scientific but which partake of deeper spiritual sciences; art and cultural imagery; and into histories of the soul and of humanity as a whole that both startle and make sense of many familiar markers we still retain as mere fragments of myth. Or labour to turn into modern E.T. myth! The Great Pyramid, the collapse of Atlantis, satyrs, mermaids, centaurs, fauns; the five Root Races and their five Adams, one of whom would become Jesus. Eve, who would become Mary the mother of Jesus...this stuff is so huge I've often had to pause, staggered. *And I thought this would be a breeze through some interesting stories. HOW did I imagine that the previous lives of He who became the Christ would be anything but astonishing and huge?!*



Enoch, Melchizedek, Joseph of the coat of many colours; the father of Zoroaster; in every life he lived, Cayce's Source made clear, the One who would become Jesus altered history - bringing to humanity enhanced connection to and understanding of the One God and our place in that divine tapestry.

As a result I have personally been watching religious and spiritual boundaries fall away. I've been watching perceived superiority of one spiritual practice over another

dissolve. All that matters, it turns out, is that whatever we practice, promote oneness, enhance harmony and understanding; offer healing, build bridges, and reach out. Such practices will lead us into intimacy with Ego and Self in all our errors and gifts. Everything else is embellishment. *Religion itself - as holy as its practice can be, as necessary to the creative heart of being - is embellishment on the basic tenets of Oneness.* And the point at which religion (or politics or sports or work or play or art) violates those tenets, is the point at which it is no longer valuable.

Entering Cayce's Source material, really entering it, is life altering. It takes you places you could never have conceived; it makes you - slowly, subtly, or sometimes suddenly, shockingly - into a person formed by deeper understandings, hopes, and visions.

Look out, Cayce seekers. You're on the Train of God now.

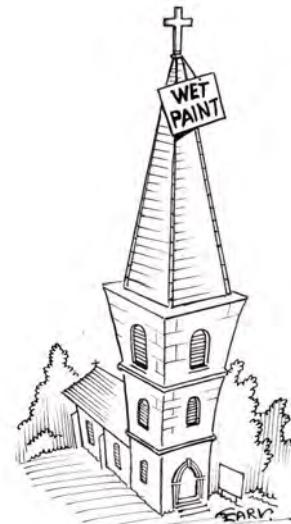
This stuff I thought would be straightforward is crazy deep and crazy complex; yet I know for sure it can be brought into focus in such a way that it is radiantly simple and makes radiant common sense.

Stand by! ✓



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Big News at the Association for Research and Enlightenment (A.R.E.) Virginia Beach, Virginia

We had the privilege of attending the dedication and grand opening of the new buildings and renovations at the Association for Research and Enlightenment in June, 2014. This accomplishment was due to many, many prayers and financial donations that came from members dedicated to the Cayce work. The planning and implementation of this project took several years, and finally it all came together. Two thousand and twelve saw the completion of the *Don and Nancy de Laski Education Centre*, and in 2014 the extensive renovation of the adjacent historic Cayce Hospital building. The A.R.E.'s world-class signature programs, the Atlantic University and the Cayce/Reilly School of Massage, the A.R.E. Health Centre and Spa, the Edgar Cayce Foundation vault and study room have new state-of-the-art facilities. For the first time since Cayce walked, what has become the A.R.E.'s world headquarters, students and visitors can enjoy one another's company in the Cayce/Miller Café and Copeland Dining Room located in the 'hospital' building. The new building complex doesn't just reclaim old ground, it stands as Edgar Cayce first envisioned it: a welcoming "lighthouse" for fellow travellers on their spiritual journey.

Submitted by James Schmidt/Catherine MacDonald



Photos courtesy of Susan Lappin, Toronto, ON

Paying Attention: The First Step to Psychic Development

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

In 1974, a co-worker at *The Toronto Star* newspaper gave me the book, *There Is A River - The Story of Edgar Cayce* (by Thomas Sugrue). He knew that I had a handicapped daughter living in an institution for crippled children, and he thought the book might help. He did not know how sceptical I was about psychic phenomena, but that book gave me hope. The medical experts had all but given up on Cheri and advised that my wife and I get on with our lives. This book showed me that she might be helped after all. Cayce became my hero.

Not long after, I was working in the basement of my home in Toronto, and I got a feeling to go upstairs and see what was on TV. Oprah calls this a "Hmmmm" moment - that little nudging from within, telling us to pay attention. I went upstairs and turned on the TV. The show on at that time was "Worlds of the Unexplained with Allen Spraggett." Ross Peterson was laying on a couch in a trance state, talking in a monotone voice, giving a health reading for someone who was many miles away. It was just like Cayce! Dr. Logan Stanfield was observing Peterson, and he said, "This man's amazing! He's exactly accurate!" On the strength of that program, my wife and I contacted Ross and had our first-ever psychic reading. It was everything we hoped it would be.

My wife and I drove the 200 kilometres to the institution in Belleville, Ontario to bring our daughter home. We were young, and all of our friends and family thought we were making a mistake. However, we

persisted. In the beginning, things were not easy, but we began to apply the remedies and recommendations in Peterson's reading. Cheri had a *grand mal* seizure that lasted eight hours! We followed up with chiropractic, massage, nutrition, and countless other therapies. We even found a medical doctor who was familiar with Cayce's work. Although she never fully recovered, Cheri lived with us from that day until she was thirty-eight years of age. She was a happy child who lived four times longer than any physician at the time told us she would. But all of those things had to line up for Cheri to come home - the book, the television show, the reading with Ross, and so on - and they did, because it was destiny.

But it all goes back to that moment when I felt inspired to turn on the television - even though I was doing something else at the time. It changed my life! Pay attention to things. Do not dismiss them. This is how you start to develop your intuitive ability. Wherever your attention takes you, follow it. This is a test. Your intuition is guiding you all the time. This is a demonstration of your precognitive, clairvoyant or clairsentient ability telling you to pay attention. How many times in our lives have we said "I just knew I shouldn't have done that!" By paying attention to those things that come to mind, you will begin to develop your intuition. Most people dismiss them, or say they were mere coincidences, but this is a demonstration of the invisible made visible.

When you get the feeling that a friend

is in trouble, call them on the phone. Tell them, "I just had a premonition that I should call you." Usually they need something that only you can give. I once had such a feeling about a friend of mine, so I called him on his cell phone, and he said, "I'm stuck in a parking lot and my car won't start." I thought he was kidding at first, but he said he was really stuck. Without thinking about it, I asked him if he had the gear selector in park. He tried it, and it was not all the way in the park position. After putting the car into park, he turned the key and the car started.

How did I know that? How did I know he was in trouble? Because I had a premonition, and I knew I had to call him and ask what was going on. When you have these premonitions, pay attention! A doctor friend of mine had a birthday coming up and I went to buy him a card. I ended up in a dollar store and my mind was drawn to a few little items which I put in a bag and gave to him. Just little tokens or 'joke gifts' - some string, a tape measure, and a little knife. After the weekend, he called me and said he went to the cottage. He was amazed that I gave him the exact three items that he absolutely needed that weekend. He needed the tape measure to measure a window for curtains. He needed the string to hang a picture on the wall. He needed the knife to open a jammed door.

How will you know if this is your intuition or your imagination? Because you "just know." When you are at ease, in a calm state (rather than anxious or worried about things) and some idea or solution just comes to mind. The

Continued on page 25

Have you checked out ECC's website recently?
www.edgarcaycecanada.com

Paying Attention: The First Step to Psychic Development (Continued from page 24)

evidence is that when you have that premonition or precognitive experience, it is accurate. When there is no reason for you to know something - like a television show in another room, a friend in a parked car, or random items at a cottage - that is how you distinguish between your intuitive mind and your own fears, worries, or imaginations. When you are intuitive, things occur to you that you could not possibly know, because they are not in your conscious or subconscious mind, and there is no way that anybody could have given you the information.

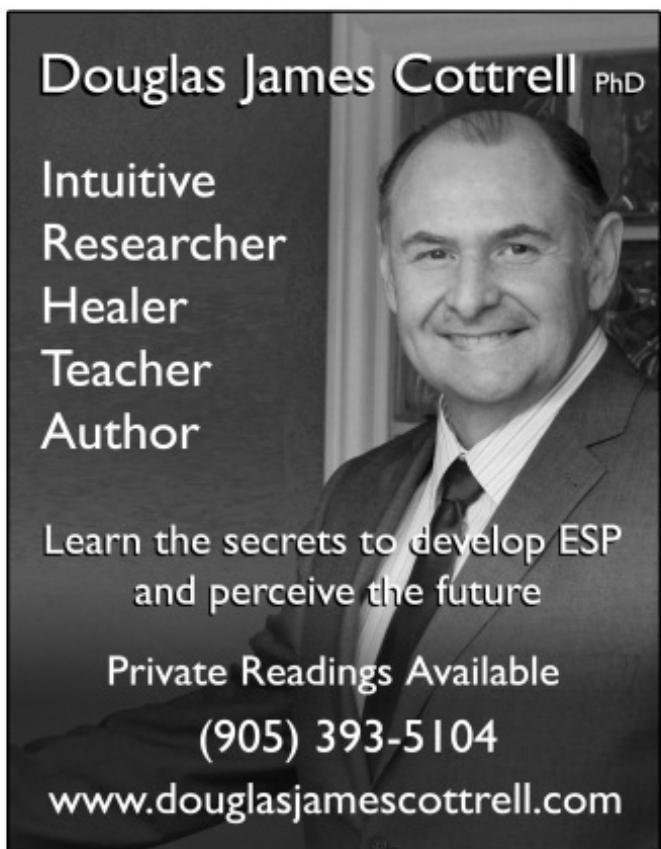
Where does the information come from? This is the age-old question, as no one really knows where thoughts come from. But I teach that we all have a rational, conscious mind; we all have a subconscious mind; and we all have a super-subconscious mind (or soul mind). As Cayce, Peterson and others have said, the way to get to the spiritual mind, is through the subconscious. This is why it is necessary to learn detachment from emotion and from expectation, and why meditation is key. As the rational, ego mind is distracted - such as when you are on a long drive, or walking along the beach, or when you are concentrating on your breathing in meditation - the subconscious and the super-subconscious minds can send information. The same thing as when you are asleep (or in Deep Trance Meditation). This is when sudden inspiration and problem-solving occurs, because you are getting a direct line of communication.

Every time you meet somebody, you connect with them, and you can perceive what is going on with them (and they with you, should they choose to do so). Now imagine everyone you have ever encountered on the Earth with a field radiating around them. The area where the field overlaps with you is the connection you have made. Now imagine an area where all the fields of everyone in the entire world overlap, and this is where I believe the Akashic records exist. All the minds in the world overlap at some point. As we are all connected, this is why you can find out information about anyone or anything you are interested in. When we need to go to that place where you need to invent something, find something out, or get closer to God, this is where the Akashic exists. As we all have special connections with each other, this is why it is important to pay attention.

Begin by paying attention to the little things. As you go out the door, and your attention keeps going to a pen on the table, pick it up. Chances are you are going to need it later that day. The more you demonstrate your willingness to listen to these little things, the more your super-conscious will give you from the Akashic. Many people say that they only get little bits of information and wonder why they do not get the big picture. I tell them to go slow and it will happen. Build upon each experience, step by step. The more you pay attention to the little things, the more likely you are to pay attention to the big ones, when they come. But if you do not pay attention to the little ones now, what evidence is there that you will pay attention to the big ones later?

My advice is to continue to take your steps, and to know that as you develop yourself intuitively, be prepared that you will be challenged. Cayce himself was belittled, doubted, chastised, and even arrested. He had all kinds of negative things happen to him, but what did he do? He continued on. He persisted. Know that when you are challenged, you must be on the right track. When injustice comes to you, you must be on the right track. When people call you a "devil worshipper," even when you are doing good, you must be on the right track. Be willing to be a servant, to use your gifts or abilities to perceive something that is going to help other people. Just continue, and your spiritual gifts will develop. Why are you given this gift? Because you have earned it! ✓

Douglas James Cottrell, Ph.D. is best known as a trance clairvoyant. He is a spiritual healer, teacher, and published author who demonstrates many abilities studied by Noetic Sciences (the study of consciousness), including clairvoyance, telepathy, energy healing, remote viewing, prediction, and prophecy. He teaches people the world over about spiritual development through the practice of meditation and the application of spiritual principles in daily life. His website is www.douglasjamescottrell.com



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Edgar Cayce Canada

Annual General Meeting

May 2014

Five new Board Members were elected at the Annual General Meeting in May, 2014. The meeting was attended by 35 members and a positive *Annual Audit Report* was presented by Debbie McConnell of DLM Bookkeeping Service. A Year in Review 2013 was presented by Chief Financial Officer, Catherine MacDonald (see page 11).

Board Member positions are allotted across Canada as per the membership distribution. Each Board Member is elected to a 3 year term with an option to renew for one further term. Retiring Board Members were Gerard Cormier, Atlantic Provinces; Marty Ozols, British Columbia; Jon Shatat, Ontario; Glenys Cook, Ontario; and Ray Millard, Ontario.

The five new Board Members elected are pictured below.



Ronald Marsonet
Thunder Bay,
Ontario



Rev. Robert Johnstone,
Candiac, Quebec



Marilyn Kendall
Smith, Sechelt,
British Columbia



Monika Jones,
Whitby, Ontario



Charles Walker
Kingston, Ontario

A Board Meeting was held on the day after the Annual General Meeting at which time Lori Jensen, Calgary, Alberta was appointed as Chair of the Board and Allan Conrad of Ottawa, Ontario was appointed to the Vice-Chair position.

Catherine MacDonald, President/CEO, of Bracebridge, Ontario resigned at the Board Meeting and John Miller of London, Ontario was appointed as President/CEO for a 2 year term. Glenys Cook, Lindsay, Ontario was appointed as 2nd Vice President for a 3 year term.

If you are interested in volunteering on the Edgar Cayce Canada Board of Directors, and you have a keen interest in strategic planning for the organization, please contact Thérèse Leman, Ottawa, Ontario, Chair of the Nominating Committee at 613 731 4901 or anncatjt@hotmail.com



Youth Scholarship Fund

The Youth and Adult Outdoor Retreat to be held at the end of July, 2015 is endeavouring to assist young folks up to the age of 25 with the costs of attending the Retreat. Many of these young folks are working summer jobs to help pay their college and university tuitions and taking a day off from their summer job is not feasible, not to mention that using their school fund to attend the retreat is a challenge. These young people are eager to experience the Cayce environment and to grow spiritually. If you can assist in this endeavour, please send your cheque to Edgar Cayce Canada, 505 Muskoka Rd. 118 West, Suite 155, Bracebridge, ON P1L 2G7 clearly marked "Youth Scholarship Fund" or call Catherine to pay by credit card at 705 645 3879.

Therapeutic Touch (Continued from page 10)



Evelyn MacKay

and hospices in many areas across the country. In the city of Guelph, and nearby Fergus, it is being used in chemotherapy clinics and hospice situations, in homes and in the local freestanding hospice. Many people use it as a helpful support in their immediate and extended families. It is useful also in treating oneself, being very effective in sprains, insect stings, burns or injuries that may hurt yet are not serious enough to warrant medical intervention. Energy is available to all and so are hands...the two things that are needed in using this method!

You may be glad to know there are practitioners and

teachers of this method all across Canada and that learning Therapeutic Touch is not expensive. In Ontario, you can find a teacher through The Therapeutic Touch Network of Ontario which is responsible for teacher training, ongoing education of practitioners, ethical standards and outreach. If you are interested in having a Therapeutic Touch treatment/session, there also is a referral service listed. Go to the TTNO website, www.therapeutictouchontario.org to find Therapeutic Touch practitioners and Recognized Teachers near you.

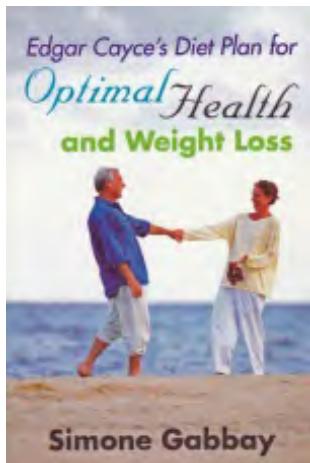
Also on the website are two Annotated Bibliographies of Published Therapeutic Touch™ Research, 1975-July 2004 and July 2004-2012 where you will find research which supports the understanding that Therapeutic Touch alters the perception of pain and encourages a relaxation response which promotes healing and general wellness. ✓

Available
At the
Breakthrough
Centre

See ad,
Page 28

This I issue

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



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

You will also learn how to exercise, sleep, and a positive stress response can help you achieve and maintain your ideal weight. Discover a new way to eat and live, while at the same time lowering your risk for many degenerative conditions, including diabetes, cancer, and heart disease.

Enjoy a new path to a vibrant
and healthy body for life!

The Will of God for You and Me (Continued from page 18)

need only claim these as our birthright and ask that “the perfect plan” be revealed to us—the *Divine Design* for our life. Knowing that we can trust God’s will for us to be constructive and expansive, not destructive or restrictive, we can get our little wills out of the way so that the Divine Design can manifest in and through us. “*My way, not your way!* is the command of Infinite Intelligence,” writes Scovel Shinn. “Like all power, be it steam or electricity, [Infinite Intelligence] must have a nonresistant engine or instrument to work through, and man is that engine or instrument.”

Meditation, prayer, and the reading of Scripture and inspirational literature all serve to align our hearts and minds with the will of God, so that we can become nonresistant to the spirit flowing through us and thus see our highest good become manifest. When we have absolute trust and expectation that God’s will for us is ever better than anything we could wish for ourselves, we can joyfully join in this often-quoted prayer from Edgar Cayce reading 262-3:

“Not my will but Thine, O Lord, be done in me and through me. Let me ever be a channel of blessings, today, now, to those that I contact in every way. Let my going in, my coming out be in accord with that Thou would have me do, and as the call comes, Here I am, send me, use me.” ✓

*Simone Gabbay is the author of three books based on the Edgar Cayce readings.
Website: www.simonegabbay.com*

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Nutrition Tip

With Dr. Nick

Probiotics

Excerpt from the "Wellness Newsletter, July 2014," with permission



Most people would not think about their digestive system in relation to their brain and nerves, however it has been demonstrated that the internal environment of the intestines significantly affects the brain and central nervous system. Not only can it help with reducing Defense Physiology, but it can also improve one's mood and mental health as well as protect against brain-related disease, such as, Parkinson's.

The stomach and the brain are connected via the vagus nerve. It is now well established that the vagus nerve is the primary route your gut bacteria uses to transmit information to your brain. That's right...while many think of their brain as the organ in charge, your gut actually sends far more information to your brain than your brain sends to your gut.

Your gut bacteria are an active and integrated part of your body and as such are heavily dependent on your diet and are vulnerable to your lifestyle. If you consume a lot of processed foods and sweetened drinks, for instance, your gut bacteria are likely going to be severely compromised. Agricultural chemicals and pollution also reduce the good bacteria, therefore it's a good idea to at least "reseed" the good bacteria in your gut by taking a high-quality probiotic supplement and eating fermented foods.

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Thoughts

By Harvey Green, LLC Kailua, HI



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

Let us open our hearts to those who hear a different melody, who dance to the tune of a different music, that we may lift them up and be a force for healing in their lives. For they too are His precious ones doing what they know to navigate the stream He has prepared for them.

Patience is more, much more than waiting. Patience is allowing spirit to imbue, to permeate, to regulate all that we do. Let us choose to do and then choose patience.

'You can take it with you.' Every single thought, every feeling, every memory, anything of lasting personal value is stored within us. And, upon awakening in what will feel like our eternal home, they will be clearer, more alive, more powerful and far more captivating than when we first experienced them.

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

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



Events Across Canada

Spiritual Growth Groups across Canada

Contact: Marilyn Kendall Smith

Toll Free 1 866 322 8209

Studygroups@edgarcaycecanada.com

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Comox Valley- Meeting Monthly

Metaphysical Explorations Group

Contact: Anjali or Norman Thomas 250 338 1690

Nanaimo - 1st and 3rd Thursdays

Nanaimo Metaphysical Network

Various Speakers - Schedule available

Contact: William or Judith Munns 250 753 2110

www.nanaimometaphysicalnetwork.org

Burnaby - Monthly

Spiritual Movie Nights

Contact: Marty Ozols

Marty@Systemagicmotives.com

Ontario

Peterborough - October 18, 2014

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With Mark Finnian and Linda Thomson

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helene_thibert@hotmail.com

Ottawa - October 25, 2014

Speaker: Sidney Kirkpatrick

Topic: Forever Engaged

Contact: Thérèse Leman 613 731 4901

anncatjt@hotmail.com

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Topic: Gratitude

Contact: Larry Smokorowski 416 923 3538

smokysr@rogers.com

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Contact: toll free 1-866-322-8209 ext 715

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