



The Open Road

The Magazine of Edgar Cayce Canada
Issue 60 Spring 2016

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**For the beginning of knowledge is to know
self's relationship to God! (Cayce 1249-1)**



The Open Road

The Magazine of Edgar Cayce Canada

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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."



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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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From the President's Desk:

Hello and happy reading! We are now well into 2016, and the year promises to be an exciting one for Edgar Cayce Canada. We have a number of great events coming up which you can read about in these pages, and as they get posted on our new website. If you haven't been to our new website yet, it is still at www.edgarcaycecanada.com.



I would encourage you to check it out, and to give us your feedback. We'd also love to see you join our Edgar Cayce Canada Facebook page, which can be a great way to stay connected with fellow members!

Thank you for your continued support of and interest in the Edgar Cayce Canada work, and I hope to see you in person at one of the events we'll be holding this year, or online.

Wishing you peace, light, love and laughter in 2016!

Laurie Oliver



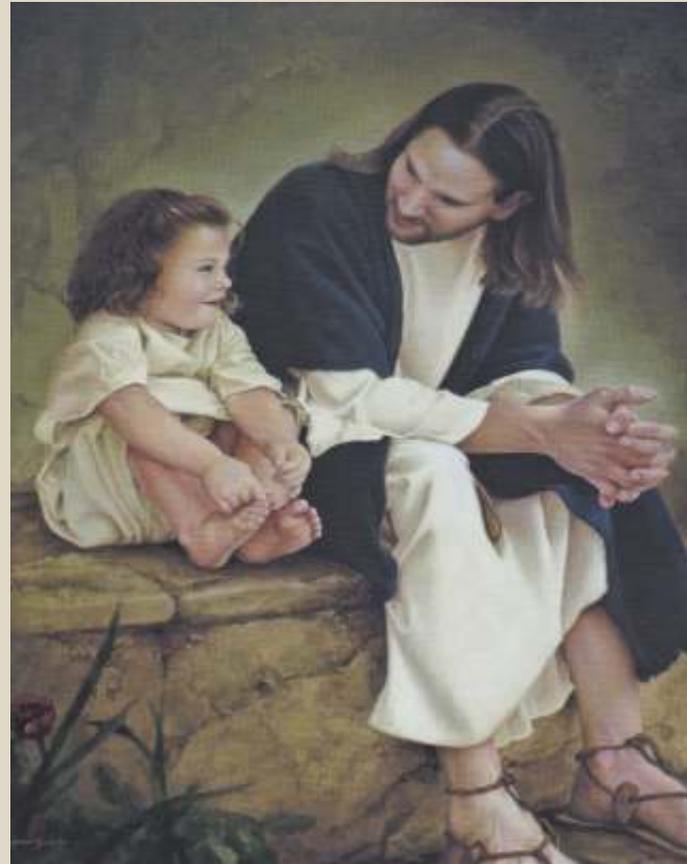
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Body, Mind and Soul with Simone Gabbay, Toronto, Ontario

Going Green for Spring 2016!

Our long, cold, and often harsh Canadian winters can easily tempt us to lead a less-than-optimal lifestyle—we spend a lot of time sitting indoors; we eat too much, and often the wrong kinds of foods. So it's not surprising that by the end of winter, we find ourselves feeling sluggish and carrying extra pounds! With spring at our doorstep, it's a good time to turn things around and get back into shape.

Feasting on salads prepared with fresh, leafy greens is one of the best things we can do to crank up the metabolism and rid our bodies of toxins accumulated during the winter months. Leafy greens are cleansing and alkalizing; they provide chlorophyll, vitamins, minerals, and phytochemicals in high concentrations. They stimulate the production of bile, thus optimizing liver function. Leafy greens have blood-building properties and strengthen the heart, spleen, and brain.

The spring and summer months are also an excellent time to follow the advice from the Cayce readings to eat at least one entirely raw meal each day—ideally the midday meal. If we are conscious of the nutritional benefits of a particular food, we are more likely to find creative ways of including it in our diet. With this in mind, I hope that my picks of leafy greens will inspire you to indulge in healthy salads this spring.

Lettuce. A traditional favorite as a salad base, lettuce is cleansing, blood-building, cancer-fighting, and helps to regulate bowel function. Cayce reading 404-6 says: "Plenty of lettuce should always be eaten by most every body; for this supplies an effluvium in the bloodstream itself that is a destructive force to most of those influences that attack the bloodstream. It's a purifier." Leafy varieties such as romaine or red and green leaf lettuce are deeper in color and offer more nutrition than pale-coloured iceberg lettuce.

Arugula. An aromatic salad green, arugula is highly alkaline-forming and thereby counteracts acidic conditions in the body. It adds a mild nutty flavor to salads. Arugula supplies calcium, magnesium, potassium, and manganese, along with other important minerals and vitamins, including B complex.

Dandelion. Nature has not made a mistake in supplying dandelion's saw-toothed leaves and yellow flowers so ubiquitously in our fields and meadows. Typically purchased in supermarkets today, the tender greens are a nutritional powerhouse, packing minerals, such as calcium, iron, magnesium, and potassium, along with vitamins B, C, and E. Slightly bitter in taste, dandelion leaves have a tonic effect on the spleen, pancreas, liver, and gallbladder. By improving digestion and providing concentrated nutrients, dandelion offers healing and nourishing effects that extend to the entire body.

Watercress. A member of the mustard family, watercress adds a



Simone Gabbay is a holistic nutritionist in Toronto, who has studied and worked with the Cayce readings for more than thirty years. She is the author of three books.

distinctly pungent flavour to your spring salad. It is rich in chlorophyll, vitamin C, and several minerals. Watercress purifies the blood, aids digestion, and clears toxins from the body. The Cayce readings recommend watercress for the treatment of anemia, arthritis, and cancer, among other conditions.

A study reported in the February 2007 issue of the *American Journal of Clinical Nutrition* showed that the regular intake of watercress offers protection against DNA damage in blood cells, considered to be an important trigger in the development of cancer. Study subjects who ate a bowlful of watercress every day for eight weeks also measured higher levels of antioxidants in the bloodstream, while triglycerides were significantly reduced.

Several Cayce readings mentioning watercress recommend that it be prepared with gelatin, which can be added to salad dressings. Gelatin acts as a catalyst, supporting optimal assimilation of nutrients from food.

Parsley. A familiar yet widely underappreciated herb, parsley is one of our most valuable medicinal foods. It detoxifies, aids digestion, and stimulates kidney function. It also supports the thyroid and adrenals. Parsley has diuretic and anticarcinogenic properties. In salads, sprigs of parsley add crunch, taste, and texture. Both the curly and flat (Italian) varieties are suitable for use in salads.

Spinach. A rich source of vitamins, minerals, and bioflavonoids, spinach is a perennially popular salad ingredient. It is anticarcinogenic, protects nerve cells, and helps the body cope with stress. In the Cayce readings, spinach is recommended for its blood-building and -purifying properties, as well as for its ability to help soothe nervous conditions. Reading 4867-1 suggests: "To clarify the bloodstream and to take on more vitamins will be found rather in the vegetable diet, that especially of spinach..."

Prepare your green salads by chopping, slicing, or grating the ingredients. The Cayce readings suggest varying the method of preparation so as to make the greens more appealing. Reading 3564-1 advises: "Keep plenty of raw vegetables; as watercress. Not necessarily at any one period, but some every day. Often prepare these with gelatin—about three times a week, for gelatin is also needed in the body. Grate them, slice them, dice them, changing their manner of preparation so as not to become objectionable."

Add diced or shredded carrots, beets, celery, radishes, or other fresh veggies that strike your fancy. Olive oil, mayonnaise, or French dressings may be used. Don't be fooled by today's popular low-fat or no-fat dressings, which are hazardous to your health. Natural fats are required for optimal assimilation of the vitamins and minerals in green foods. A small amount of dressing goes a long way in adding zest to your spring salad. Bon appétit! ✓

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How Dreams Can Change Your Life

by Marina Quattrocchi, Ph.D.

Etobicoke, ON.

Over the course of my life I've come to regard dreams as my own personal psychologist, psychiatrist, counsellor, life-coach, trusted spiritual advisor and friend. Their wisdom has been a constant guiding force that has never let me down. Reflecting back, I realize how incredibly important it is to help young people become aware of the force and power of dreams. Their ability to take us forward in time to plan our destiny and future is invaluable. Perhaps the best explanation is to describe how this actually played out in my early life.

The first big dream that altered the course of my life occurred in 1980 while I was working as a photographer at the University of Western Ontario. I loved photography but was unhappy with my job, especially the long hours spent isolated in a darkroom. In my heart I knew I wanted a change, but didn't have the confidence to try something different. This was around the time I had started keeping a dream journal. I woke up one morning quite late, with no memory of having dreamed anything, but, my emotions were soaring. I was ecstatic, floating, euphoric—a mixture of emotions I had never experienced with this intensity, and I knew with absolute certainty I would apply to teacher's college, get accepted, and have no problem finding a job. I can't explain rationally how I knew; I just knew at the deepest level possible and this certainty was intoxicating. I also felt that my body was so light I could float or fly—a natural high, better than any drug or alcohol imaginable that stayed with me for several hours.

However, the flip side was that none of this seemed rational, sane, or logical because I had just established myself as a photojournalist after years of hard work. I wasn't sure if the type of degree I had in journalism would be accepted. I had never worked with children, and in Ontario at that time we had wage and price controls, and no one was hiring teachers. I hadn't even saved any money to allow me to return to school full time. But, the emotions I woke up with that morning were so intense; none of this seemed to matter at all. I did the necessary things, filled out the applications to teachers college, and soon learned I was accepted at every place I had applied, my first clue this was the right direction. After learning the university had been putting money into a pension fund that I could draw on, I realized I could afford it. A short time later, when I met a long lost cousin also living in London, who was planning on attending teacher's college the same year, and needed a roommate, my plans were cemented.

But, the first day of classes all my worst fears surfaced, totally deflating me. We were sitting at a round table while everyone was introducing themselves and explaining why they wanted to teach. Everyone had been working with children their entire lives: summer camps, YMCA's, volunteering in schools, day cares, coaching—their credentials were impressive. With a sinking feeling in my stomach I realized I was the *only* person who hadn't worked with children, so when it was my turn, I wanted a trap door to open and swallow me up. I said I had been a photographer and my favourite

subjects were children and senior citizens because they had no egos, and were natural and spontaneous in front of a camera. But, as I was saying this my mind was telling me I didn't belong here, I was way out of my league, and who was I trying to kid? I didn't have what it took to ever be a teacher!

To make matters worse, on the third day of classes I learned that my mother had died of colon cancer—the worst possible timing because I wasn't sure if emotionally I'd be able to get through the year. I flew home and missed the next week of classes. When I returned I was always grateful there were sound proof music rooms for students to practice in. For the rest of the semester, I visited those rooms daily to cry and attempt to deal with the loss of my mother. She wanted me to become a teacher, so I poured my heart into everything I did that year. I didn't stop believing in that magical morning I woke up knowing I would be a teacher, although I had never told anyone about it.

Halfway through the year when it was time to start applying for jobs, I had another vivid dream telling me exactly which school board to apply to. There was a conflict because I had two interviews on a Saturday morning around the same time. One interview was in London, Ontario, and the other was in Mississauga, two hours away, so I had to make a decision because the interviews couldn't be rescheduled, and it was impossible to attend both. In my dream I was trying to ride my bike to the London interview, but I kept hitting dead ends—the symbolism was clear. It seemed a frustrating, losing

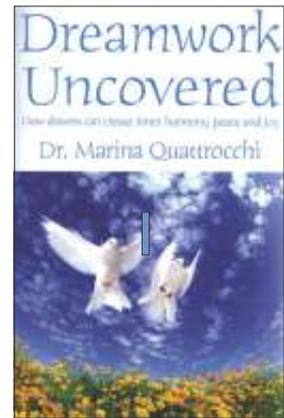
battle and I couldn't make any progress. But, when I tried to bike to Mississauga it was smooth riding. After this dream, I talked to one of my instructors fearing he would think I was crazy for placing so much credence in dreams. Instead, he agreed, "It's obvious you have to go to the job interview in Mississauga." I took his advice and cancelled the appointment in London. While driving to the Mississauga interview I had the sensation that my car was flying. It seemed like it had lifted off the highway. It was a kind of other dimension euphoria I never spoke about—the same kind of "high" feeling I had initially, waking up and knowing inside I would be a teacher. The interview went extremely well and three days later I was hired. Despite the fact I had never worked with children, I was the first person in my class to get a teaching job. In fact, I had a job in February, well before the school year ended. I also received exactly what I had secretly wanted—either grade one or two. I was given a split one/two in an idyllic country school surrounded by rolling hills and corn fields. The nine years I spent at that school were perhaps the happiest in my life.

It's now obvious to me what happened that night of my initial euphoric dream where I woke up knowing I would be a teacher. I'm sure I went forward in time and was shown my future. I've always been afraid of major changes, definitely not a risk taker. But thanks to our ability to go forward in time in the dream state, that one night of dreaming literally changed my life.

Another series of significant dreams took place years later in 1995 when I awoke again with absolute euphoria. This has only happened twice in my life. It was the day I was to defend my doctoral thesis in educational psychology. I thought I would be a nervous wreck and doubted I would sleep at all the night before. But, I slept like a baby and had vivid dreams where I was running through electrified rainbows which symbolize

hope, promise, gold or good things at the end of the rainbow—our bridge from heaven to earth. In another dream a mystical raven landed in my lap and spoke to me. Ravens let us know that magic is about to happen or that something special is in the air. When I awoke I knew with absolute certainty there would be no problem with my oral defence. I wasn't nervous, intimidated or doubtful.

Every doctoral candidate has heard horror stories of students who studied for years then failed their oral defence. I'd invested seven years of research on the significance of using dream work with secondary school students, and it had become my life. An expert from another university had been flown in, along with a committee of five distinguished university professors. I sat before this panel discussing why I had done a doctoral thesis on teenagers and dreams. No one had done this before, which made the whole procedure dubious; I was treading new ground. Fortunately though, dreams had guided me the entire time. After tough meetings with my thesis advisor he would often talk for over an hour on chapters I needed to change or lengthen. I would leave thinking, "I have absolutely no idea how to even start!" That night I would literally dream verbatim every change I needed to make, and when I woke up, I couldn't write fast enough. I talked about the work I'd done with a calm I usually don't have because for seven years I'd been going forward in time preparing for this day, and my soul already knew the outcome. Then I was instructed to leave the room and sit outside while the committee decided my fate. This may involve many hours of stressful waiting if the committee isn't sure whether your work measures up. I waited about ten minutes. My thesis advisor, David Hunt, opened the door with a huge smile on his face and said, "Congratulations Dr. Quattrocchi." It turned out to be one of the most joyful and most rewarding days of my life. All of my dreams did come true. ✓



Available at Amazon.ca



Excerpt adapted from, "Dreamwork Uncovered: How Dreams Can Create Inner Harmony, Peace and Joy."

By Dr. Marina Quattrocchi, Insomniac Press, 2005.

Marina Quattrocchi, Ph.D., is a former photojournalist, elementary school teacher, and secondary school English teacher with a keen interest in dreamwork, meditation, and spirituality. She does individual dream therapy, is a certified Myers-Briggs practitioner, and a registered yoga teacher. Her first book "Dreamwork Uncovered," grew from her doctoral thesis where she worked with secondary school students and their dreams. Her second book, "The Genius of Spirit," explains the role of dreams and meditation as we work toward enlightenment.

You and the Cosmos

with Nicholas Theo
Norfolk, VA



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

Key Elements in Choosing an Astrologer

There are moments in our spiritual journey when we seek the advice and counsel of an astrologer. Astrology is the art of interpreting the language of cosmic symbols into personal context, purpose and direction. A good astrologer is an able translator just as a good language translator knows that an effective translation requires a grasp of the language's spirit, syntax, and vocabulary. Therefore, the translator, through their experience and wisdom, understands the subtleties of the voice of a language to become the most effective interpreter.

You most likely contacted the astrologer who reviewed your birth chart from a recommendation of a trusted friend or family member. However, what are the few fundamental things you should seek in finding a good astrologer? Mark Jones, a psychotherapist and astrologer, who authored *The Soul Speaks: The Therapeutic Potential of Astrology*(1), gives us some key points when looking for an experienced astrologer.

The I-Thou relationship. The astrologer who espouses the concept that we originate out of divine expression allows the space for God or Creative Force into a session. The astrologer as the communicator affirms and encourages your relationship with your Creator.

There is no such thing as a bad chart. Each of us has the God-given right of free will and choice. Our souls are fashioned from the essence of divine expression so how can a chart be inherently bad? Cayce reminded us how we direct our ego through free will in executing our life choices.

Trust. Although an astrological reading is usually an hour which is a brief time to establish trust, it is incumbent that the astrologer builds a space within the reading for trust. The astrologer respects you the client, and from that respect, honours it by giving their undivided focus on you and your chart, as well as, provides a safe and private space for discussion.

A soul-based perspective in reading your chart. There are several schools of thought on astrology with abundant variations and techniques within each of these schools, and these methods are frequently useful in deciphering your chart. Yet, it is only by looking at your birth chart from a soul perspective is the astrologer able to fully see and then communicate the potential expression that is your birth chart. The astrologer who works from this soul view automatically acknowledges and respects your complete holistic expression of mind, body, and spirit.

The astrologer who reads your birth chart grounded in these themes then can be a rich and insightful resource for you

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A Health and Wellness Perspective

by Nick Bianchi, BSc., D.C., Bracebridge, ON.

Edgar Cayce was a significant figure in re-introducing Western culture to wholistic medicine, where patients are treated from the perspective of Mind-Body-Spirit. I use the term “re-introducing” because part of this perspective is a remembering of how we used to view health and healing and another part is an advancement of this knowledge into greater awareness and applications. In short, when we use the term mind-body-spirit, we are acknowledging that each one of us (and perhaps other animals, as well) is composed of these three broad components. We have a physical body, we have thoughts and emotions and we have an enduring awareness of a deeper (or higher) sense of self, which is apart from both mind and body. This higher self acts as our compass and personal guide, frequently poking us to help us to live up to our potential, to express our true, authentic self and to share the personal gifts which we have been given.

Each of these three aspects of ourselves influences and is influenced by the other three in many overlapping and sometimes complex ways. In terms of health-care, it is important to consider all three categories when assessing illness, disease and symptoms.

Historically, human beings often viewed sickness/illness/disease to result from negative thoughts or bad spirits. Many traditional shamans and medicine-people would provide counsel and/or treatment on any one of the aspects as they saw fit—they did not box themselves into only one approach. In the modern day, psychology has confirmed the real

connection between physical health and mental health, and we have (for the most part) moved beyond blaming evil spirits or angry gods for our ailments. Having said this, doctors are often confronted by patients who suffer from a certain heaviness of heart which can be viewed as Spiritual Suffering. Some people view our Spiritual Self (some would also use “soul”) as our true self or authentic self, although there is more to it than that. Our culture is very good at assessing physical and/or mental pain, how then, could we assess for spiritual pain and dysfunction? How do we know to distinguish whether it is our body, our mind or our spirit who is at the heart of the suffering?

I invite you to take this series of self-assessments, which honestly, may not be too much fun, but are very important. Firstly, consider your self-esteem, including how you feel about yourself, your choices, your thoughts, habits and actions; what you believe that others think and feel about you; and how you measure up to your standards or expectations. How would you grade your self-esteem? High, low, or moderate? As we do this, we are beginning to tap into our Spiritual Self.

Next I invite you to think about the secrets that you keep about yourself. These secrets are things that no one else knows about you - your deepest and frequent thoughts, any actions you take - remember, these are things that no one else knows about you.

Finally, think about how close your external life is to your inner calling - the “shoulds” that come from within, not from our culture, our family or school. Are you living in close

alignment with how you know you should or could? As an example, take the saying, *What would Jesus do?* And ask yourself, *How would I be living if I was coming straight from Spirit?*

As you do these self-assessments, the emotions that they evoke are those from the Spiritual Self. Do not judge them or yourself; simply acknowledge them, know that you have been doing the best that you have been able to offer and now set a new goal in your sights, armed with this new knowledge. Use the communications of your Spiritual Self to help guide you to higher levels of consciousness and action.

Misalignments with our Spiritual self can create physical problems too. If we are not living the life we meant to live, the life that utilizes our gifts, has meaning, and treats others as spiritual beings, then shouldn't it hurt? If I were to touch a hot stove, is the pain a bad thing? Pain is often a pattern interrupt, telling us, “*Hey you, pain attention! Observe what is occurring and make the appropriate change.*” If you suffer from constant pain, fatigue or any other persistent condition, consider your alignments with your Spirit (and the ultimate Spirit as well). For example, if a person has eczema, psoriasis or any other recurring rash, then we need to look how inflamed, irritated, bothered or frustrated they are as a person. Of course, we look to physical causes first and consider our mental patterns, however, we need to assess our Spirits. Is my Spirit bothered, irritated and frustrated? Is it red with rage and anger? Has it had enough and can no longer contain itself?

Learning to align with one's Spirit is an ongoing and always-developing

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David's Angel is Busy!

by Evelyn MacKay, Rockwood, ON

One Saturday a couple of years ago, in an Angel class I was teaching in Guelph, attendees were invited to share their reason for coming to the class. Each was asked to clarify what they hoped to learn during the day.

One woman, Marilyn, told the group she had come to find some help for her family and especially for her two teenage kids who were constantly quarrelling with one another. She told the group:

"We have been to our clergy, to a family mediator, as well as, to a psychologist and no one has been able to help us move our little family toward peace. Nothing seems to be working." She had come to the Angel workshop looking for whatever insight might be offered, since she felt she had exhausted other options.

In that class we spoke of the work of Mr. Cayce. He suggested that we should connect through the inner self for any help we need (705-2) and shared the reassurance that God will speak directly to us (440-4). We spoke also about how Marilyn might ask in prayer for what was needed, the value of patience in expecting a response to a prayer and how to interpret the answers we get... all things that are useful to know. With encouragement from others in the class, Marilyn was inspired to ask for the help she needed. She was determined to try to work with what had been shared by everyone in the class:

"I will ask God in my prayers to send the Angels of peace and co-operation to each of my kids!"

The teaching and sharing on that day was quite simple and straightforward. Here is how it went. To begin, it was suggested that this exercise be carried out with a strong sense of intention

and to let those strong intentions be the guide to action. For instance, a quiet spot would be best, where a prayer session would be undisturbed. Carefully choosing the space carries a signal to the self that this prayer work is important enough to be thoughtfully undertaken, to be done with a consideration and respect. The attendees in the class agreed that this was just what the issue deserved. Attendees were also encouraged to use some sort of invocation or praise which would be meaningful to them. That meant it should include their own naming of Creative Energies or Spirit or God, however they might like to name the Being to whom an application would be made. Then the suggestion was to express thanks for their life, their family, for anything they wanted to be thankful for - and to give thanks also for this opportunity to exercise and grow their faith. This was to be followed by a request to the author of the Universe, a request for what they felt important and what it was that brought them to prayer in the first place. After the request was made, thanks should follow... thanks that the prayer had been heard and then, a simple statement of confidence in the Universe to bring about that which was prayerfully sought. Not to be forgotten was a declared promise to be patient in an expected response! Not so difficult, we felt.

A few days later Marilyn phoned me to say she had left the class with great confidence. When she arrived home in the late afternoon, her house was empty. Her two teens were out with their friends and her husband had planned to be away



"...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)

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A Near Death Experience

An Actual Account



My story is one that to this day is still quite clear in my mind. It occurred almost 34 years ago due to an unfortunate accident, on a cold December morning when I was 14 years old. It was before dawn on Dec. 5, 1981 when I found myself in a tunnel with an upward slope that was glowing with a beautiful light and had the feeling of love residing within it. I found myself floating slowly in this tunnel, passing people that seemed familiar to me and seemed to know and love me. At the top of the tunnel was my mother. She was smiling at me and waiting patiently as I proceeded to float upward.

I heard my name called faintly from somewhere behind me, it seemed to come from a faraway place. I continued to float and a little while later I heard my name called again, "Braaaaannndonnnn," the sound perhaps that a child might hear if a parent was calling them home for dinner and you were far down the street. I didn't look back to see who was calling although the voice was a little louder and a little closer the second time. The light in the tunnel continued to be soft, yet bright and beautiful. My mother waited patiently and the feeling in the tunnel of love was so strong that I felt like I was wrapped in a blanket while I continued to float upward. The third time my name was called; I noticed it was a kind voice and was louder although not loud in the sense of a yell. It sounded even closer now and with that I turned around to see who was calling me as it perhaps dawned on me at that point that someone was trying to reach me.

When I turned around I raised my head to look upwards and this time there was a light directly over my head. The walls around me were green and I realized I was surrounded by a few people that seemed relieved and caring. They asked me if I knew what my name was, the date and year and how old I was. I informed them my name was Brandon Schmidt, I was 14 and it was the month of December, 1981. I suddenly realized having not been there ever before and having only seen one on TV that I had woken up in a hospital emergency room. I was being spoken to by a doctor or nurse and my father was beside the bed.

Thirty minutes later I learned my mother had died. Her life had been taken a couple of hours earlier by carbon monoxide poisoning and I too had lost consciousness and been brought to the hospital by ambulance. My mother had been pronounced dead on arrival. I truly believe I almost joined her and that she was in heaven or the next spiritual plane having transitioned from this life. She was happy. I also know at a soul level that it was not my time to join her; I needed to continue to be here to live the life that I have.

I am now older than my mother was when she passed away which some days still seems a bit surreal. She was 42. I did not recall this event until sometime after she had passed away; I have no doubt it was due to the grief I worked through during that time. I have never questioned whether or if this did not occur because I intuitively know that it did...and, of course, nothing actually happens by accident. ✓



Brandon Cavezza (nee Schmidt)
Kelowna, BC



Around the Globe

with
Ievan Burgin



A.R.E. National Outreach Coordinator
Virginia Beach, VA

The A.R.E. was created in the city of Virginia Beach, Virginia, but as the years have passed, Cayce's message has spread across North America and around the world. Edgar Cayce's A.R.E., still headquartered in Virginia Beach and Edgar Cayce Canada are the two biggest organizations active today, but they are not alone. Centers and dedicated groups and individuals can be found all over the globe.

The Cayce Center in China has over 2000 subscribers to its newsletter, utilizing "We Chat," a mobile phone messaging service. The Center maintains its own website, but relies primarily on social media for connecting. In September, John Van Auken visited with the Cayce Center in China where he conducted workshops with the help of a translator (see picture). It was a wonderful experience for all who attended and John is looking forward to a return visit in the fall of 2017.

Edgar Cayce Center Japan is a very active group. They maintain a website, host study groups, give lectures and produce an annual newsletter with a focus on health care topics. They are also involved in an ongoing project to translate the Cayce readings into Japanese. The Center President was invited to speak at last year's annual conference of the Japan Medical Hypnosis Society, held at the prestigious Tokyo University Hospital. The lecture titled "*Edgar Cayce and Hypnosis*" produced the rare and wonderful opportunity of meeting

many medical doctors interested in Edgar Cayce. A documentary movie is in the making, as a famous Japanese movie director, Tetsu Shiratori, impressed with Cayce, decided to produce a 60 minute movie focused on Cayce's medical readings.

In 2015 Sierra Leone joined the ranks of countries with a Cayce Center. The Center hosts on-going study group meetings and monthly programs (see pictures of study group members and the Center). The Center's director also runs an orphanage at the same location.

Edgar Cayce Australia, Inc. was formed in early 2014 by members of the Melbourne *A Search for God* Study Group (one of several active in the country) and the Glad Helpers Down Under Prayer Group. The prayer group is affiliated with the Glad Helper Prayer Healing Group in Virginia Beach, which was originally formed by Edgar Cayce in 1931. The 281 series of Readings on the subjects of Prayer and Meditation was given to the members of this group over a period of 13 years. The Australia group produces a newsletter and recently launched a new website. An Australian Big Event Conference is in the planning stages.

Sweden does not have an official physical center, but is one of the most active international Cayce communities. In 1994 the Swedish Foundation Edgar Cayce Centre was formed and held its first annual metaphysical conference with the support of the A.R.E. That tradition has continued through today. Sweden also

hosts the *Edgar Cayce Days*, a one day event in Stockholm held twice a year.

Belgium hosted its first Holistic Health Congress in October of 2015. Considered by many to be the "father of holistic medicine," Edgar Cayce's work was well represented. The event was deemed a success and the organizers hope to continue it as an annual event.

A.R.E.'s Medical Director, Dr. Josephine (Jo) Adamson MD, MPH, CMT, was a keynote speaker for both the Sweden and Belgium conferences in 2015.

Germany is planning for a Congress of its own in September 2016, to be held in Berlin. They recently published a translation of Bruce McArthur's book about Universal Laws, *Your Life: Why it is the Way It Is*. They also have a German translation of the "*A Search for God*" books. They maintain their own website and have an active blog.

In Spain they recently translated Dr. Pagano's immensely popular book *Healing Psoriasis: The Natural Alternative*. Spain has a very active Facebook page serving not only their own country but also Spanish speaking countries in South America. The A.R.E. also maintains an official Spanish-language blog (<https://edgarcayceespanol.wordpress.com/>) to help make the Cayce materials accessible to a larger audience.

Also involved in book translations is Italy. Three Cayce related book titles have been translated already and they



JOHN VAN AUKEN AT A CAYCE CONFERENCE IN CHINA

have recently updated their Italian Cayce website.

In 2015 we've had new volunteers stepping up to serve as contacts for Hungary, Russia, Israel and Norway to spread the legacy of Edgar Cayce in those countries. Our Edgar Cayce community in Argentina stays connected through a beautifully designed Facebook page. Edgar Cayce's A.R.E. in South Korea has two YouTube videos posted in English with Korean subtitles.

I have frequent contact from our representatives in Switzerland and Peru. This May, Peru will be hosting an A.R.E. tour including a one-day meet and greet for local members in Lima. Check out the tour events at <http://www.edgarcayce.org> under "Events."

Each month our International Department forwards to our International contacts our C.E.O.'s monthly update from A.R.E. Headquarters, incorporating our International news updates. This provides an ongoing communication opportunity. Staying in touch with each other reinforces our sense of a global community.

To see the entire list of our international contacts, you can click on the links to the Edgar Cayce Worldwide Website pages, International Contacts and International Events. <http://www.edgarcayce.org/are/international.aspx>

Visit our web pages to stay informed of the Edgar Cayce activities around our globe! ✓



Study Group Members Sierra Leone

CAYCE CENTRE IN SIERRA LEONE



From Chaos to Clarity

with
Peggy J. Cross, Virginia Beach, VA



Feng Shui

Clearing clutter is a primary principle of modern Feng Shui, the ancient Chinese art and science, through which we can change the energy flow in our homes and work places to bring greater joy and beauty and to create new experiences; clutter creates a blockage to all these. Cayce said in 2154-7 "...harmony, joy and beauty are often missed in the home."

Defining Clutter

What qualifies as physical clutter varies. Clutter can be almost anything of which there is too much - so much that it defines your life. Clutter might be piles of clothes, too much furniture, books, mail, or tools and trash strewn about the yard. It is the filled to overflowing closet. True confession - I furnished three kitchens from mine when downsizing after divorce.

Clutter can be as obvious as unsorted boxes stuffed in our garages or simply unreturned phone calls and e-mails. It is that old "to-do" list and our outdated beliefs keeping us mired in old patterns. Surrounding ourselves with reminders of unpleasant past experiences unconsciously affects our health, spiritually, physically, and emotionally. This could include furniture chosen with a former spouse, or valuable but unwanted gifts. Assess the impact of items associated with a relationship that you remember with bitterness and you will begin to address your emotions as well, clearing your mind and opening your heart.

Photographs of former spouses may qualify as clutter if you desire a new relationship. I once advised a client to remove pictures of his former wife from his home. Months after the consultation, he told me none of his new relationships were working; and he still had those pictures in a closet. He removed the pictures and soon entered into a new and loving marriage.

An attic full of old, never-used items weighs on our shoulders, symbolically and literally. A basement full of abandoned items pulls our energy down and it can feel like walking through sludge in such a house. One client removed an old bar, and two automobile seats from her basement. She called to share her accomplishment and actually sounded lighter as though she had achieved a long sought victory.

Clutter lowers our energy at a subconscious level. It may

only take a moment to see the laundry that needs folding or feel a wobbly door knob, but even a split second of attention to the unaddressed task or the broken object has a negative impact on our energy level. Finish it, fix it or get rid of it now!

Many projects can be messy and some take up tremendous space – absolutely fine while you are actively engaged. The active project is invigorating and speaks of possibilities. The abandoned project is stagnant and may create feelings of guilt for the project originator. Finish it or forget it.

Many of us have kept things for our children while they are in college and later getting settled, but at some point you need to reclaim *your* space and they must take responsibility for *their* stuff. What about gifts? If you feel you have to keep anything solely because it was given to you, the gift is clutter. Release the item and any guilt.

Keeping an item because you may need it someday means, subconsciously, you fear being able to buy a new "whatever" if you desire it. This thinking reinforces a sense of lack or poverty consciousness.

Clutter includes more than physical objects. Excessive TV, computer games, phones, reading, exercise or working can represent withdrawal from our lives and relationships. Addictive activities become "clutter" distracting us from dealing with our life issues. Excessive scheduling of social (or other) commitments can be clutter and we may benefit by examining the roles these activities play in our lives. Clutter is an aid to avoidance.

"Beware the barrenness of a busy life." - Socrates.

Analyzing your clutter and its impact

First, look at your home literally for clutter. Is your desk confused and untidy? This relates to lack of a clear vision for your work life. Consider your bedroom. Clutter here may relate to blocks in your relationship with yourself, a spouse, or the inability to attract a lover. Next, look at the *gua* where the clutter is located. I have seen a carport and family room stacked with old sofas and chairs—beyond ugly. The couple's finances and marriage are dysfunctional and that is where these piles reside both in the home and yard, according to the Feng Shui Bagua.

To expand your life, clarify your intent and clear space for that intention, whatever it is. The space can be as literal as an empty closet for your intended spouse or time in your

calendar for new classes. Whatever you desire to come into your life is more likely to appear if you invite it by first providing the space and then announcing your intention to the universe by your thoughts and words.

Important steps in clutter clearing

Feng Shui stresses keeping only those things you or a family member truly love. Anything you choose for your home should raise your energy and bring you joy because of its beauty, wonderful memories or functionality. This means your furniture is properly scaled to the size of your space and arranged so you, family and guests, can move throughout your home with ease. With ease means without impediments. Furnishings that raise your energy means you are able to look around a room without thinking, oops, I need to repair or clean or remove...anything...you see beauty. In reading 1074-7 Cayce said "...the home is the greater expression for the entity..."

Awareness is the key to keeping the clutter flowing out of our environments and out of our lives. If you feel overwhelmed by your clutter, dedicate just fifteen minutes a

day to clearing a drawer, closet, or garage. You will be inspired and happily continue the task. Clutter clearing is a process that bears frequent repeating and without awareness, your spaces will fill right up again.

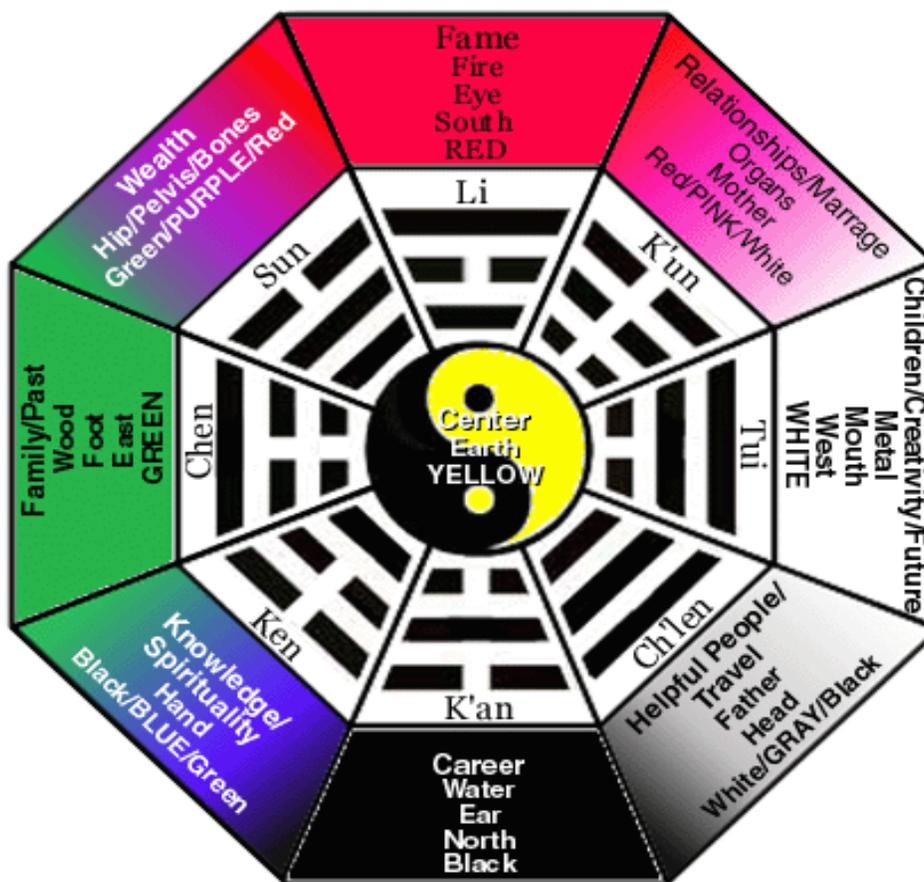
In reading 956-1 Cayce states "orderliness then, is an attribute of the

entity in the present; that goes well with that in keeping with the higher ideals to lead on and on. ...orderliness is the great factor and great lesson to be learned by all."

May clearing your clutter be a pleasure as you transform the uncertainty or even chaos of your life into a fabulous physical and mental vision of clarity and beauty. ✓



BAGUA



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In the Presence of Mine Enemies



I have had the gift and blessing of being a student of the Edgar Cayce Readings for 45 years, and most of this study has been in my Search for God study Group—a group that has been my beloved spiritual family throughout my life's journey.

We have studied books 1 and 2 diligently for all of these years; and each time we start over we find more and more treasures to help us on our quest to find out who we really are, where we are going, and how we can grow closer to the Oneness.

I would like to share something that we “discovered” through our group discussion of “The Lord Thy God is One” lesson in *ASFG Book 1*. It all has to do with our enemies:

“Our mental, physical, and spiritual bodies must be consecrated as channels for spiritual forces, if we would fully comprehend our duty to the whole and apply ourselves in working out the purposes of God. The Father has not willed that any should perish. All may come into the knowledge of their relationship to Him. When we realize this, obstacles become stepping-stones; our enemies (hindrances and weaknesses) become means through which we may mount to higher attainments.”

Oh, my goodness, how many times have I read that paragraph without grasping the full meaning of it. I have often contemplated on the words of the 23rd Psalm, “**Thou preparest a table before me in the presence of mine enemies...**” Who, I have wondered, are my enemies--always thinking it was someone other than myself or something outside myself.

Then, many times I have thought of what my father used to say to me as a

child, “We are our own worst enemies.” That has become very apparent to me over the years, and I have come to realize that the only thing that limits me in life is, frankly, myself.

I attended a retreat at Seabeck where John Van Auken was presenting the World Prophecies and the year 2012. He mentioned that Ra-Ta was an old man at the time the pyramids were to be built in Egypt, and Ra-Ta wanted to be there for the design and construction of these pyramids. “So, he rejuvenated himself,” according to the readings. The question was asked of Cayce, “How did Ra-Ta rejuvenate himself,” and the reading states, “He let go of the things that bound him.” That is to say those hindrances and weaknesses such as jealousy, doubt, resentment, fear, judgment, etc. were eliminated from his body, mind, and soul—he let them go. This cleansing took seven years and Ra-Ta lived many more years and was able to be a major part of the building of the pyramids of Egypt.

So our enemies are not someone other than ourselves or something outside of ourselves. Our enemies are those things that bind us. It isn't outside of us, it lies within us, at our doorstep. “He preparest a table before me in the presence of mine enemies...” Now I see that as, “He is there for me in spite of my hindrances and weaknesses.”

This reminds me of a quote that David Shouldice gave to our study group years ago, “**GOD IS WITHIN, DON'T BE WITHOUT.**” As I continue my journey to be one with my creator, I realize anything is possible as long as I am willing to work with my emotions (my hindrances and weaknesses), and find the God within and overcome the things that bind. ✓

The Lord is My Shepherd 23rd Psalm

*The Lord is my shepherd
I shall not want.*

*He maketh me to lie down
in green pastures.*

*He leadeth me beside
the still waters.*

He restoreth my soul.

*He leadeth me in the paths of
righteousness for His name's sake*

*Yea, though I walk through the
valley of the shadow of death,*

I will fear no evil.

For Thou art with me.

*Thy rod and Thy staff they comfort
me.*

*Thou preparest a table before me
in the presence of mine enemies.*

*Thou anointest my head with oil,
my cup runneth over.*

*Surely goodness and mercy shall
follow me all the days of my life;
and I will dwell in the house
of the Lord forever.*



Darlene Bodnar
Brighton, Colorado



Edgar Cayce Canada's Volunteer Management Team

**These are the volunteers that serve in the
day-to-day operations**

and keep the organization operating smoothly.

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Letter to the Editor

Dear James and Contributing Staff (*Volunteers*)

Your latest issue of the Open Road (*Fall 2015*) deserves special acclaim. The articles were exceptionally inspired and informative. The art on each page was very crafted to match the information. It is clear a very special team of experts put this issue together. We regularly share each issue with others and I would venture to say this issue inspired at least one to join Edgar Cayce Canada. Other study group friends have shown renewed interest in the Edgar Cayce legacy, all thanks to the special work you have created in this issue of the Open Road. Please pass on our admiration to all who contributed to this issues' success. Well done! We look forward to more well executed issues. Congratulations again to a fine team of writers, artists and editors. Blessings, William Munns. Member of ARE/ECC.

(Editors Note: William and Judith Munns are leaders of the Naniamo Metaphysical Network.)



Edgar Cayce Canada's Annual General Meeting 2016

May 28th - St Lawrence College, Kingston, ON
During the Canadian Fellowship Conference

*For those unable to attend, balloting
in absentia is available.*

*Minutes of the 2015 Annual General Meeting are available
on request. Contact James Schmidt, Corporate Secretary,
1-866-322-8209; jschmidt@edgarcaycecanada.com.*

ECC Board of Directors 2015-2016

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Edgar Cayce Canada is seeking to fill the position of Chief Financial Officer

Estimated time requirement is about 250 hours spread over the year.

Please submit your resumé to Lori Jensen, Chair, Board of Directors, Email: coach4U@telus.net.

Skills required:

Accounting designation or equivalent learned through work experience. Computer skills essential. Experience dealing with government agencies an asset.

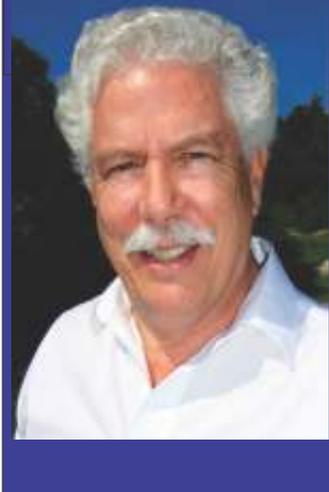
A keen interest in the Cayce 'work' and the financial success of the organization.

Sidney Kirkpatrick's books on Cayce's life are known as the best documented facts about Cayce's life. They are available at the ARE bookstore, 1-800-333-4499 and Amazon.ca



Tips For Using Prayer to Help

By John Van Auken
Virginia Beach, VA



Living in the Light Newsletter

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Proof of Prayer

I have often reported on research concerning prayer results, so I don't want to repeat this here in length, but let me remind us of two stunning reports, and then we'll get right into using prayer to help others.

The evidence for the power of prayer comes from medical research. Not only are researchers finding that prayer affects humans but in lab tests they found that prayer affects bacteria, seeds, plants, mice and even freezing water!

In a 1988 study by Dr. Randolph Byrd at San Francisco General Hospital, 393 coronary care patients received prayer with their medical care. As a result they suffered significantly less congestive heart failure, fewer cardio-pulmonary arrests, used fewer antibiotics and diuretics, and had less pneumonia.

In a 1998 study at California Pacific Medical Centre, a double-blind study revealed profound effects from "distant healing prayer" with advanced AIDS patients. They survived in greater numbers, got sick less often, and recovered faster than those not receiving prayer.

How Does Prayer Work?

It helps if we have some comprehension of how prayer affects other people, especially when they don't know they're being prayed for or are in such a condition or disposition that they are unable or not inclined to accept prayer power.

First we look at Edgar Cayce's explanation and then at one of the major prayer promoters, Dr. Larry Dossy.

Here's Cayce teaching the original prayer group about their efforts as a group and as individuals praying for others, I am highlighting the key principal in this teaching:

"In connection with the associations of individuals whom the group as a group and...as individuals, raise in themselves that vibration which brings about the consciousness of the oneness of individual life with the Universal Consciousness, so may the aid, the understanding, come to those to whom...these SEND that vibration." (Cayce 281-7)



All individual consciousness exists within a Universal Consciousness. Therefore, what one consciousness thinks and feels affects other consciousnesses, especially if the thoughts and feelings are directed to that other person. Cayce is teaching us to raise our vibes sufficiently to sense the Universal Consciousness so that we can be more effective helpers using prayer.

Next, Cayce touches on improving our understanding of vibrations. Some of us remember the 1960s when we all understood "good and bad vibrations," and the Beach Boys sang a classic song titled, "Good Vibrations." Here's Cayce again:

"Vibration, to be sure, is an enormous subject, and while all may not wholly understand that which is accomplished through the raising of vibration in self, the directing of vibration to others, these may aid with that sincerity that comes with the closer walk with those Creative Forces, that brings into being those forces that aid in correlating, coordinating, meeting the combative conditions mental and physical in bodies of others." (Cayce 281-7)

Notice how he is guiding us to keep in mind that our prayers are not just for those with bodily problems but those seeking emotional and mental help and guidance.

Before we move on to Dr. Dossy, let's identify the key points in Cayce's instruction:

1. There is a oneness in which individual lives exist in a Universal Consciousness. Sitting in our individualness we cannot change much of our lives or those who seek our help, but there is a universal level of awareness in which all individuals are connected! Our task is to "raise our vibrations" to the universal level so our

prayers stir the “collective mind” and touch the individual to whom we are sending prayer.

2. Our sincerity of purpose to do good, to help is a key ingredient to success. Set it in our hearts to be of service for the sake of goodness, without any selfish intent.

3. The more we have “closer walks” with the Creative Forces in the Oneness, the more effective our prayers. Budget time in the Oneness of the Creative Forces of life, and then, when we pray, we are much more likely to be effective.

Okay, now let’s consider Dr. Dossey’s teachings on this, which are quite similar to Cayce’s:

In his many books on prayer, Dossey says that prayer’s power lies in one’s thoughts and intentions. He explains that as humanity becomes more aware of the universal mind, which is a “non-local mind” that is infinite and immortal, in which we all have our existence, then healing will be more common and “we could become a kinder, gentler culture.”

He writes that any prayerful intention and thought from one local-mind to another has an impact upon that other because we are connected. Nonlocal mind leads to what he calls “the Golden Rule of Era 111 of medicine and healing: Do good unto others because they are you!” Why? Because nonlocal mind is unlimited and boundless, which means that minds can’t be walled off from each other. “In some sense, at some level, we are each other.”

By now we have a good grasp as to how our little prayer time for others actually works when we accept that all individual minds are connected at a slightly higher vibration in the oneness that is a collective consciousness. Next, our intentions, our sincerity, gives that *oomph* that is necessary to send real help to another person, couple, family, people, or situation.

What helps “sincerity and intention?” Jesus said it well: when

we become as pure of heart and mind as a little child, then the kingdom of heaven is open to us and its powers flow through us to those we pray for. Clear, sincere intention is powerful.

Now, just to give a little extra help with confidence through evidence (always a good thing), let’s consider the amazing results that Dr. Masaru Emoto’s experiments in the 1990’s achieved with his crystallizing water experiments. These revealed a direct affect on water crystals resulting from human attitude and vibration. When negative words, thoughts and vibrations were directed toward water as it was crystallizing (freezing), the resulting crystal was ugly, deformed, and confused. When positive words, thoughts, and vibrations were directed toward the water as it was crystallizing, the resulting crystal was beautiful, symmetrical, and strong. His experiments proved that feelings, thoughts and words affect outcomes!

Let’s be oft in the power of prayer. √

*Reprint from the Newsletter,
Living in the Light, with
permission.*



Prayer Circle Network

Join the ECC national group
of pray-ers in daily prayer.

If you have a prayer request
contact

Kathie Caple, kathiecaple@hotmail.com





Finding Your Spirit Guides

By Don Jeffrey
Oakville, ON

“Your next appointment is cancelled!” came a firm voice on the other end of the line. My guide had just spoken, obviously incensed. This jolted me awake—what had I done?

I quickly realized that I had just crossed some logical but ill-defined boundary in this lucid dream. I had intended to call the family doctor’s office, but had somehow reached my spiritual doctors instead, and when I didn’t get an answer from them, I left a flippant message complaining of our lack of progress on this medical issue. That was when the irritated voice cancelled my next appointment; they were obviously frustrated, realizing that the issue would be better handled by regular doctors. I had been persistently bothering them for a spiritual intervention. My family doctor did indeed solve the problem, and nowadays I am much more selective in what information I ask of my guides.

Guides are generally thought to be both patient and non-judgmental, and I think they are. I feel lucky to have frank and honest criticism (or credit) where it is deserved. Even good friends are hesitant to give advice on sensitive issues! Anyway, after the phone incident, I felt I had been “excused,” for the very next night I was shown a new green colour to visualize where healing might be needed. Just a week later, I read in “The Synchronicity Key” by David Wilcock that a new green ray is now replacing the current yellow ray in the coming 25,920 year cycle of the Zodiac. Apparently it brings a higher vibration, and will greatly affect life on both physical and higher levels. Talk about synchronicity!

When I first began to record and study dreams 46 years ago, I had no thought of guides at all. Cayce spoke of angels, archangels, and “helpful spirits,” perhaps influenced by biblical references. Certainly, the term “angels” was widely accepted. Also, it was common for psychics and speakers in spiritual churches to refer to angels, but here, they spoke,

as well, of guides.

No angels ever appeared in my dreams, but I had often recorded input from authority figures. My dream life became much more interesting and instructive once I recognized that these authority figures were my guides.

Dr. Michael Newton’s book “Journey of Souls” was a tremendous help, with a whole chapter on “Guides.” He regressed thousands of clients to between-life “states,” and found that every one of us has guides, who try to help us with the problems we are given to work out in each lifetime. Now I recognize a guide almost at once when he appears in a dream as a director, speaker, boss, judge, or as a stage or film director.

At present, I seem to have three guides. I saw the relative “position” of each in two different dreams. In the first, I was on a baseball “diamond,” catching missives as I stood on home plate. The missives were coming from figures on first and third base. I was conscious of a third, shadowy figure who stayed far off in the outfield, and didn’t seem to interfere very often with what was going on. I think, from reading Newton that the figures on 1st and 2nd bases were my day-to-day guides, and the one in the outfield might be a Master Guide who oversees many souls and only interferes in matters of extreme urgency.

The second dream showed three guides, and myself on the ground looking up at three energies in the sky in the same configuration as in dream one. I feel that the two guides on the bases are the aforementioned day-to-day guides, etc. They may be finding me overly intense, and sometimes frustrating, but on the positive side, we have established good communication.

We have been members of the A.R.E. for 45 years, and, over time, have had opportunities to attend many interesting programs, and several dream courses. We even tried using their new pyramid-shaped dreaming hut, when it first opened. The object was to select a subject of

concern, sleep in the hut, and source an answer. It worked!

My first motivation to record my dreams was largely practical. I was quite active in the stock market and wanted to source guidance in precognitive dreams. I was confident that I could do this, because I recalled four or five dreams almost nightly, with occasional precognitive success. My guides, however, determined that I needed more training for significant progress. I was shown that my third eye, (the 6th chakra, which is what psychics use when giving a reading), needed work. The good news was that my 7th chakra was fine, or I would have needed even more training—or even been rejected for such a project.

This training in visual perception continued over several years, until either my guides were satisfied, or felt they had done the best they could. I had many dreams, using television sets, receivers, phone lines, antennae, television towers, seeing through glass windows and closed drawers.

I didn't always meet expectations, my dream television set was moved down the street at one point! But we did have some surprising successes in visualizing both interim and final top prices as well as exact best dates to sell stocks. Statistically, this should not happen by chance alone. Synchronicity was often involved, when elements in dreams matched actual situations that occurred exactly at the time the dream came true. This coincidence was predicted by the physicist Dr. David Bohm, in his theory of inner and outer time.

Despite all this help and accurate information, I was lucky to break even. I often ignored persistent and obvious "sell" warnings when I could not bring myself to sell. My guides probably expected this, knowing I was unlikely to benefit from this "inside" information. I am no longer active in stock investing, putting my dreams to better use!

My guides are very resourceful in teaching and demonstrating truths, but there are times when some of these seem quite obvious. Could I be missing something? Here are two such cases:

1) I appeared before three guides while being tested for some project. They kept badgering me—going on and on about some truth they obviously wanted me to understand. Finally, in exasperation, I shouted out "I already know that!" They surprised me by cheering my outburst vigorously! (Was I to learn to be more confident? Or, perhaps, not to spend too much time on what I already know?)

2) I was given some badly crumpled paper and a soft brush, and asked to write down some notes with these. I found this hopeless, and tossed the material back at them! Again, they approved! (Don't waste time on the impossible---or perhaps, learn when to say "no.")

This next example is a reminder of something we should all know, but don't always practice. A much respected lecturer was speaking to a large audience. He showed us how to balance a bean on top of his forefinger while pointing at something, perhaps accusingly. We were to practice doing this same thing. I took this to mean "Keep your balance when tempted to rush to judgment in any situation."

Here is an offer we can't ignore forever if we wish to evolve:

The Director noted that I was spending an inordinate amount of time working on my antique car (my spiritual body). He said he might buy it if I brought it up to standard---perfect. Then the question of cost came up. The answer was "time and effort." Obviously, many lifetimes are required to achieve this.

Perhaps because Donna and I were about to give a talk on NDE's and Peak Experiences to a group of seniors, I had a dream about my arrival on "the other side." A group of us were transported up to a portal in the sky. I got off with my well-dressed guide, who then tested me to see if I could recall any memory of previous transitional experiences. He asked me if I knew where we should go next. I did recall a nice park area we could visit. This was accepted.

We were next expected to account for our immediate past life. I quickly realized that material success, such as

in business, or education, were not relevant here—only acts of compassion, love, understanding, and helpfulness counted. Entities who started to speak of their material success and achievements soon saw that these were out of place. On this point, some constant, self-observation of our actions while we are still here on earth might be a good idea.

Many of us feel that we are in touch with helpful spirits without any obvious dream contact. Dreams however, do have the advantage of being a step beyond possible taint of personal bias and imagination.

I hope these selected examples will show just how committed our guides are in helping us when we make a little effort. We talk a lot about using resources at hand to help us on our journey, but here is a great and VASTLY UNDERUSED spiritual resource.

Should you find all this rather strange, remember the famous quote from Shakespeare's Hamlet: "There are more things in heaven and earth, Horatio, than the world DREAMS of in your philosophy."

I WONDER IF THE GUIDES ARE CHEERING? ✓

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Photo taken on the beach in front of the ARE HQ

Photo Courtesy of Mark Finnan, Peterborough, ON

Forgiveness

by Mark Finnan, Peterborough, ON

Forgiveness can be a real challenge for many of us at times, and the lack of it can be a major stumbling block for anyone seeking to grow spiritually. It is a factor in many relationships due to the carry-over of karma from past life associations. However, when experienced, in the giving or receiving, forgiveness releases us from such debts and presents the opportunity for both psychological and spiritual growth.

Sooner or later most of us come face to face with the fact that we need to forgive, either ourselves or another. It is essential to the process of resolving conflicts and offences, to restoring harmony within ourselves and in a relationship. It is part of the process of freeing ourselves from the past. As many spiritual teachers have reiterated down through the centuries and as psychologists and counsellors know, the capacity to forgive oneself or another is essential to our

**“Finally, be ye all of one mind, having compassion one of another; love as brethren.”
(1 Peter 3:8)**

psychological wellbeing and spiritual development.

To truly forgive, we may need to engage in a process of raising our consciousness to the point that we can have the insight, understanding, the love and compassion required.

In the series of Cayce readings given for the Glad Helpers Prayer group in Virginia Beach, individuals who were

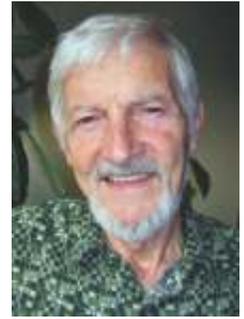
involved in the work during the early days of the Association for Research and Enlightenment, and who came together to pray for the benefit of others, much is said about the need for forgiveness. One such reading encouraged steadfastness even in the face of repeated failure, and the return again and again to that consciousness of the Christ. “Be not faint hearted because failure seems to be in thy way, or that self falters – but “how many times shall I forgive, or ask forgiveness – seven times?” “Yea, seventy times seven?” or

“not how I faltered, but did I seek His face again?” (281-7) This affirmation of Jesus’ own words implies that, rather than being discouraged by our failures or wallowing in self-pity, we should try to raise our consciousness to that which we associate with the Christ. A follow-up reading to the same group again emphasizes the need for us to so raise our consciousness, to seek his face again, in order to find forgiveness and the ability to forgive. “...For the forgiveness, the cleansing, is in Him.” (281-9) It has been found that loving prayer offered for the benefit of the individual by whom one was hurt or wronged can open the heart to allow forgiveness to enter in. Likewise, prayer to be able to forgive oneself. In a later reading for the Glad Helpers Prayer group, the Cayce source suggested the following prayer for those involved which expresses the need for help in forgiving self, as well as, in being forgiving. “Our Father, our God. We thank thee for the gift of thy son, the Christ, in whose name we ask pardon and grace and mercy - for the shortcomings of myself and others. Let me so live in the Light of His Love as He manifested in the earth, and may I be humble, may I be patient, may I be gracious: forgiving even as I ask forgiveness for myself.” (281-64)

Of course, the practice of daily meditation, whereby we endeavour to attune ourselves to that state of consciousness that is of the Christ within, can enable us to be more understanding and compassionate in relation to our own past failures and wrong-doing, as well as, those of others. When we participate with others in a sacred ceremony in tune

with our spiritual seeking, we may sense that universal oneness that transcends the limitations of our everyday individual thoughts and emotions and opens us up to something sublime and sacred within ourselves, where all is and must be forgiven. Does not the same hold true when we find ourselves in awe of the beauty of nature. In such a moment do we not feel a sense of profound gratitude for all of creation, for the very gift of life itself? At such a time how can we not be forgiving?

As we study and work with the philosophy in the Cayce material, with its emphasis on establishing and expressing the Christ ideal in our lives, we find that forgiveness is one of the essential components of our soul’s growth, whether it is brought about by conscious endeavour or the experiencing of divine grace. The healing and harmony that forgiveness can give rise to not only brings peace within, and between ourselves and others, it also contributes on an individual level to the ultimate manifestation of God’s kingdom on this earth. √



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Pet Corner

Pets can be very special pseudo family members and many of us have had amazing experiences with them. If you have a story you would like to share with The Open Road readers, please send it along. We would love to hear from you.

James Schmidt
The Editor

A Farewell Gift from Jane

My husband Roy is an avid walker/hiker and has been for many years, and for many years we had an assortment of dogs, large and small. Roy was ready to retire and for his retirement gift I purchased a beautiful, rough coat, long legged, month old Jack Russell terrier. We named her Jane (Russell). She became Roy's constant companion. She knew the names of birds and other animals in the forest. She watched TV and would run and bark at animals appearing on the nature programs, to a point where we had to change channels. Hockey night in Canada was another favourite of Jane's. Jane was a compilation of all dogs that we had ever owned through the years; sweet, intelligent, the perfect dog. At over 16 years old we knew the end was coming although she still went for her morning walks. Several weeks before the end, Roy had a vision between sleep and wakefulness, he saw her leap off the bed, a young and happy dog as she looked back at him. Several weeks later it was time to pay that dreaded visit to the vet. As Roy held her in his arms for the last time, after we thanked her for being such a great dog, he had the same vision, a young, happy dog as she turned, looked at him and left. We both felt it was her final gift to us. ✓



Submitted by Marilyn Kendall Smith, Sechelt, BC

Cathy's Cat - Sophie



One cold night a few years ago, my neighbour and I were walking home from a night of cards, when a very thin black and white cat came right to me. It acted as

if it knew me and followed me home. I brought her in and then phoned the local vet the next day because I was concerned for the cat's health because she had no tail. The vet said she was a Manx cat and they don't have a tail. He also told me that she had recently had kittens and advised that I should put her back where I had first seen her so she could go back to her kittens.

Again she showed up at my house. I called the animal shelter to see if someone had reported her missing and put an ad in the local paper. No one claimed her. After a month I had her spayed and got her shots and adopted her for my own. I named her Sophie after a character on "Golden Girls" TV series.

I already had two male cats that were much larger than Sophie but that didn't stop her from being 'top' cat. I put a stool beside my bed so she could jump up. She ate when I ate and

always stayed close to me. She was the perfect companion.

As the years went by, I adopted two more cats, but Sophie was still 'top' cat.

One day she started demonstrating unusual behaviours, like hiding in strange places. She sat by my feet and kept looking up at me trying to convey a message. I prayed and used my pendulum to see if I should take her to the vet. The pendulum indicated, 'yes'.

The vet said Sophie was very sick and he could try to do something for her, but with no guarantees. Given my tight budget, I decided to have her put to 'sleep'.

I contacted a medium to enquire if Sophie had transitioned O.K., and was told that she had and was with a lady named Carol who loved cats and was taking good care of her.

My time with Sophie was so very special and I regretted that I didn't have a photo of her. The vet had taken a picture of her, but I waited for its arrival and it never came.

I was so disappointed. A dear friend moved to a nursing home and called me to come over as she was clearing out her old pictures. I looked at them, and there was my "Sophie," she came back to see me one more time.

Edgar Cayce is known to have said that pets sometimes come back to the same owner time after time. I told Sophie, "I am sure glad I had you, and look forward to seeing you again." ✓

Submitted by Cathy Neal, Gravenhurst, ON

David's Angel is Busy (Continued from Page 10)



all day on a new venture for him... cross-country skiing with his buddies. "What a perfect time to do this work with God and the Angels," she thought.

So Marilyn went through the process that had been suggested. During the prayer, she asked that God might convene with her own Angels and might speak to the Angels who watched over her two children. She expressed the hope that among these Angels, there might manifest an influence on her children to change their attitudes in the direction of peace and co-operation. When she finished her asking, she thought that since she was only one parent of these two teens, she would also petition the Angels of her husband, the father of these two children, to intervene. So she did that. She invited her Angels to speak to the Angels of her husband,

that they too might support her effort.

And as she did so, suddenly she heard an impatient voice speak to her, saying, very quickly: "David's Angel is busy!" That was all. She was surprised by what she felt was impatience in the speaker's voice and feeling somewhat chastened, she brought her prayer to a close.

That evening her husband David came home from his ski trip and was accompanied into the house by his best friend who said to Marilyn: "Dave won't tell you this, but he really scared us this afternoon. We were out all day, skiing in two groups and each group thought Dave was with the others, but he wasn't. When it got to be dusk, both groups got back to the camp. But when Dave wasn't with either group we got very worried... he was lost most of the afternoon..."

David insisted: "I wasn't lost. I knew where I was all the time and I got back okay, didn't I?"

Yet the friend insisted: "No, really, Dave *was* lost and we were ready to go looking for him when he finally showed up... we were scared for him." Judy realized, then, why the impatient voice had said "David's Angel is busy!" that perhaps, in spite of his protesting, David had really been lost and his Angel was busy trying to guide Dave back to his skiing party just at the time when Judy was asking for help with their teenagers!

This story was so exciting that I forgot to ask how the teenagers were getting along! ✓

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Continued from Page 9 Health and Wellness Perspective

practice. The goal is not perfect behaviour, thoughts or actions, but to always strive for more. There are many practices to consider such as meditation, prayer, reflection upon sacred texts, readings, recordings, conversations, attending spiritual programs and attending to rituals. As we do such, we develop a deeper knowing as we align with our Spirit. Look for feelings of knowing, not from the head but of the heart. Look for feelings of peace and tranquility. Look for joy, love and compassion.

As always, if you have any questions regarding healing, send them my way!
Have a fantastic start to 2016! ✓



Choosing an Astrologer (Continued from page 8)



on your spiritual path of self-discovery. In this supportive role, the astrologer can be the vehicle through which as Cayce explained in a reading to a gentleman in 1940:

"An entity is not thus influenced because of being born under a certain star, or because the sun or the moon or any of the phases of the zodiac might indicate such and such manner of life. For, remember, the injunction and the promise was that all were made for that manner through which the soul, the pattern of the Creative Force, might make itself equal with God; not robbing Him of power, might or love, but manifesting the same in the dealings with the fellow men in appreciation of that birthright

to every soul; that all souls might know themselves to be themselves and yet one with that Creative Force - God." (2)

(Edgar Cayce reading 2409-1) ✓

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(2) A.R.E./Edgar Cayce Foundation, *Astrology Part 1, The Edgar Cayce Readings* (Virginia Beach, VA: A.R.E. Press, 1985), vol. 18, 531.



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The Great Gathering

by Brian Alderson, New Zealand



It was over 90 years ago when Edgar Cayce, using his unique physic gift, first began describing to his clients their previous lives on earth. This was something new and alien as most of these clients were followers of main stream Christianity and believed what a Bible passage stated: “And just as it is appointed for man to die once, and after that comes judgement.” (Hebrews 9:27).

According to Cayce, reincarnation is the maxim; that each of us goes through a series of lifetimes for the purpose of spiritual growth and soul development. Our past lives provide a framework of potentials and probabilities and an individual’s choices, actions, and free will in the present, determines the actual experience lived this time around. Within this framework of lessons that need to be learned as the soul strives to meet itself is the central idea that the soul is constantly experiencing the consequences of its previous choices.

Cayce further stated that people would reincarnate in groups, “soul groups,” so that many people we now live with, are related to, or have experiences together, good or bad, are those we have encountered on earth in the past.

In recent years historians and researchers have attempted to calculate how many people have ever been on the earth. Results of these researches vary to a great extent, mainly because we do not know how much impact catastrophic events in the past, such as major floods, ice ages, earthquakes or large meteors colliding into earth, had on the population of the earth. According to Cayce one great calamity resulted in the demise of a very large

and advanced civilization with the disappearance of the continent of Atlantis that sunk following a number of violent movements over the earth’s surface.

As to how many people have ever lived on earth, one organization, the Population Reference Bureau (www.prb.org), has come up with the figure of 108 billion. This figure would be wildly inaccurate but if we believe and take into consideration that all of us living today have had a number of previous lives it is very likely that the population of the earth today represents most of the souls that ever came to earth – this is simple mathematics. Even if the average number of our past lives on earth was only twelve (although Cayce’s readings suggest the number is much higher), taking the 108 billion lives and dividing by twelve lives, we come up with nine billion souls in total. In other words we can deduce that we are now experiencing the greatest gathering of human souls in the history of the earth.

It is no coincidence that not only is this time the greatest ever gathering of souls but it is a time when we are facing a number of crises unprecedented in the history of humanity. If not addressed and overcome, these crises threaten our very survival as a species on earth.

One crisis which has been looming for decades is the heating up of the earth’s atmosphere as a result of human activity. Climate change is already beginning to transform life on Earth. Around the globe, seasons are shifting, temperatures are climbing and sea levels are rising. And meantime, our planet must still supply us – and all living things – with air, water, food and

safe places to live. If we don’t act now, climate change will rapidly alter the lands and waters we all depend upon for survival, leaving our children and grandchildren with a very different world.

The second crisis is the rise of the ISIS state. The Islamic State of Iraq and Syria or 'ISIS' is an Islamic fundamental sect that came onto the world scene two decades ago under the leader of an Islamic extremist named Abu Musab al Zarqawi. Though, before the emergence of this deadly group, there had been other Islamic groups that had unleashed terror in our time. No matter the nomenclature they assume, all we know is that they seem to have one aim. And that is to carry out a jihadist movement that is hell-bent in converting everyone around them to Islam, if it is at all possible. One of the mission statements of ISIS is that anyone who dares to resist any Islamic system of worship in the world would be ruthlessly dealt with.

Sounds terrifying and shocking. Yet is this not history repeating itself? For almost 200 years during the Middle Ages, Christian Crusaders attempted to wrest control of the Palestine region of the Middle East from the Muslim Turks through a series of military invasions made up of mostly Western European Christian armies. What were the Crusaders? Glorious and righteous Christian warriors in the form of gallant knights and their followers leading their armies into war, anointed by God to save the Holy Land from the

Muslim infidels. What makes up ISIS? Militant fundamentalist Muslims who believe that Allah is on their side in a Holy war.

When we look at these two events, the ISIS movement and the Christian crusades from the standpoint of reincarnation we find that humanity is just repeating its past activities through misguided beliefs with only the flags used and labels given to the players involved having changed. It is quite possible that the leaders of ISIS may be the very same people who were the knights and Christian Crusaders in their previous lives some 900 years ago.

At the same time as these threats are before us from very different directions we are witnessing a heart wrenching humanitarian situation. As one report stated the situation very simply: "Today, 39 million people have been forced to flee their homes due to conflict or natural disaster. Ten million are refugees and 29 million are internally displaced persons (meaning they have not crossed an international border).

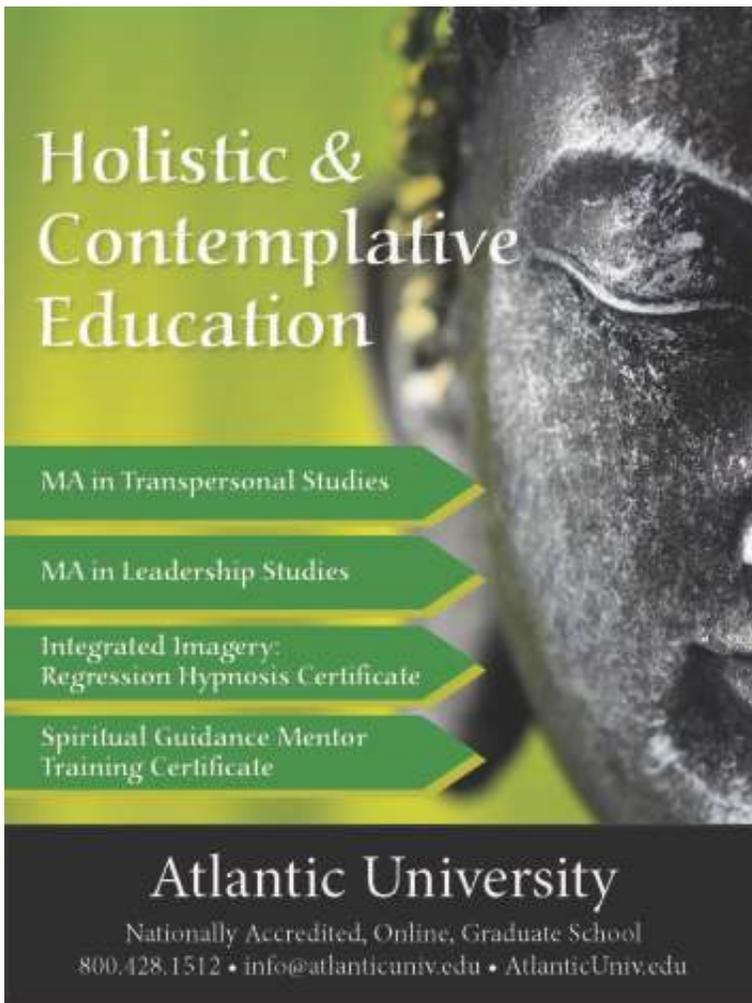
People displaced inside their countries face the same hardships as refugees but lack protection under international law."

The situation has been worsening for years but has only recently been brought to our consciousness through media coverage with images of dead children in particular losing their lives in desperate efforts to find a safe haven.

We in wealthy countries, in the comfort of our homes, are being made increasingly aware of what is going on and just leave it to our governments to solve these problems. In New Zealand our politicians are 'considering' increasing our annual quota of refugees from 750 to perhaps 100 more while we individuals know that we could do much more to help.

The above are just three of the pressing situations that all of us are facing in this great gathering of souls on earth. We are here this time around to decide for ourselves: are we our brothers' keeper? Can we, as individuals, help those suffering around us in any way? Are we not facing the consequences of our past and is not this time around a chance to show our true colours as caring humans created in the likeness of God? √

Reprint from the Rainbow Journal, No.85. Journal of the Edgar Cayce Society of New Zealand



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The Lesson for These Challenging Times

by
Douglas James Cottrell, Ph.D.
(co-written by Douglas M.
Cottrell, BA, MA)

Hamilton, Ontario

When you look around, it seems as if humankind is spiralling into disaster. There is an attitude of selfishness, self-aggrandizement, and hoarding over the hearts and minds of others. There are war-like minds and hearts that do not care, save for their own benefit. There are individuals who are prospering by taking countries apart and destroying them, as if they were companies or corporations.

This time (which seems such as Edgar Cayce, Ross Peterson and myself have called “a teaching or testing time”) is a time of great change. The world’s oceans are heating up. Weather patterns have shifted. In the months and years ahead, volcanic and earthquake activity will increase which will alter the face of the world forever. As some have observed, this will not be a time of cool heads, warm hearts and companionship, but rather, adversity, panic, and crisis. It will be a time of destruction and despair. Many will cry out in the night.

However, for those of us who have chosen to be on the spiritual path, there will not be any fear. We have the faith that the destiny of the world is unfolding as it should. We have read the prophecies about the future. We have had visions and dreams guiding

us. This time will test all of us and the beliefs we claim to hold dear. In the face of the greatest adversity, we will all be tested to take action that is in line with our beliefs. Those of us who seek to be on the path to enlightenment choose not to harm as a consequence of our actions. We consider what we think, what we say, and what we do, in terms of how it will impact upon another. The opportunity that this teaching or testing time presents is for each of us to learn to have sober thoughts, clarity of actions, and a softening and weakening of the ego and our animal aspects, even in the face of great woe.

What am I referring to? Compassion. Companionship. Cooperation. A brotherhood and sisterhood of humankind. The Christ consciousness. I teach that what would aid the entire planet considerably is the compassion from within. If each individual would consider that when we do something, it affects another person in some way, then we will make different choices. There are consequences to actions. There are reactions to every action. If individuals, in taking action, take into consideration the consequences of others, and avoid harmful consequences, then we are on the right

track. If we know that the consequences are going to be harmful, painful, or difficult, and we do them anyway, then truly humankind is slipping into the darkness of the abyss! Let your attitude be one of compassion and consideration for others who may benefit (or suffer) from your actions.

Unconditional love is the answer. Love can be generated first towards yourself, then towards your friends and loved ones, then to a neighbour, and beyond. Even those who have caused you difficulty can receive a blessing from you! This takes patience, understanding and spiritual maturity. Choose not to strike back when those who are spiritually immature affront you. Choose the better way.

Within each of us is the Divine spark. It prompts us all the time to make constructive choices and to help, rather than hurt. It is the still, small voice within that suggests we hold back so that another may go first. It is the feeling in the chest when we see someone else suffering in pain. Consider the consequences of your actions and then have the discipline not to take action that causes adverse consequences. This, indeed, is enlightenment! This, indeed, is love. This, indeed, is the way, for love is

God, and God is love.

Love always finds a way. But make no mistake: the world is in for a change. It is the destiny that the planet's face will change. But think of it as this: as there is change, as there is hardship, those who are spiritually mature, do we not reach out? Do we not bring aid to those who are suffering? We do so with the intention to save life and reduce human suffering, without judgment, without demand for compensation, and certainly without demand to rule the land of those who are less fortunate! The choice is for each of us to make daily.

This is a time in which there will be the advancement to the Divine. At this point in time, many have come into the world to be of service. They wish to be here to see this birthing process. Remember, this is a time like a birth: great difficulty, great travail, great pain. But as soon as the delivery is concluded, there is relief. Those things that are painful are forgotten, and those things that are beautiful are embraced. There have been many souls who long ago prayed to be here at this time. We are on the verge of a new beginning, that humanity might be able to direct, keep on course, or put on track those philosophies, those understandings and those behaviours that will lead us all to be in accord with what is right or correct. Be a way-shower. Share your knowledge, insight and understanding. Help those who are suffering. Help the human race back to the point where there would be compassion, understanding, and care for all. This is a special time. At no other time in history has there been such availability for instant

communications about the planet, for nations to help nations, for countries to divert resources or assets from one place to another -- not to take advantage, but to help, because it is the right thing to do. Many have come to this realization already. They wish to be here at this time in which the world will wobble and shake its way back to what it once was: a time in which there was communion between humans, Nature, the heavens or dimensions above and the Divine. Know that your soul has chosen to be here for its own spiritual development. You are being tested every day to overcome the inadequacies of your

personality, to avoid temptations, and to enhance your understanding so that you may evolve to a fully-realized spiritual being in the physical flesh. To be a Christ yourself! √

Douglas James Cottrell, Ph.D. is best known as a trance clairvoyant (or psychic). He is the pioneer of a deep meditative style which he calls Quantum Meditation. He teaches others how to develop intuitive (or spiritual) abilities in themselves.

His website is www.douglasjamescottrell.com



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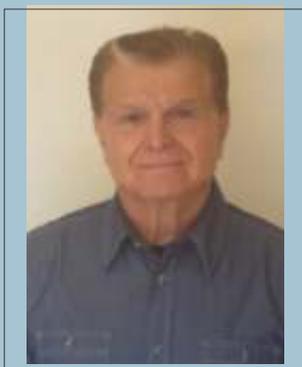
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*You will also enjoy
spiritual based
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sacred dancing,
hikes, singing bowls,
sports, camp fires
and camaraderie
with like-minded
souls.*



To Register:
Catherine MacDonald, 705 645 3879
cmacdonald@edgarcaycecanada.com

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October 1, 2016

For more information and to register

Sandra Bradley 705 681 0372
[email: registrar@edgarcaycecanada.com](mailto:registrar@edgarcaycecanada.com)



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Also

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The Youth Sojourners Program will be continued in 2016. This program will again be led by Elizabeth Hornseth from Calgary. Lots of great activities are being planned, such as, a pizza night, drumming, games, art, music, yoga, astrology, past lives and more, as well as time with the keynote speaker.

For information, Email: cfcyouth@edgarcaycecanada.com

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