



# The Open Road

The Magazine of Edgar Cayce Canada

- ▶ **Meditation: Gateway to Spiritual Gifts**  
by Douglas James Cottrell
- ▶ **Change Is Happening**  
by John Van Auken
- ▶ **We Are What We Believe**  
by Brian Alderson



*Highlights from the  
2018 Winter Meditation Retreat*



He that would know the way must be oft  
in prayer, joyous prayer.

(EC 281-12)



# The Open Road

*The Magazine of Edgar Cayce Canada*

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."



*Edgar Cayce Canada, Inc.* is an  
International Centre of the Association of  
Research and Enlightenment, Inc.

### 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)

**Publisher:** Edgar Cayce Canada  
**Editor:** Simone Gabbay  
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*Catherine MacDonald and James Schmidt,  
Editors Emeriti*

*The Open Road (circ. 500)* is published twice a year (Spring/Summer and Fall/Winter)  
and is one of the benefits of membership in Edgar Cayce Canada. Membership is open to  
any person interested in furthering the mission of Edgar Cayce Canada. *The Open Road*  
is a member-driven publication, and your articles are greatly appreciated.

Please send submissions, ideally in MS-Word format, to the editor, Simone Gabbay:  
[simone@simonegabbay.com](mailto:simone@simonegabbay.com). Please try to keep submissions at 1,000 words or less.

**The Editor reserves the right to edit all article submissions, and their appearance in  
the publication does not necessarily reflect the views of Edgar Cayce Canada.**

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## Editor's Note

**T**HE MAGAZINE you hold in your hands or see displayed on your screen today is the result of the collective efforts of our wonderful team of volunteer writers, who invested time and energy to share their expertise, knowledge, memories, and inspiring stories with the readers of *The Open Road*. In this issue, their articles offer insights on topics such as how to use goodness, truth, and beauty as pathways to better health; how a determined grandmother regained her health through diet and lifestyle and persuaded her granddaughter to do the same; how the spouse of a Canadian Member of Parliament regained her eyesight in a Therapeutic Touch® healing session; how animals visiting us in dreams can help us recognize qualities in ourselves that may need balancing; and how to recognize and manage spirits that may seek interaction with us. Read Nancy Thomas' account of how she and her late husband, Frank, worked tirelessly for decades to build and strengthen the Cayce work in Canada, the kindred souls they worked with, and the challenges they encountered along the way.

Reading these articles, you just might be inspired to make a contribution to *The Open Road* by writing an article yourself. We welcome your comments and submissions. This magazine is a forum for our members to share and celebrate their expertise and perspectives in the ongoing work of exploring and applying the Edgar Cayce readings.

Whether you plan to spend the summer at home or travel the continent or globe, we at *The Open Road* wish you and your loved ones a safe, happy, and healthy summer season!

*Simone Gabbay*



## Prayer Circle Network

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

If you have a prayer request, please contact:

**Kathie Caple**

kathiecaple@hotmail.com

## Light a Candle & Say a Prayer

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## A Search for God

*study groups across Canada*

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## From *the* President's Desk



DEAR FRIENDS AND MEMBERS of Edgar Cayce Canada,

We are still feeling the glow of another successful conference at Picton, Ontario, where Lynn Sparrow Christy led us on a journey of consciousness and spiritual evolution. It was a special gathering of warmth, fellowship, learning, and music, and we were blessed with warm weather and beautiful views. Participants travelled there from across Canada. As in previous years, we were very fortunate to have skilled and intriguing workshop presenters to round out the weekend.

Now, we are looking towards the fall to the **Spiritual Awakening Retreat** near Montreal, presented in association with Edgar Cayce Canada. Join **Sid and Nancy Kirkpatrick** in the beautiful setting of Manoir D'Youville, Châteauguay, Quebec, **September 28 – 30th, 2018.**

Edgar Cayce's Canada's mission is "To encourage exploration and application of the principles in the Edgar Cayce readings." The opportunities are limitless, and we invite you to join us.

We are a national organization run solely by generous, diligent, purposeful volunteers. Edgar Cayce Canada's work is truly a labour of love. My request to you is to consider sharing your time, talents, ideas, suggestions, or donations to help us to fulfill our mission. We have all come to this work in a unique way, and we are a small group in a world full of profound changes. We can make a difference. This is our time, and your contribution matters. Please inquire about volunteering opportunities at [info@edgarcaycecanada.com](mailto:info@edgarcaycecanada.com).

*Lori Jensen*

Chair of the Board & CEO, Edgar Cayce Canada

## From *the* Desk of the Chief Financial Officer



ON BEHALF OF EDGAR CAYCE CANADA, I would like to thank all our wonderful members who contributed to yet another successful year. Contributions came in many forms from dedicated volunteers who donated their time, talents, and energies; pray-ers who held the organization up in prayer; and very generous donors who made financial contributions. These donations came in various sizes from individual donors and Search for God study groups.

May God bless you all.

*Catherine MacDonald*

Chief Financial Officer, Edgar Cayce Canada

# Frank and Nancy Thomas

*Celebrating 45+ Years of A.R.E.  
and ECC Volunteer Service*

*by Nancy Thomas*



**M**Y HUSBAND, FRANK, joined an A.R.E. Search For God study group in 1970. He shared much of the material with me, and it was intriguing to me. He very much wanted to be psychic, and I wanted to learn more about the health readings. Frank attended the Hamilton, Dundas, Guelph, and Kitchener-Waterloo Council meetings and travelled with two of the Toronto study group starters (Fred Hall and Ted Matthews) to learn about starting groups in many areas in southwestern Ontario. Hugh Lynn Cayce came to Toronto as an ambassador several times during this period, and there were many groups started throughout the area. In 1972, the chair of the Council was unable to attend the A.R.E. Congress, and Frank was selected to attend as the representative. We went to Virginia Beach to attend.

We hosted several events in our home in Kitchener, featuring guests from the A.R.E. I became a study group member in 1975.

In 1973, the Toronto and southwestern (SW) Ontario team started the Annual January Meditation Retreat

**NANCY THOMAS** recently retired from some of her last remaining volunteer positions with ECC. We felt this was a good time to consider all the wonderful work that she and her late husband, Frank, did for the A.R.E. and ECC over the past several decades and asked her to write down some of what she remembers about the work. On behalf of Edgar Cayce Canada, we would like to thank Nancy for her and Frank's dedication and commitment to the Cayce community over so many years and wish her a happy, healthy, and blessed retirement. [Ed.]

(now called the Winter Meditation Retreat). That first year, there was also a retreat held around Easter. I was part of the committee for many years, but recently retired.

In the 1970s, A.R.E. would send a speaker to Toronto and ask local volunteers to arrange a venue and organize the event. Books were shipped from the A.R.E. on consignment, and the book consignee would bring books to the event. I assisted Ruth Illerbrun with book sales in those days. Ella Czapka was the A.R.E.

contact in Toronto and was tasked with finding a venue and organizing a team of volunteers to be on hand for the program. In the early 80s, there were a few hitches with the funds being collected by the A.R.E. with regard to exchange, and the team decided to bite the bullet and take on the organization of the program on its own. The group of volunteers consisted of Ella Czapka, Maisie Marven, Sue and Brian Wilkinson, as well as Frank and me. Ray Rucker and Sherry Browne also joined us, as did others over the years. In the early days, we held the Toronto Symposium in October and in March. We all discussed having an A.R.E. speaker in Canada in a retreat setting. Maisie remarked at one time, "We are doing so well, we should take this show on the road." And thus the Canadian Fellowship Conference (CFC) began.

CFC started with the same group of dedicated volunteers. Kingston was decided on as the location because it was between Toronto and Montreal. Several new volunteers joined in: Irish Sullivan, Barb and Gerry Cormier from Ottawa, and Mike Zivic from Montreal, to name a few. The first conference was held in 1984 at Queen's University. In later years, the Conference was moved to St. Lawrence College.

To begin, the committee decided to go out on a limb on its own. We all paid up front for registration for the conference. Membership labels were purchased from the A.R.E. The labels were for all of Canada. The flyer was designed by Sue Wilkinson with a CFC logo. It was printed by Gary

Christie's printing company and was not paid for until after the event. Ella Czapka purchased all the postage stamps at her own expense. The down payment was made to Queen's University with the money each committee member had paid

in advance. The attendees came from all over Ontario, Quebec, and the Maritimes; a few came in from other provinces in the West. The conference was a huge success. In the early days, we hosted Harmon Bro, Gladys and Bill McGarvey, Meredith Puryear, Ann Clapp, and John Pagano, to name a few.

Frank was elected as an A.R.E. Team representative in SW Ontario. Maisie Marven was the Toronto representative, and we often did day-long or evening events with local speakers. In addition, we started Search for God groups throughout SW Ontario. When Maisie retired, I was appointed the Toronto Team rep by the A.R.E.

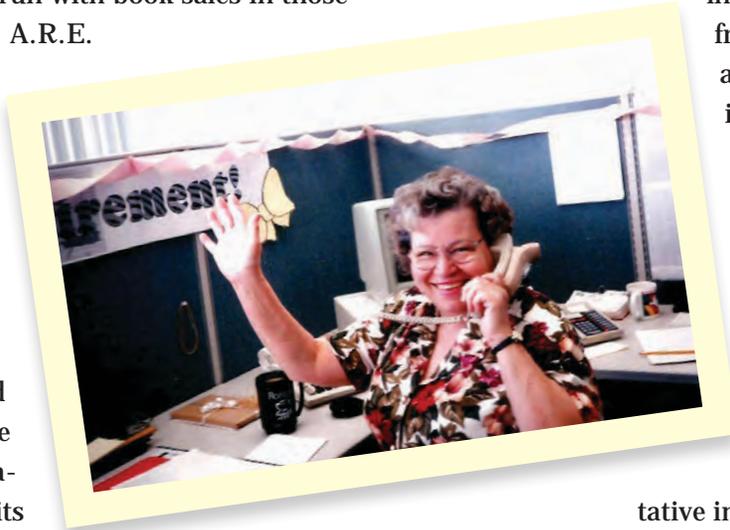
In 1995, Frank took part in the A.R.E. regional meeting in St. George, N.Y., while I attended the CFC committee meeting in Ottawa. At the next regional meeting, I joined him and we both attended as regional representatives for the A.R.E. in Canada. We met three or four times a year.

Frank and I were fortunate to learn so much from A.R.E. staff, as well as from the other coordinators.

Eventually, Sue Wilkinson and Maureen Stark from Ottawa approached the A.R.E. about beginning the formation of Edgar Cayce Canada. Frank and I were part of the founding committee. After many meetings, Frank was elected as the President of Edgar Cayce

Canada (ECC). A logo with the Canadian maple leaf was decided on, and Sue Wilkinson put together the first issues of *The Open Road* (1995).

ECC was incorporated in 2000. We worked with ECC and continued to work with other teams to host



programs. Catherine MacDonald followed as President, and Frank became the Treasurer. Catherine and her husband, James Schmidt, also started the Higher Shelf Bookstore, the website, and took over the publishing of *The Open Road* in 2002. I maintained the membership database and did email advertising for ECC programs, as well as the January and Montreal retreats that were not sponsored by ECC. Frank and I worked closely with James and Catherine in putting many policies and procedures in place.

Frank and I resigned in 2005, as we needed a break, although we continued to host programs on the Cayce material in our home near Hanover and in the Kitchener area. In 2008, I had a heart attack, so for a year, I was not able to do as much volunteering. In 2010, Frank was diagnosed with cancer; he died in 2012. I felt that I needed to get back into the work. The A.R.E. had continued to provide me with updates to the Canadian membership database, so I offered to do email advertising for ECC programs and continued working with the January retreat

and Montreal retreat committee. I worked closely with Catherine and James. In 2016, A.R.E. and ECC formed a joint e-membership and it was time for me to resign from managing the database and doing the advertising.

I have resigned from the Winter Retreat Committee, although I am willing to assist with information, if needed. I continue to help Mike Zivic in Montreal with the Spiritual Awakening Retreat. Since 1996, I have also maintained an email prayer partner list and continue to do so.

Through my work with A.R.E. and ECC, I have made friends all over Canada and the United States. I have had the privilege of meeting A.R.E. contacts from Chile, France, Australia, and England. It has been a long and very enlightening journey. There have been crisis times in my life when the Edgar Cayce readings and the support of my A.R.E. friends helped me immensely. I am very grateful for the learning experience and to the many teachers and guides. 🍁



*"I strive to carry out the ideal of the Region Core Team at the forefront of my daily work, to manifest the Christ consciousness through joyful service."*

Ideal set by a group of Region Coordinators, including Frank and Nancy Thomas, for their work with the A.R.E.

# We Are What We Believe

by Brian Alderson

*Reprinted with permission from The Rainbow Journal,  
the journal of The Edgar Cayce Society of New Zealand*

**H**AVE YOU EVER watched hypnotists at work? Especially those who use their gift to entertain us. They will get volunteers from the audience, hypnotize them, and then plant ideas in their minds, after which the volunteers act as if the idea were true.

One example I witnessed many years ago was at a performance by a well-known hypnotist in which my sister participated as a subject. A subject was told that he was a famous singer, after which he burst out in song with an extraordinary voice—something he could not have done in his normal conscious state.

A particularly remarkable incident, recorded in a U.S.A. national newspaper, was Johnny Carson being suspended between two chairs. Kreskin, a well-known hypnotist, planted a suggestion in Carson's subconscious mind that he was super-strong and that he could keep his body rigid. He had Carson place his head on one chair and his ankles on another. Carson remained rigid even when someone sat on his stomach. Had it not been for the fact that his subconscious mind accepted the suggestion, Carson could never have performed this feat.

Hypnotism may be considered the most extreme form of brainwashing when the subject accepts and believes the suggestions implanted by the hypnotist without question and acts on them as if they were true. On command from the hypnotist, the subject will do what the hypnotist commands and be the individual the hypnotist tells him he is, no matter how powerful and talented that person may be. When the subject, on command from the hypnotist, returns to normal consciousness, he or she will remember nothing that took place during the hypnotized state (unless expressly told to do so).



The above is indicative of the power of our subconscious, where all our beliefs are stored.

All of us are brainwashed to some extent, starting at a very young age when we accept and believe what our parents, teachers, and other authoritative figures tell us. We accept the tenets of the religion of our families without question. As we grow older, to a large extent, we accept what the media reports to us, little realizing that the news we receive is selective, partly because there are so many "newsworthy" things happening every day. As a result, reporters and editors must be discriminating in deciding what to publish, and this selection process is influenced by the culture, dominant religion, laws, and demographic location of the country of the publication. Thus, the news covering a certain incident that appears in the media in, say Iran, may be very different from the news broadcast in the U.S.

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Furthermore, we are being skilfully influenced by "spin," which in public relations and politics is a form of propaganda, achieved through providing a biased interpretation of events or campaigning to persuade public opinion in favour or against some country, organization, or public figure. It often relies on altering the presentation of the facts by employing disingenuous, deceptive, and highly manipulative tactics. It is used extensively in times of international conflicts when those in power attempt to persuade the public to support military action—a classic case being the spin used to gain support for the U.S. invasion of Iraq—"Operation Enduring Freedom"—in 2003.

Once we accept and believe something, we act accordingly, no matter how outrageous our actions may appear to others. No one can kill another without believing that the act is in some way justified. As Neale Donald Walsch put it in his *Conversations with God* books: "No one does anything inappropriate, given their model of the world."

Of all influences that drive us, religion must be the most powerful, as it makes us believe things that may seem ridiculous, evil, or just plain wrong. As long as we believe what "our" God is telling us through ancient writings and certain interpretations of them, we will continue to do terrible things, no matter the level of enlightenment and education that has been provided us.



We must be careful in  
surrendering to beliefs that come  
from outside of us and listen to  
the dictates of the heart.

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What I am sure most of us cannot comprehend is the killing of groups, both small and large, by suicide bombers. These perpetrators strap explosives around their waists, go to a pre-selected location where numbers of people congregate, and blow themselves up, taking as many others as possible with them. No matter how much we detest these people for what appear to be acts of insanity, one must admire their courage and conviction when they know that there is no escaping the consequences of their acts.

It is true that the motivation of suicide attackers varies. For example, during WWII, kamikaze pilots acted under military orders and were motivated by obedience and nationalism. Anthropologist Scott Atran states that in recent years, the overwhelming majority of Islamic suicide bombers have been motivated by their distorted ideology of Islamic martyrdom. Also, in many cases, they saw the attacks as revenge (in God's name) for the invasion of, and air strikes in, predominantly Muslim countries by predominantly Christian countries. They believed that sacrificing their lives and taking with them others deemed "enemies of God" followed the will of God and that they would be rewarded for their "heroic" actions in the afterlife. These people are not bad people, just brainwashed into believing in what they do.

We should also remember that without some form of brainwashing, most of our young men would not go to foreign countries and kill people they have never previously met, or drop bombs on them, or operate drones to send rockets to kill and destroy people in a distant country. They need to believe that what they are doing is right and justifiable.

I was born just before the start of World War II and can remember the propaganda preached to us young school children about our evil enemies—predominantly Germans and Japanese. We heard sayings like "the only good German is a dead German." At wellness classes,

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# The Miracle of Therapeutic Touch

by Evelyn MacKay

**T**HE MATERIALS made available through Edgar Cayce have been invaluable to my studies and in particular to my understanding of energy work. In certain readings, Mr Cayce indicated that energy treatments could be helpful. I saw this confirmed when I began the study of energy systems in the early 1980s.

One year in the late 1980s—I don't recall the exact year—I gave a talk and demonstration of an energy work modality named Therapeutic Touch® to a group at the annual Canadian Fellowship Conference in Kingston, Ontario.

In answer to my request for a volunteer upon whom I might demonstrate this modality, a young man, an attendee unknown to me, offered to be my "patient/client" during that evening presentation.

Simply stated, a Therapeutic Touch® session begins with the practitioner becoming centered and quiet within. This feels quite like being in a deep meditation and in connection with the Oneness. Then, from this state of inner quiet, the practitioner approaches the client with the intention of sensing the surrounding energy field of the client, who is resting. The practitioner then assesses any imbalances in the client's field, clears the field of these, and restores balance. Absorbing any changes from the balanced energy field, the sitter/client heals him/herself.

In the case of the demonstration at the Conference, described above, in doing an assessment of the field of my willing helper, I sensed very little that needed attending to, as his energy field was already

well balanced. Yet, my hands seemed to be drawn time and again to the field around his eyes.

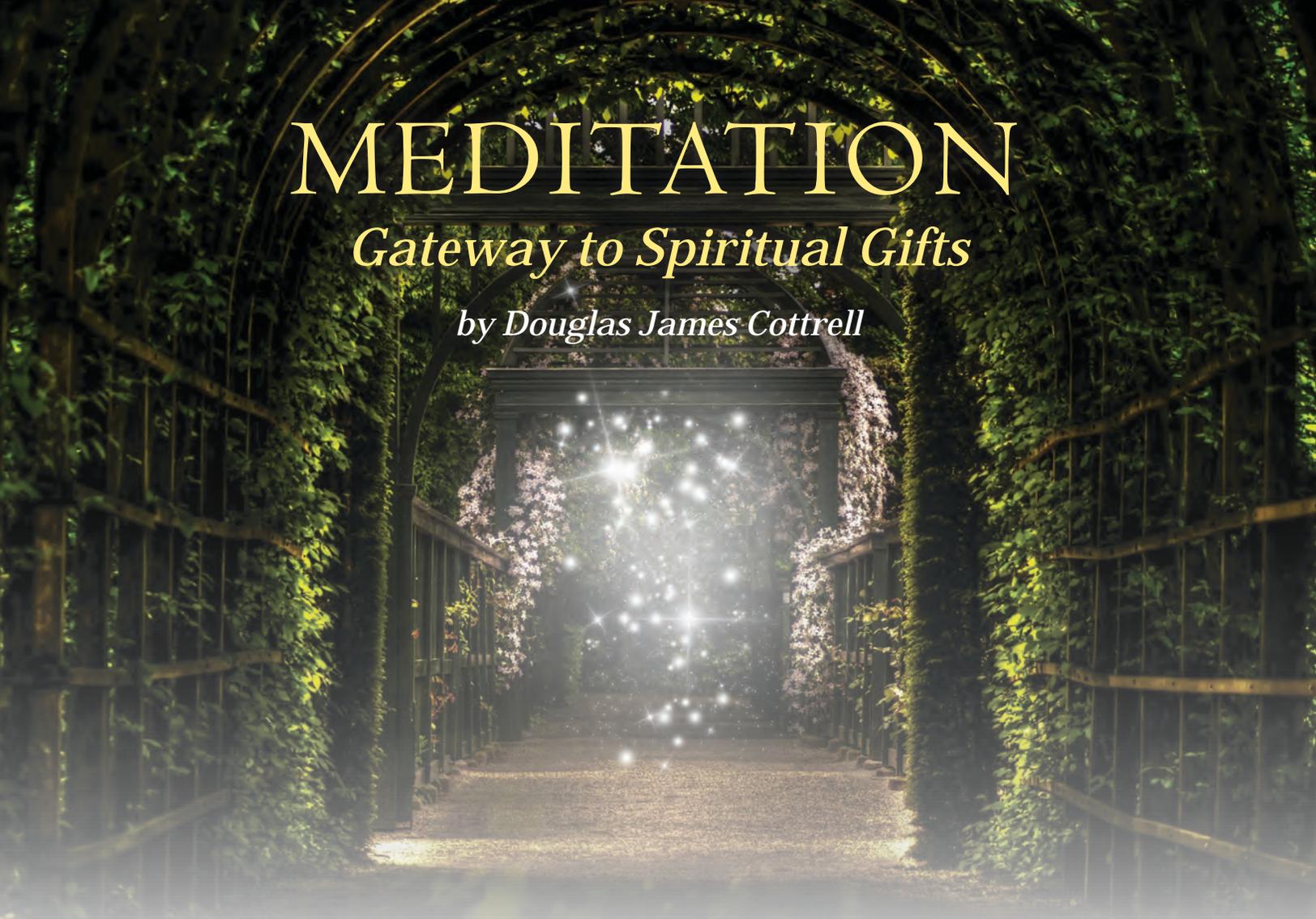
A couple of times, I mentioned to him, "I feel the need to be working in the field around your eyes." and "Have you ever had an injury to your eyes?" Each time he replied: "No, nothing, no problem at all with my eyes. I see well."

Yet, because I sensed the need to be working in the field around his eyes, I did just that. I cannot remember much more about the treatment at all, other than that I considered it to be a poor demonstration on my part!

The next morning, as I was at breakfast with a group of the attendees, a woman named Bee came into the cafeteria, walked over to the group where I was sitting, and said "You know, this morning I can see. When I went to bed, I was blind. I paid the added fee for a woman to come to the conference with me, to help me, and to walk with me and to see that I was safe because I lost my vision months ago. The woman works with me every day. She read me the conference brochure, including the information about the Therapeutic Touch demonstration, and I decided to attend. And I declared to myself: 'I am going to get a healing from that woman!' It was my intention to come to this conference and get a treatment from you. I think I did because this morning I can see."

How this happened, I do not know! Somehow Bee was able to place her own energetic field into the space where I was doing the treatment on another

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# MEDITATION

## *Gateway to Spiritual Gifts*

*by Douglas James Cottrell*

**W**HEN I WAS FIRST INTRODUCED to the work of Edgar Cayce in 1974, I was in my early twenties, looking for help for my young daughter. She was living in an institution for handicapped children, and the medical doctors did not know how to help her. A co-worker at the Toronto Star handed me the book *There Is a River: The Story of Edgar Cayce*, and my mind was instantly opened to this amazing phenomenon. As demonstrated by Mr. Cayce, through a specialized meditative process, one could find information beyond the limits of conscious perception. At the time, I didn't know the difference between meditation and vegetation, but over the years, and under the guidance of my mentor, Ross Peterson, I came to understand that meditation is the gateway to all of the spiritual gifts.

Meditation is an active state of mind, rather than a passive one, as some would believe. Meditation can be thought of as a state of mind that is "above attention." It is a process in which the ordinary thoughts of the day and the conscious mind are put to rest or brought under

control. You might say it is a willful attempt to allow the dust to settle or the clutter to get out of the way, so the higher states of mind can be approached. Most forms of meditation include a means by which the conscious mind is focused on or engaged with some task. This may include an image in the mind's eye, or mindful awareness on the breathing. However, meditation can also happen spontaneously, perhaps while you are engaged in a relaxing task such as gardening, walking along the beach, or simply driving on a sunny street. Have you ever had an experience where, when you were doing such an activity, you lost track of time? Perhaps you suddenly became aware of the present moment, unable to account for what you were doing just prior to that. Minutes have gone by, seemingly in the blink of an eye. Some would say that you were day-dreaming or that your mind had "wandered." In fact, your mind had shifted, and you had entered a deep meditative state.

When you meditate, you enter into the greater aspects of mind, opening ways to come in contact with your High Self and other dimensions that are beyond the physical

One of the greatest benefits of meditation is to bring peace into the body and the mind, to calm the flighty emotional states, and to bring all aspects of self into control.

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world of time and space. In so doing, you acquire the ability to sense a higher force that lies beyond your conscious mind. Focusing your mind's eye on a singular issue allows for the intuitive mind to open, and instantly a bolt of inspiration or a revelation occurs in answer to some question or problem in life. If prayer is the act of asking for something from a consciousness, force, or power in the Great Beyond, then meditation is the process through which your prayers are acknowledged and the answers are given. Through the wisdom of your soul, meditation permits you to be guided without restriction through circumstances of your present life. As the state of meditation is an accepting one, you are better able to receive the truth, guidance, and direction you seek.

You might consider the state of meditation as the holiest of holies. To touch upon this state of mind is to touch upon that spark within you that is of God and from God—the soul itself. This is why it is regarded as a very important practice by the world's major religions. It is a spiritual practice. It is a healing practice. It is a communion practice. It aligns all of the bodies within you to a single, balanced point, conjoining all your physical and spiritual aspects. It produces therapeutic effects in the body, such as normalizing the metabolism, lowering blood pressure, restoring the physical body and bringing peace into every cell. During meditation, you can monitor the body and go through it, system by system, organ by organ, part by part, to bring about a curative, healing force within it, in order to come to some peaceful resolve. This may involve visualization, as the language of the mind is pictorial. One of the greatest benefits of meditation is to bring peace into the body and the mind, to calm the flighty emotional states, and to bring all aspects of yourself into control. It is a loving, self-loving practice.

Generally speaking, meditation should be practiced when the body is relaxed but not overly tired. It might be

helpful to engage in some simple bending and stretching exercises, such as yoga or tai chi. Wear loose, comfortable clothing, and ensure the body has no physical wants or needs. The body should be in a state of equilibrium. There should be no cares in the mind. It is not easy to allow the mind to continue thinking but not think about certain things. Therefore, think about something that is nondescript and without judgment or purpose (such as a blue band or circle). Allow your mind to come out of the shell in which it has resided for most of the day. It does not wander too far away, but it returns with some invigorating emotional sensations. Your low self becomes subdued and brought in control, while your High Self exudes a state of well-being, love, confidence, and unselfish giving.

*Continued on p. 32*



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# Change Is Happening Are You Aware?

by John Van Auken

*Reprinted with permission from  
Living in the Light Newsletter*

**T**HIS TIME LAST YEAR, everything was so different ... and next year??

Change is a natural condition in this world, and therefore our journey through this world is filled with change. Why is this the way of the world? Because we are actually celestial, spiritual beings, so the Creative Forces of the Universe—God—only want us to *temporarily* live as physical personalities in bodies for the purpose of learning, helping, and soul growth. Of course this life feels very real, very absolute, and so very long! But it is only a small part of our greater life, for we are immortal beings made in the image of our immortal Creator (Genesis 1:26). Yep, it's true! The stability and permanence of this world is an illusion—sigh—but it is a very purposeful illusion. Here's a Cayce reading:

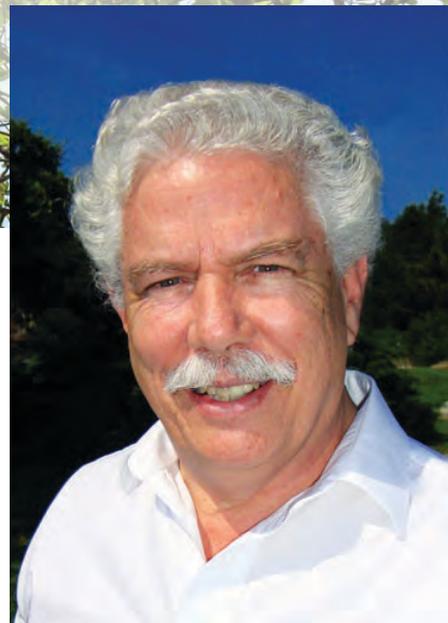
"Those things that are cares of the flesh and of the earth cannot inherit eternal life. Hence life alters, life changes in the experiences of individuals through their sojourns in the earth, and thus ye learn thy lessons." (262-100) Our ultimate destiny is eternal life.

I know that sounds like science fiction. It is also very difficult for us to comprehend living *forever*! Life as we know it here always has beginnings and endings. We were babies, then children, then young adults, then adults, and then elders—starts and finishes, never staying the same. But Cayce explains that life in the spirit, the celestial realms, is busy too! We are "celestial travelers"

experiencing the entire, infinite universe! There's lots of activity and growth to experience beyond this life, and we don't

have to wait for death in order to experience life beyond this life, for sleep is a shadow of death. During our sleeping time, our souls are active with soul-life activities. Of course, our focus is this life. And there is much going on here that we need to be aware of and experiencing. And our souls' sleep time also focuses on this life. This is an opportunity for our souls to apply the enlivening and enlightening Fruits of the Spirit! Applying these changes us. We become more spiritual, and Spirit is life and love. Happiness—true, lasting happiness—is found in the Spirit. As Jesus taught the woman at the well, "God is Spirit, and those who worship Him must worship in spirit and in truth." (John 4:24)

Dramatic change comes through applying the Fruits of the Spirit in our lives. And these are love, kindness, patience, mercy, goodness, faith, meekness, temperance, and forgiveness. I'll repeat Cayce's comment: "Only in the fruits of the spirit ... may the TRUE MEANING of life's experience and the purposes of life ... be understood ... as a practical application ... in thy daily life with thy daily experience with thy fellow man." (1336-1)



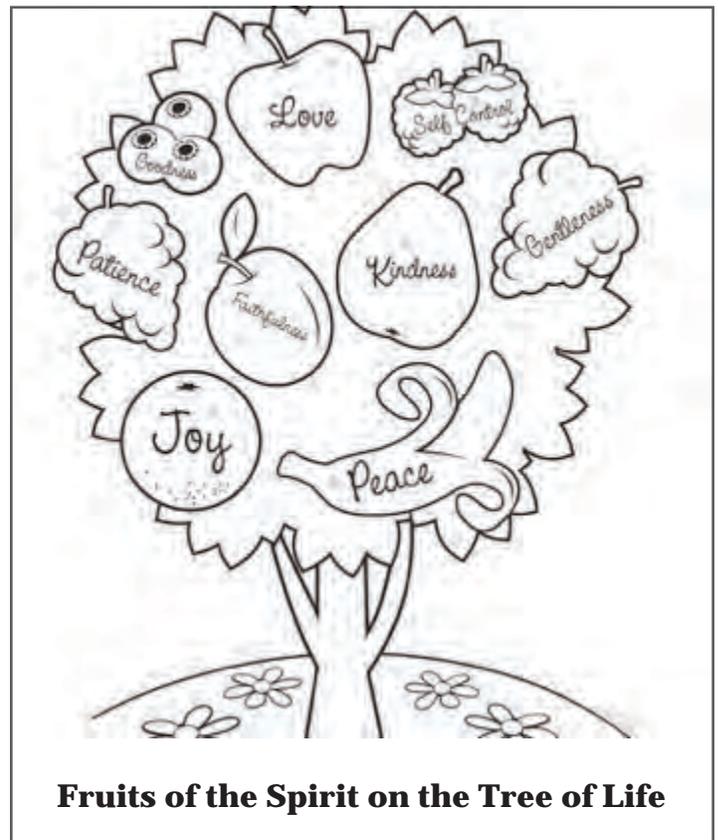
Using the Fruits of the Spirit in our thoughts, words, and actions in our lives—within ourselves and with those we meet and share life with daily—brings positive change. We become more spiritual, enlightened beings.

### **Bodily Changes Are Occurring Too**

There are also physiological changes occurring to our bodies through the process of the evolution of matter. Let's look at some major changes occurring in physicality, so we can make the most of this incarnation for our souls' sake. The body we are using to incarnate affects our minds and souls during this journey. Because we have finally opened our genes and mapped the human genome, we can now identify changes in human evolution. One major study presented last year at the Biology of Genomes meeting revealed that British humans have evolved to be taller and fairer than their ancestors were in Roman times. The research suggested that this is because of Britain's gloomy weather and that fairer hair and skin absorb more vitamin D than darker hair and skin, so Nature has been pushing genetic changes toward fair hair and skin. Today's Brits reflect this evolutionary change.

Researchers took a close look at the genomes of 60,000 people of European ancestry who had been genotyped by Kaiser Permanente in Northern California, and 150,000 people from a massive United Kingdom sequencing effort called the UK Biobank. The researchers saw a correlation between early death in men and the presence in their children (and therefore presumably in the parents) of a nicotine receptor gene (allele) that seeks nicotine, making it harder to quit smoking. Many of the men who died young had reached adulthood in the United Kingdom in the 1950s, a time when many British men had a pack-a-day habit. In contrast, the gene's (allele's) frequency in women and in people from Northern California did *not* vary with age, presumably because fewer in these groups smoked heavily and the gene did not affect their survival. As smoking habits have changed, the influence of this gene has declined.

Not only are we evolving, we're doing so even faster than before. In the last 10,000 years, the pace of our evolu-



**Fruits of the Spirit on the Tree of Life**

tion has sped up 100 times, creating more mutations in our genes, and more natural selections from those mutations. For example, our ancestors had much bigger jaws than we do, which helped them chew a tough diet of roots, nuts, and leaves. And what meat they ate they tore apart with their teeth, all of which caused teeth to wear down. A third set of molars is believed to be the evolutionary answer to accommodate our ancestors' eating habits. Today, we have utensils to cut our food. Our meals are softer and easier to chew, and our jaws are much smaller as a result, which

is why wisdom teeth are often impacted when they come in—there just isn't room for them. Like the appendix, wisdom teeth have become vestigial organs. One estimate says 35 per-

cent of the population is born without wisdom teeth, and some say wisdom teeth will eventually disappear altogether.

In 2007, a group of researchers looking for signs of recent evolution uncovered 1,800 genes that have only become prevalent in humans in the last 40,000 years, many

*“Nothing is so painful to the human mind  
as a great and sudden change.”*

~ Mary Shelley

*Continued on p. 26*



# Goodness, Truth, and Beauty: *Pathways to Better Health*

By Nick Bianchi, BSc, DC

**W**HEN IT COMES TO HEALTH and well-being, I like to keep things simple, e.g., eat wholesome food, stay hydrated, and move your body every day. Unfortunately, the information offered by various sources in this regard is often not so simple, containing many complexities, controversies, opinions, and ideas. Edgar Cayce was instrumental in teaching us that our physical health is influenced not only by physical factors, such as the food we eat and the air we breathe, but is also affected by our thoughts and emotions. Today, it seems almost natural to state that mental stress can result in things such as muscle aches, jaw clenching, stomach problems, decreased immunity, and even serious conditions such as heart disease and cancer.

Besides valuing simplicity, I consider trust in a higher power to be important in relation to one's health. The higher power for me is the wisdom of the body and will to live, yet it can also be a deity that one can relate to. If I feel under the weather, say with the common cold, I do not treat the condition per se; instead I do what I know to do in order to return me to health. My body will respond if I eat well, sleep, meditate, etc. Symptoms are viewed as a signal from my body that my health has been compromised due to poor choices that I have made. Yes, there are accidents and genetic dispositions, but even here, we would do well to seek health rather than fight disease. This leads to the point of this article: how do we improve health, mind, body, and spirit in a proactive way, i.e., before we get sick?

I will assume that the readers of this magazine have already adopted various ways in which to address health from a mind-body-spirit perspective. I would like to introduce a broad concept that will categorize these practices and provide you with some clarity, direction, and a bigger picture overall of what you are doing and what areas to improve on.

## **Seeking Goodness, Truth, and Beauty**

The properties and values of goodness, truth, and beauty have been advocated as far back as Plato and were assumed to be the qualities of God himself by the historical Church. They were taught as guiding principles in the Bhagavad Gita and were taken up by modern-day philosophers such as Kant and Hegel as tenets that we should seek more of in our lives. It is my assertion that if we make the fulfillment of these values a central part of our lives, then greater health will result in mind, body, and spirit.

How do we do this? Science seeks truth; religion and spirituality teach goodness; the arts create beauty. Goodness is an expression of the soul, truth is a focus of the mind, and beauty is an expression and/or experience of the body. Mind-Body-Spirit has the corollary experiences of Truth-Beauty-Goodness. Each of these properties has two expressions, as explained below. As you read on, pay attention to which areas you are weak in, in terms of your practice, and in which you are strong.



In relation to *Goodness*, we have *stillness and service*.

*Stillness* results from prayer and meditation and creates more *good internally*.

*Service* occurs with volunteering and simply being nice to others, which creates *good for others*.

In relation to *Truth*, there is *learning and teaching*.

We *learn* to expand our own minds and *teach* to help others expand theirs.

In relation to *Beauty*, there is *appreciation and expression of it*.

We *appreciate* the beauty in works of art and nature, which gives us *pleasure*.

We *express* beauty by singing, dancing, moving, drawing, decorating, working in our gardens, etc., which *gives others* something beautiful to admire.

### **Living the Values**

How would this look in a real-day setting? A person may begin their day with *meditation* and decide to focus on a virtue for the day. They may decide that they will *be kinder* to both themselves and others as the day unfolds. At work, while expressing kindness, they may *appreciate the beauty* that surrounds them—artwork, nature, their co-workers—and see the importance of bringing *beauty to their own work*—striving to keep their workstation and the work itself as presentable and pleasing as possible. At lunch, they may *learn* about how people may react to certain foods in an almost allergic manner and then move to *tell their co-workers* what they have learned. At the end of their day, is this person not more well? They have been nicer to themselves and others, they have appreciated their environment, and done their part to make their world a better place, and they have come to understand more about their own bodies and have helped others do so as well. All three aspects—mind, body, and spirit—have been elevated in a relatively easy and simple manner, with improved health as the result.

Seeking Goodness, Truth, and Beauty is an easy mantra to remember. Try it out for a few weeks and notice if your well-being and physical health improve. 🍁

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EDGAR CAYCE CANADA

# News

## Report on

# Winter Meditation Retreat 2018

by Catherine MacDonald

**T**HE 45<sup>TH</sup> ANNUAL Winter Meditation Retreat in February of this year was held at the Mount Carmel Spiritual Centre in Niagara Falls, Ontario. It was true to its long-standing tradition, proving to be a blessing to all who attended.

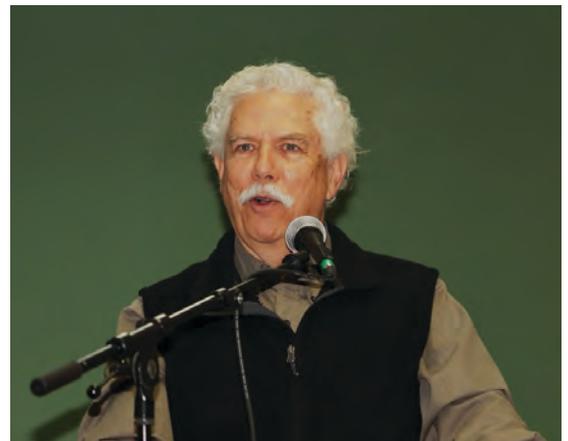
The focus of the event was "Raising the Inner Light," and keynote speaker John Van Auken explained and demonstrated methods of reaching higher planes of consciousness and expanding soul growth. The group was led through meditation experiences of knowing and growing together.

As always at Cayce-related events, camaraderie with like-minded souls was paramount in the enhancement of the weekend, meeting old friends and making wonderful new ones.

The planning committee chaired by Christina Brighton did a fantastic job of making this special event available, and congratulations are in order. You won't want to miss this event in its 46th year, being held at the same venue March 1 - 3, 2019 with Peter Woodbury as keynote speaker on the topic of Humour. Now doesn't that sound like fun? Hope to see you there. 🍁



Christina Brighton, Chair



Keynote speaker John Van Auken

Winter Meditation Retreat 2018

Continued



Saturday night entertainment with Elvis



James Schmidt, Catherine MacDonald, and Allan Lappin



(Left to right:) Carolyn Howell, Marlene Harris, Karen Stemmler, Julia Ellis, Susan James, Allison Christie, Catherine Conron, Rosaline MacDonald, Teresa Wasowicz

Winter Meditation Retreat 2018

Continued



# The Inside Connection

Edgar Cayce Canada's Prison Library  
Book Program

By **Glenys Cook,**

Prison Program Manager, Edgar Cayce Canada

**E**DGAR CAYCE CANADA'S PRISON LIBRARY book program, "The Inside Connection," was started in 2006, and since then, all prison facilities in Canada have been contacted and book packages mailed to them. Healing lodges, work camps, and facilities that house young offenders across Canada have also been contacted.

The first stage of the program was completed in 2014, and a new book package was put together after much research and some assistance from the A.R.E. in Virginia Beach. The current book package consists of:

*Twelve Positive Habits of Spiritually Centered People*  
by Mark Thurston and Sarah Thurston

*From Karma to Grace: The Power of the Fruits of the Spirit*  
by John Van Auken

*The Art of Falling in Love with Your Time on Earth* by Mannie Billig

*Edgar Cayce's Meditation for Everyone* Workbook & Illustrations

These books offer information, simple methods, and guidelines to inmates who are searching for a better life. We are continuing to receive personal requests for books from inmates and have a separate book selection that can be sent to them along with a personal letter of encouragement. We are presently considering obtaining some French Cayce books in order to serve the prison population in Quebec. Another project is to find a spiritual book that would appeal to our indigenous inmate population.

Thank you for thinking about us at Edgar Cayce Canada's "The Inside Connection." Your prayers and donations are most appreciated. 🍀



## Obituaries

### Remembering Barbara Cormier



BARBARA A. CORMIER, age 74, of Parrsboro, Nova Scotia, passed through God's other door on Dec. 2, 2017. Barbara is survived by her husband, Gerard (Gerry), and son Paul and family. Earlier in 2017, Barbara and Gerry's other son, Brian, had passed away.

As one of the founding members of Edgar Cayce Canada, Barbara touched the lives of many in the Cayce community. Nancy Thomas shares her memories of Barbara and invited a few others who knew her to do the same:

*The first couple of years of the Canadian Fellowship Conference held in Kingston at Queen's University, we hosted a potluck supper for the attendees on the Friday evening. At that time, there were no kitchen facilities, and people brought in food to be heated. The clean-up afterwards was dreadful. As I recall, Barb and Gerry became part of the organizing committee, which was able to obtain use of the kitchen off the lecture hall. Barb and I worked together for the potluck, as well as with snacks for break-time and food at the social for several years. We were a good team. After a couple of years, we stopped the potluck and served muffins with tea, coffee, and juices.*

*Barbara was very active with the Canadian Fellowship Conference committee and one of the founders of Edgar Cayce Canada. There were many meetings and a lot of time spent cooking and feeding the group. Barbara was always ready to offer a helping hand wherever it was needed. She was a great mom and proud of her sons, Brian and Paul. Barbara, Gerry, Frank, and I, as well as others, shared a house many times while attending the A.R.E. Congress. There were so many good times and many laughs as well as a few tears over the years. I will miss her lovely smile, big hug, and sparkling eyes.*

**Nancy Thomas**, Kitchener, Ontario

## Remembering Barbara Cormier

*Continued*

*After a two-year stint in Europe, my family and I returned home to Canada in September 1974 and moved into a west-end neighbourhood of Ottawa. The moving truck was in the front of the house, furniture everywhere, my two young kids running around—needless to say, I felt quite overwhelmed. The doorbell rang, and there was Barbara welcoming us to the neighbourhood. All I could see were her beautiful light-blue eyes, her amazing smile, and, of course, her plate of freshly baked cookies. She offered her help, and the rest is history—we became good neighbours and friends.*

*Whoever knew Barbara would not be surprised by her generosity and readiness to help and feed everybody. She really loved to cook.*

*I soon found out that if she was upset, her light-blue eyes would take the colour of a stormy sea. We had quite a few laughs about that. That endeared her to me further because I was reminded of my father's eyes; he had this same gift.*

*Barbara was a loving, kind, and amazing soul. We were very blessed and privileged to know her. There would be so much more to tell. She is sorely missed.*

**Yolaine Munter**, Ottawa, Ontario

*I first met Barb and Gerard Cormier in 1984 after they returned to Ottawa from England, when they joined the Ottawa Edgar Cayce community, of which I was a new member. Over the next 25+ years, I got to know and greatly admire Barb. She was an important and valuable member of our Canadian Cayce family, although she preferred serving by remaining mostly in a supportive role rather than being “up front and centre.” She was a great cook, and her curried chicken and chocolate mousse dessert became “famous” within our group and were always looked forward to at all of our gatherings. She was a woman with a great capacity for kindness and steadfast loyalty. All of us who were privileged to spend time with her always came away feeling good, although she could also be feisty when the occasion warranted it. I have many treasured memories of our time together, organizing the Canadian Fellowship Conferences, our Ottawa Fall retreats, as well as our wonderful trips to A.R.E. Congress. Her passing is a big loss to me, although I'm grateful that her transition was peaceful, as the last couple of years had been challenging for her.*

**Irish Sullivan**, Ottawa, Ontario

## Remembering Brian Wilkinson



BRIAN WILKINSON, age 70, of Toronto, Ontario, passed over on January 22, 2018. Brian is survived by his wife Barbara, as well as three daughters.

Allan Lappin shares his memories of Brian and invited a few others who knew him to do the same:

*Susan and I first met Brian at an A.R.E. retreat organized by the southwestern Ontario organizing committee that Brian was a part of. Susan and I were at a very synchronistic time of our life and were open to new adventures. When Brian mentioned that the team could use some volunteers help to unpack, sort, and price books that had been shipped up from the A.R.E. Headquarters in Virginia Beach on consignment to be sold at an upcoming Toronto symposium, we were happy to participate.*

*As we soon found out, Brian lived only several blocks from our home in Toronto at the time. Later I would discover that we had common interests in computers, music, and, of course, spirituality and that we both worked at the Toronto School Board. This was the beginning of a wonderful friendship that would include attending computer shows and purchasing computers together. The two of us went out many nights to the pub to enjoy great food, music, and conversation, working together on computer projects for the school board, attending many spiritual retreats and symposiums, travelling to A.R.E. headquarters and sharing a house while attending the annual A.R.E. Congress at Virginia Beach for many years. There were also the weekly "A Search for God" study group meetings hosted at my home for many years and later at Brian and Barbara's. During that time, Brian always helped ensure that we were sponsoring a foster child in Africa and later in South America.*

*Brian had great organizational skills and worked well with groups. He was very involved in organizing local A.R.E. Councils and study groups in the days when A.R.E. was expanding in Canada. He was one of the founders who started both the Canadian Fellowship Conference in Kingston and the January Meditation Retreat some 40 years ago. He also served on the A.R.E. Board of Directors (1991-1996).*

**Allan Lappin**

## Remembering Brian Wilkinson

*Continued*

*Let me share a memory of the meeting in Kingston many years ago, where we discussed organizing the first Fellowship Conference. We were a dozen or so study group and A.R.E. members who had gathered from Ontario and Quebec, sharing a vision of a regional conference, but we did not know exactly what we would do or how to do it. Early one Saturday morning, we sat around a large table. Brian clearly carried the mantle of leadership and immediately put everyone at ease, asked each person to introduce themselves and share something about ourselves and our ideals or vision. As each question and possibility surfaced, Brian's genius was to suggest that we each go around the table and share our thoughts. Doing so was magic. Not only did good ideas surface, but as each person spoke and shared, we began to know and understand each other, which led to a collective, cooperative vision and a strong bond that laid the foundation for many years of fellowship and conferences. I can picture Brian watching, from above, laughing, after the fact, at the trepidation we all initially felt around that table, which melted into laughter and a wonderful group experience. Yes, from that and many other small acts that changed those around him, I know Brian added much love and light into the world.*

*From this small sampling you can see that Brian was a fellow you could count on to be there for you regardless if you are walking into a shady bar or walking through the Pearly Gates. I will miss you till then, my friend.*

*Of all the helpful information from the Edgar Cayce philosophy, one of the most comforting is the promise that life is continuous; our time on earth is just one aspect of a soul's journey of growth and transformation through time. Not only will we meet our loved ones again beyond the veil we know as physical death, but our relationship with them will continue as well.*

*Cayce says that those we love on the other side are actually as close to us as our thoughts, and we can be most helpful to those individuals by focusing on the happy, joyful times together, and releasing—as much as we can—the sadness and grief we feel at their passing.*

**Stase Michaels**

*Brian was a true friend who asked nothing of us but friendship and gave so much. He always remembered my birthday and the special desserts I liked. He had a way of looking at the readings that made you think. I will miss him.*

**Susan Lappin**

*We were very saddened by the news of Brian's passing, but trust that he is in a better place now. I'm sure Ray [Rucker] waited for him "at the gate."*

**Eva Janecek & Larry Smokorowski**

*I am saddened. God bless all. He was one of a kind who added much to my growth in Spirit.*

**Teresa Schilling**

*I first met Brian when I was staying at the "Canada House" during several Congresses at the A.R.E. We became friends, and I was in awe of his first wife Sue's artistic talents. I will miss Brian.*

**Harvey Green**

*He was my friend, too. He and Susan did so much good work during the 70s and 80s. I will miss that shy, sweet guy.*

**Judith Stevens**, Founder, A.R.E. Prison Program

*I always enjoyed talking with him.*

**Kat & Paul MacMurray**

*I've lost a friend. He took me, a long-haired scruffy-looking young man and let me learn and teach in his school. While I ultimately didn't pursue a teaching career, I try to apply everything I learned at any opportunity. Thank you, Brian, and Godspeed.*

**Ryan Jenkins**

## *Change Is Happening*

by John Van Auken

(Cont'd from p. 15)

of which are devoted to fighting infectious diseases. Another study found that natural selection has favored city-dwellers. Living in cities has produced a genetic variant that allows us to be more resistant to diseases.

While we may like to believe our big brains make us smarter than the rest of the animal world, our brains have actually been shrinking over the last 30,000 years! The average volume of the human brain has decreased from 1,500 cubic centimeters to 1,350 cubic centimeters, which is equivalent to a piece the size of a tennis ball. Historically, brain size decreased as societies became larger and more complex, suggesting that the safety net of modern society negated the correlation between intelligence and survival. There is a theory that our brains are shrinking not because we're getting dumber, but because smaller brains are more efficient. This theory suggests that, as our brains shrink, our brains are being rewired to work faster but take up less room. There's also a theory that smaller brains are an evolutionary advantage because they make us less aggressive beings, allowing us to work together to solve problems, rather than tear each other to shreds (hmmm, really? Congress?).

Change is occurring around us and within us! Cayce predicts that we are evolving to have 12 chakras rather than the 7, and to become increasingly less dense and more luminescent! Good changes are happening, changes that are helping us with our soul growth. 🌸

**JOHN VAN AUKEN** is the author of many books on the Cayce material and an international speaker and tour guide. He is considered one of the leading authorities on the Cayce material.

## *We Are What We Believe*

by Brian Alderson

(Cont'd from p. 10)

we saw pictures of germs that caused so many illnesses, characterized as ugly creatures wearing German helmets with swastikas printed on them. So I believed that all Germans and Japanese were bad, evil people. It was a little more than a decade later that I travelled to Samoa, where I stayed with a German/Samoan family—delightful people. A few years ago, as the New Zealand representative of the A.R.E., I was visited by a Japanese woman, a psychic who helped disincarnate people move on to their heavenly home; she was the most beautiful soul I had ever met.

Beliefs can empower us or enslave us forever. They can drive us to do great, heroic deeds or perform the most evil of acts. Beliefs are that powerful. So we must be careful in surrendering to beliefs that come from outside of us and listen to the dictates of our heart. It knows our wants and needs, and what will genuinely make us fulfilled. When we are honest with ourselves, when we are willing to ask ourselves what is truly in our hearts, we open ourselves up to the possibility of fulfilling our heart's desire, and to be who we were truly meant to be, doing what we were meant to do. 🌸

**BRIAN ALDERSON** is the editor of *The Rainbow Journal*, journal of The Edgar Cayce Society of New Zealand.

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# Dream Animals

## and What the Tortoise Taught Me

by Marina Quattrocchi



*For Life as it manifests, whether in the grass, the rose, the tree, the dog, the cat, the bird, the animal, IS a manifestation of that ye worship as God.*

EC 1367-1

**B**IRDS SERENADE US EXPECTING NOTHING in return, cats and dogs crawl into our laps to console us, earthworms till the soil for the crops we will eat, and insects fertilize our flowers. We are so closely aligned with the animal kingdom that it's impossible to imagine life without animals. We're told that after God created animals, he created humanity. Our bodies are made after the pattern of animals, bone for bone and muscle for muscle. If we study the personality traits of animals, we find even stronger similarities; some people have the bravery of a lion, ferociousness of a tiger, restlessness of a monkey, cunning of a cat, devotion of a dog, gentleness of a dove, or memory of an elephant.

Native traditions honoured animals with their totems and knowledge of spirit animals and animal medicine. In native dance, one might imitate the movements of the bear to assimilate strength and confidence to stand against adversaries, or to acquire the healing, rest, and dreaming that bears seek in hibernation. Thousands of years ago, Chinese sages watched the movements of animals and incorporated them into the healing movements of medicinal qi gong and tai chi. Participants learned to move like animals to energetically align their healing energies.

Practitioners imagined being a phoenix or white stork spreading its wings, a holy crane worshipping the moon, a yellow dragon pushing out its claws, a lion playing with a ball, or they were creeping low like a snake. When yoga movements or asanas were developed in India, animals also played a vital role. Yogis imagined assimilating the positive energies of each animal in poses such as downward dog, cat pose, cobra, pigeon, eagle, camel, and tortoise.

The word animal comes from the Latin word *anima*, meaning the soul or breath of life. In Jungian psychology, animus is the masculine part of our personality and anima the feminine. In dreams as in life, the energies and characteristics of animals offer tremendous insights and healing qualities. Learning about each dream animal gives us plenty of clues; my favourite book for this is *Animal-Speak* by Ted Andrews. When animals visit our dreams, they may be showing us the qualities we're demonstrating that are positive *or* the behaviours we have been showing that are negative. They may be telling us that we've been as restless as a monkey, as angry as a tiger, or that we need to integrate the gentleness of a dove or the loyalty of a dog.

*Continued on next page*

(Cont'd from prev. page)

Animals, like humans, display both positive and negative qualities, so looking at our lives and how we've been acting always provides clues. In my book *Dreamwork Uncovered*, I included the story of a student who wrote about a dream she titled *Frustrated Frog*, where she pictured a frog in a pond with its four limbs stretched to its limits, as she felt stretched to her limits with exams and assignments. In the dream, the frog eventually returned to a normal and peaceful life in the creek. The dream was telling this student she would feel stretched to her limits, but assuring her that in time everything would be fine. The symbol of the frog has always been important because of the frog's transformational qualities; it's the only animal that lives as a tadpole in water, and as a frog, can exist both in water and on land. The transformation of frogs into princes in fairy tales is an archetypal message reminding us of our ability to transform into higher consciousness or awareness. In another dream called *Devil Bear*, also described in my book, the dreamer is not exhibiting the positive qualities of bears; instead, he's been angry and shirking his responsibilities. The bear repeatedly tells him he must make sacrifices, which he realized means staying at home and doing his school work instead of going out at night with friends.

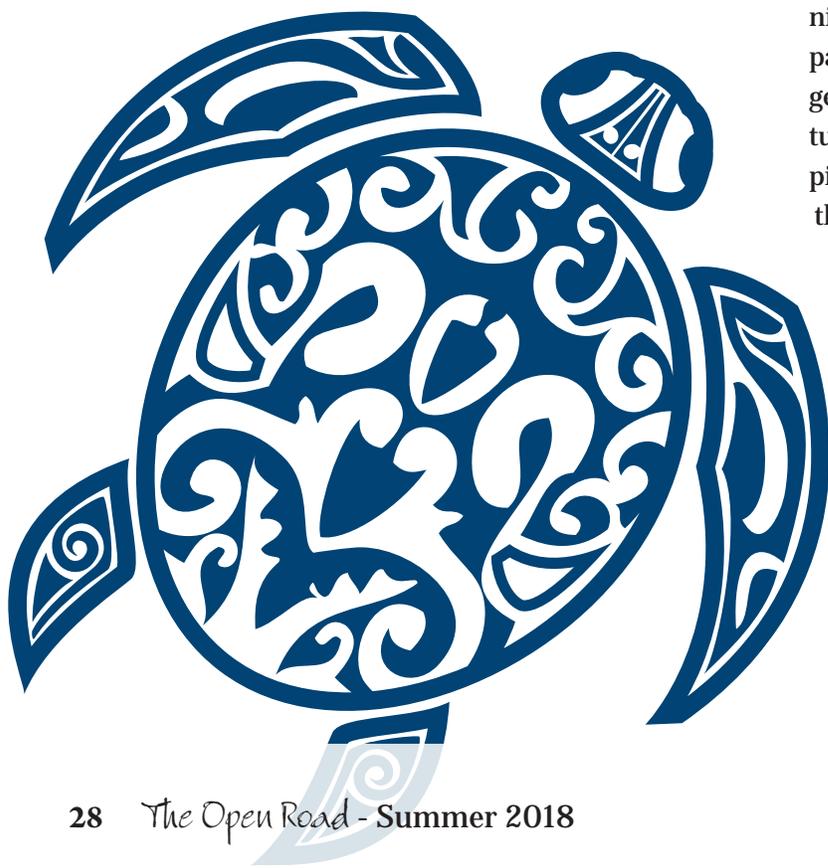
A while ago, I had three dreams about turtles. In the first, which I called *Turtle Tumour*, I'm in the hospital

When animals visit our dreams,  
they may be showing us the qualities  
we're demonstrating that are positive  
or the behaviours that are negative.

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in emergency waiting for a room. I'm upset because I have a busy week full of appointments, so I want to discharge myself. When I tell a nurse my desire to check out, she becomes serious and tells me the doctors found two turtle tumours on my backside, one on my left, and one at the bottom of my spine. They removed these rare tumours, but I need to stay in the hospital and recover. Three days later, I had a second dream called *Turtles at Karen's*. My next-door neighbour Karen invites me to stay overnight. When I wake up, I'm amazed to find a huge aquarium/terrarium to my left filled with turtles of all kinds and sizes. It's the most amazing aquarium I've ever seen, and I watch the turtles for a long time. I'm impressed at how beautiful the display is and how clean the water; there are rocks, hiding places, and beautiful sandy sections. I'm in awe of Karen's ability to maintain something like this. Three nights later, I have the third dream, *Rocks for Turtles*. I've parked my car at the edge of a parking lot and go away to get a bucket of water for my aquarium. I have a few small turtles, but have never had rocks for them to climb on. I pile up rocks in the corner and watch as they all go onto the rocks, realizing I should have given them rocks before.

Following these dreams, the theme of turtles kept popping up in my physical life—synchronicity—reinforcing the importance of the dreams' message. It started while visiting a friend at her Muskoka home for the first time; she immediately showed me a huge rock formation in her yard that she called Turtle Rock. I was cleaning out the garage and discovered a laughing lawn turtle I'd forgotten about. After teaching a yoga class, I was given a thank-you card with a picture of a turtle on the front. My friend Shelley, who was in Hawaii, sent me videos of large sea turtles walking on the beach. I visited a store



in downtown Toronto and found small turtles commemorating World Turtle Day on May 23rd. Rereading the book *Autobiography of a Yogi* by Paramahansa Yogananda, I was struck by his words that the restless monkey breathes 32 times a minute, in contrast to human's 18 times. But the giant tortoise, which may live to be 300 years old, breathes only four times a minute. Verse 58 of *The Bhagavad Gita* tells us, "When the yogi, like a tortoise withdrawing his limbs, can fully retire his senses from the objects of perception, his wisdom manifests steadiness." Everything I was reading seemed to include passages about turtles, even a book on empaths by Dr. Judith Orloff, where she discusses how the turtle symbolizes quiet strength and patience. She reminds us that we can't rush our way to emotional freedom, but if we are patient like the turtle, we can live richly and fully. Over and over, the dreams' messages became clearer to me, just like the aquarium water

in the second dream. For too long I had been over-extending myself, and like the turtle I needed to slow down. As a child, I always loved the story of *The Tortoise and the Hare*, and how the slow and steady turtle won the race, outwitting a fast moving rabbit. It was obvious I needed to apply the same wisdom to my own life and slow down. In our harried lives, I believe turtle wisdom is a constant message for all. Eastern traditions revere the turtle for its ability to block out the world by going inside its shell and meditating. It's not swayed as we are by the myriad of sensory pleasures that distract us from our true spiritual course. Quietly retreating inside, it meditates, knowing what is most important in life and outliving its fast-paced friends. I'm grateful for the turtle's dream wisdom—slow down, enjoy life, savour small pleasures, breathe slowly, and go inside to meditate often. 🌸



**MARINA QUATTROCCHI, PhD**, 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: How dreams can create inner harmony, peace and joy*, grew from her doctoral thesis where she worked with secondary school students and their dreams. An avid dreamer, she's been journaling her dreams and meditating for over 30 years. *The Genius of Spirit* is her second book.

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## A Visit From Taffy

By Glenys Cook

**T**AFFY WAS A BEAUTIFUL tiger-striped kitten with caramel markings on her face. She was left with me for the weekend, and since it was “love at first sight,” I elected to keep her. She was smart, feisty, and came to dominate my huge male cat, Ben. She loved to get into my sewing basket and jewellery box and could open them by herself. I would find well-hidden Taffy stashes all over the house. When she was about four years old, I came home from work one evening and let her out, and she simply disappeared. I did all the usual things that people do to find their lost animals, but finding Taffy was fruitless. I was simply heartbroken and continued to look for her for weeks.



I had a dream that indicated to me that she was dead, but I would not be consoled. A week or so after the dream, I awoke one night and saw a streak of light that went from the window sill in my bedroom to the floor. I got out of bed and went into the bathroom. On the way back in, to my amazement, I saw the dust ruffle on my bed move and an almost perfectly manifested Taffy face peeked out from under it. I got into bed and invited her up and was rewarded by a plop, and I was sure I could hear her purring. Taffy stayed with me for a couple of weeks and most often would be on the window sill or appeared fully formed on the stairs. She would slowly turn her head and then disappear. I would tell her I missed her and thanked her for visiting me. My grief eased after this visitation, and years later, when I moved the china cabinet in the dining room, there was a Taffy stash of several spools of thread, a couple of earrings and several buttons. 🍁

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

# The Miracle of Therapeutic Touch

by Evelyn McKay

(Cont'd from p.11)

person and she accommodated that treatment for herself! I believe that is why I kept feeling that I was working on the sitter's eyes, why I kept returning to his eyes again and again. I did so even when he kept reassuring me that he had no issues at all with his eyes. So I concluded that Bee's intention to receive that healing was stronger than the sitter's intention to receive the treatment, and certainly stronger than my intention to do the treatment for the person in front of me!

Bee kept in touch with me for years after this event. In the months following the change in her eyes, she was able to have surgery for further correction. Such surgery had been denied her previously because ophthalmologists felt her eyes would not regain any measure of sight from surgery. That opinion was changed after the treatment session because her eyes had changed.

Bee was the spouse of a Canadian Member of Parliament. When her husband died, Bee moved to Baja Peninsula in California, where she lived, sighted, well into her 80s.

Mr. Cayce related that "...all healing of every nature is the changing of the vibrations from within—the attuning of the divine within the living tissue of a body to Creative Energies. This alone is healing." (1967-1).

And sometimes, one is fortunate to be able to witness such change! 🍁



**EVELYN MACKAY, BA, RN(Ret)**, an appreciative A.R.E. member, is a long-time teacher and practitioner of Therapeutic Touch®, volunteering with Hospice Wellington for some thirty years. She co-facilitates classes in Spiritual Awareness in the Guelph area, where she lives.

Contact Evelyn at [esmackay@xplornet.ca](mailto:esmackay@xplornet.ca).



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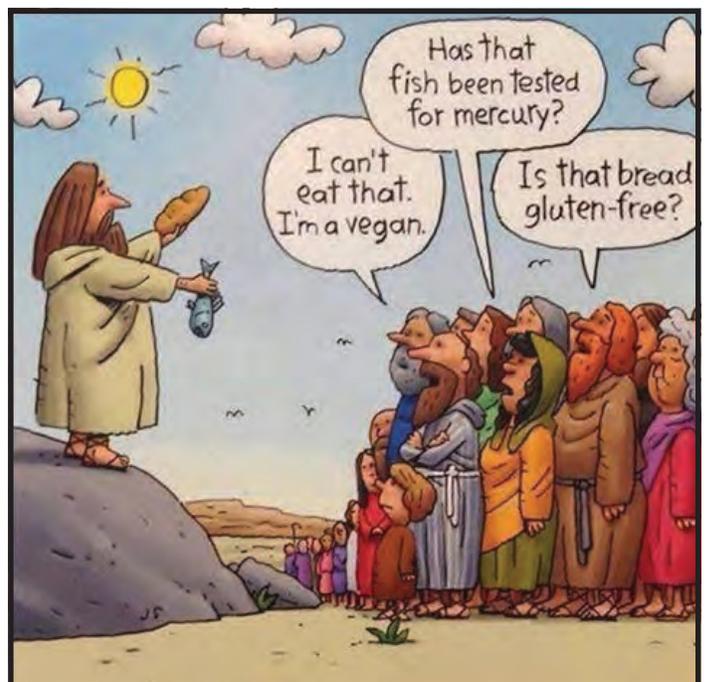
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"...all healing of every nature is the changing of the vibrations from within..." 1967-1



# Meditation: Gateway to Spiritual Gifts

by Douglas James Cottrell

(Cont'd from p. 13)

With practice, you may learn to relax deeper and deeper. As the conscious mind is directed towards, or focused on, something such as your breathing, the deeper levels or states of mind become active. You are able to receive answers with a greater degree of objectivity and clarity, as you become removed and detached from the conscious mind and its many influences, perspectives, and interpretations. With the body put on hold, so to speak, the mind is free to roam wherever it is sent. The enquiring mind may visit physically far-off places and return with information, observations, or comments concerning the present state of mind. It may even connect with the ever-present moment or the Akashic Field, which is a storehouse of all information out of our physical space and time. In meditation, the mind is able to comprehend and dig into far-off objects and things, without being influenced. This allows for greater clarity within the interpretation or the observation.

The gift that Mr. Cayce gave to the world is his demonstration of this immense ability, and the seemingly endless scope of applicability. He inspires us to follow his example and emulate the same ability in our own practice. How you choose to apply the information you intuitively receive through your meditations is up to you. I encourage you to share the information with others, so that all may benefit, and have evidence in their own lives that the larger spiritual dimensions “out there” are, in fact, real places that await to be experienced. 🍁



**DOUGLAS JAMES COTTRELL, PhD** has the extraordinary ability of accessing an energetic merge-point at which all consciousness and knowledge is shared (the Akashic Field). He is the author of numerous books about supernatural abilities and intuitive development, including *Secrets of Life* (2004) and his latest, *Conversations with the Akashic Field* (2016). He teaches courses in developing ESP, clairvoyance, clairaudience, and remote viewing in southwestern Ontario.

His website is at [www.douglasjamescottrell.com](http://www.douglasjamescottrell.com)



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# Grandmother Emily, Health Choices, *and the* Edgar Cayce Readings

By Stase Michaels

**I** GREW UP IN MONTREAL; grandmother Emily lived across the street during my teenage years, and thanks to her, I became a health nut at age fourteen. My grandmother's fascinating health journey still inspires me.

Emily was in her early fifties when I was a young teen; she ate the typical meat-and-potatoes diet of her day. To show for it, she had a long list of health conditions that included obesity, diabetes, and serious heart trouble. Her doctor told her she would be lucky to live another two years.

The looming encounter with death shocked my grandmother into assessing her health. Browsing in a bookstore, she found a book by Adele Davis, America's original celebrity health guru, who spoke of a need for exercise and the dangers of hydrogenated fat and excess sugar, ideas that later influenced many.

My grandmother was a fighter. Inspired by stories of patients who turned their health around, Emily took control of her diet. Taking an all-or-nothing approach, she threw out her pills, saying, "What do I have to lose?" With no whole-grain bread available in stores, she bought grains from a farmer, purchased a "home mill," and baked her own. She bought a juicer and changed her diet to organic fresh fruits, vegetables, grains, and natural supplements.

My mom and my sister laughed. I happily sampled and began to bring peanut butter sandwiches to school for lunch, laced with honey instead of jam. Even if they were a bit strange, I loved Grandma Emily's new delicacies and sensed truth in Adele Davis' books, which she passed on to me.

Emily stuck to a 100-percent nutritious diet, and amazing things began to happen. Within months, she lost the extra weight, her skin glowed, and she was full of happy energy. The most amazing change happened to her hair colour. At the time, Emily was grey-haired, but after she became a health nut, I watched her natural red hair colour grow back, from the roots up! The healthy diet restored her natural hair colour, and if I hadn't seen it with my own eyes, I might not have believed it!

The next amazing event happened two years later, while Emily was visiting a relative in another city. Because of her serious heart condition, her family doctor advised Emily to check in with a local MD where she was visiting. Hearing her story, the new doctor said, "I can't believe you've been sick a day of your life. I don't see anything wrong with you." On her return home, Emily got a full check-up and received a clean bill of health. Her heart

*Continued on next page*

(Cont'd from prev. page)

was fine, the diabetes was gone, she had regained perfect health. Emily lived into her early nineties and her hair colour stayed red! She helped with the first “health food cooperative” in Montreal and got me on board, took up yoga, and created amber gemstone works of art, which I cherish.

### The Edgar Cayce Readings

A few years later, Grandmother Emily changed my life in another important way—the most important one of all. She read Thomas Sugrue’s book about Edgar Cayce, *There Is a River*, and was blown away. As soon as she finished, grandma brought the book to me and said, “You have to read this.” She left the book on the kitchen table. I said, “I won’t read it.”

Of course, I did read *There Is a River*, and my life was forever altered. As a nineteen-year-old, I had been feeling a little lost; life did not make sense. It did not feel right that people simply went about earning a living, watching TV, drinking, and socializing. Sure, there was love, marriage, and family, but something deep within felt empty. I did not have the words for it, but my heart knew something was missing, and when I read *There Is a River*, I knew I had found what I had been looking for.

At last, life felt meaningful! After reading more books on Cayce, taking seminars, and living a spiritual life guided by mystical ideas that became a central focus, I found that life became a joy and an adventure. Discovering dreams, I took to dream analysis like a duck to water and without intending to, developed an expertise that, in later years, led me to write several books on dreams. Achieving that has been a wonderfully satisfying bonus in life.

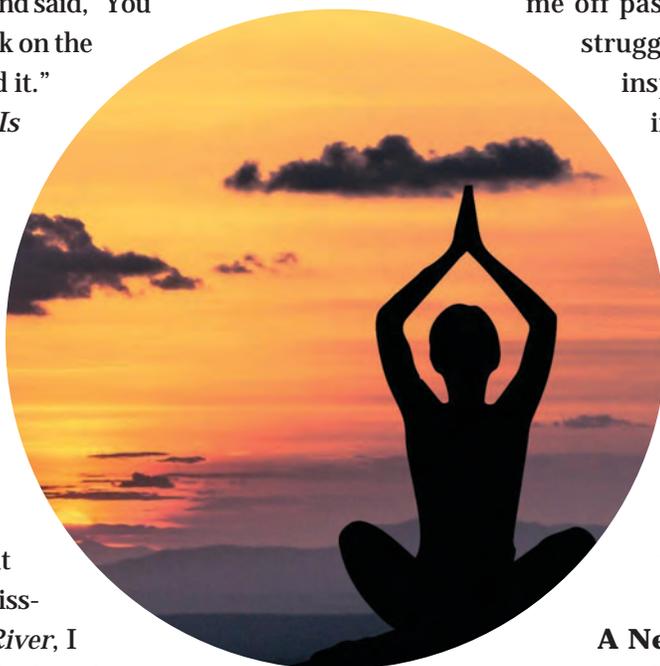
A quick P.S.: Never hesitate to share with teens, even reluctant ones. Despite their occasional bland facial expressions or words to the contrary, they hear and absorb every word you say!

### Health in Dreams and the Cayce Readings

Edgar Cayce fans like myself know that the majority of Cayce readings were health evaluations given to specific

individuals. At the same time, readings often gave general health advice such as what makes up an ideal diet, as 80 percent alkaline-forming foods (fruits, veggies) and 20 percent acid-forming foods (meats, grains), with olive oil as a preferred fat, and drinking freshly brewed coffee without milk. The readings emphasized the need for regular exercise and keeping the spine in good shape.

Since health has always been on my mind, dreams often gave insights and suggestions. When I lamented the dark circles forming under my eyes, a dream said, “Use olive oil.” Dreams helped me balance a raging sweet tooth, like a dream of a delectable pastry crashing onto a dirty floor into a yucky mess—the sight turned me off pastries. Although it’s a forever struggle, thanks to dream help and inspiration from the Cayce readings, better choices slowly won out through the years, one at a time. And while keeping weight in balance has always been a challenge, dreams, like seeing an old acquaintance at a school reunion who had stayed slender (and who was also a friendly rival), helped me get back on course more times than I care to count!



### A New Vision for the Body as a Temple

As a basic spiritual concept, we are mind, body, and souls on an eternal journey, a mixture of the spiritual and the physical. Readings often refer to the body as a temple, as in: “Remember ever that thy body is a temple of the living God. PRESENT the whole body holy, acceptable unto Him whom thou dost set in thy mind as thy ideal.” [867-1] In this context, I believe the word “PRESENT” translates to “make” or “transform” the body holy, as in SPIRITUALIZE the body. A phrase coined by Cayce, “the body is the temple,” has been repeated in metaphysical circles for years. But have we fully realized the significance of the body as a temple, as hinted at in the Cayce readings?

As we collectively turn a corner, we see ourselves more and more as co-creators with divine energy, a phrase the readings often repeat. As co-creators who are meant to help self and others evolve and progress spiritually, we may

need to fully embrace the body as an equal partner to mind and soul. As yeast in the dough of health consciousness, the Cayce readings may point the way through yet uncharted waters of defining such a soul-body evolution. Let's take a look at a few hints hiding in plain sight in the Cayce readings.

Reading 281-32 describes "a UNIFIED service of the body-mind, the body-physical, the body-spiritual" as an "understanding for a UNIFIED activity with Creative Forces, or the power of God," which sounds like a mandate to fully spiritualize the body along with mind and soul. And though there may be many such hints, check out a final passage which appears to point to the need to fully spiritualize the body:

"HE, the Master, came in flesh and blood ... Yet as He then proclaimed to thee, there is a cleansing of the body, of the flesh, of the blood, in such measures that it may become illumined with power from on high; that is WITHIN thine own body to WILL!" [1152-1]

We know from the Cayce material that setting ideals and the practice of meditation help us spiritualize, but what if nutritional needs are a part of spiritualizing the soul? As we use meditation and other spiritual tools for soul progress, to hold a higher spiritual voltage, a more advanced nutritional awareness may allow body, mind, and soul to progress as a unit, rather than independently.

To fully spiritualize and attune to Divine Love, the body, mind, and soul need equal time, and recognizing physical health as an integral part of attunement may be next on our collective agenda. That said, I've come to appreciate the genius of purpose as an intentional focus on health in the Cayce readings. And having reviewed my thoughts on health and the Cayce readings, I also have a deeper appreciation of the wonder of my grandmother's wonderful soul gifts. Thanks, Edgar. Thanks, Emily. 🍁

**STASE MICHAELS** is the author of *A Little Bit of Dreams* (2015) and *Nightmares: The Dark Side of Dreams and Dreaming* (Fall 2018). She grew up in Montreal, lived in the Virginia Beach area for over twenty-five years, and now lives in Port Credit in Mississauga, Ontario. [www.interpretadream.com](http://www.interpretadream.com)

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# The Recognition *and* Management of Spirits

by Steve Staniek

**M**OST OF US ARE DRAWN by simple curiosity to Edgar Cayce's readings, to discover what he saw while in a trance state. And Cayce often encountered spirits, as he states in reading 3744-1: "The spirit of all that have passed from the physical realm...remain within this sphere... There are thousands about us here at present." Cayce talked about spirit possession, and informs us in reading 5753-1, "Discarnate entities...may influence the thought of an entity." In reading 638-1, given for an elderly patient suffering insanity, Cayce declares: "We have possession..."

Cayce's Christian conditioning probably provided the religious framework and perspective for his readings. Christianity comes with rules and consequences, and is therefore a form of spiritual regulation or governance based on the absolute belief in the reality of unseen spirits. The Christian spirit world consists of three spirits combined into one divinity at the apex, with countless orders of spirits below. These are divided politically into angels and demons, and their influence over us is easily demonstrated by the difficulty we have in eliminating them.

Casting out demons was central to the ministry of Jesus of Nazareth; the Bible records many exorcisms. Broadly speaking, exorcism is the freeing of a person, place, or object, from some form of negative spiritual influence. Many ancient cultures including shamanism developed local forms of dealing with unwanted spirits, suggesting that the problem of spiritual interference is universal and timeless. I discovered quite by accident

that there is a natural clearing process, or spontaneous exorcism!

In retirement, I finally found the time and courage to dig into those extraordinary but undigested experiences that I had filed away as "Crazy stuff – Do Not Open!"

My first crazy vision came in my twenties, after a weekend of intense therapy where I had released a great deal of emotional pain around my childhood fears. Back at work on a bright Monday morning, I was walking across campus to get coffee when my thoughts returned to leftover feelings from the weekend. I began to reconnect with the long-forgotten warmth deep in my belly, and I allowed the feeling to grow into an uncharacteristic lightheartedness. A young couple walking a hundred feet ahead of me stopped to embrace before parting. I felt a surge of joy as I watched their affection manifesting before me. Suddenly, I noticed a large plume of dense grey smoke rising up quietly and quickly from behind my head. Like a dark, eerie shadow it rose up over 10 feet, still connected to me by its tail, before launching itself forward directly towards the couple. As the plume of smoke flew towards them, it grew two large arms of grey smoke which opened to enfold the couple, and then disappear into their bodies.

The event was over in seconds. No one else seemed to notice. I was stunned with disbelief, but knew intuitively that it came from a hidden world. Its sudden appearance was frightening, but I felt good afterwards. It would be 40 years before I would see the smoky creature again, and another three years before I successfully identified the entity.

My wife and I retired to the country, where I had my second crazy vision. I began to meditate outside, where I developed a spiritual ritual in which I would raise Gaia energies from the ground using Qigong patterns. One sunny afternoon, as I was walking to my meditation spot, I started to prepare myself mentally, when I stepped back suddenly to avoid a small but nasty prickly ash tree. As I stepped back into a patch of sunlight, a man-sized plume of dense grey smoke jumped out of me, from behind the left side of my head, and flew ahead of me down the path. It rushed past me so quickly that I mistook it for a person, and I called out, "Hey!" as it flew past me down the path. I sensed that Old Smoke was in a huge hurry to be away from me. This time, I sensed a greater intimacy with this shadowy apparition, like an old acquaintance. I felt confused but strangely elated.

In the 40 years between sightings, I had grown to accept that Mr. Smoke was my shadow-self, a concept promoted by Carl Jung in his book *Modern Man in Search of a Soul*. Jung's shadow-self is the dark part of our personality that we reject in order to survive in our society. He states, "*The most intelligent man may at times be obsessed with thoughts which he cannot drive away with the greatest effort of will. We only believe that we are masters in our own house because we like to flatter ourselves.*" Jung instructs us to embrace and own our dark side in order to achieve integration of self and bring an end to internal wars.

Today, the Catholic Church's leading exorcist in the U.S.A. is Dr. Richard Gallagher. As a board-certified psychiatrist and professor of clinical psychiatry at Columbia University, he walks a fine line between mental health and demonic possession. He's breaking down biases held traditionally by conventional medicine, as he claims to be the U.S.A.'s premier "demonic consultant." He bases his declarations that demonic possession is real, on first-hand observations and a growing body of empirical evidence. He claims to be able "to spot demonic possession" and discern it from mental illnesses. Because

of his Catholic faith, he works with the Catholic Church to help clear harmful demons from humans and reports that demand for exorcisms in the U.S.A. is increasing. In just one decade, the Catholic Church had to expand its national team from 12 to 50 exorcists because of increased demand. He admits that religious exorcisms often need to be repeated many times in order to succeed.

Neither Cayce's cosmology, Jung's scientific model of the human, nor Gallagher's combination of Christianity and science were able to provide an explanation for Mr. Smoke. When my spiritual quest finally led me to the shamanic path, I discovered the bit of information that changed everything. A shamanic student with psychic ability described seeing strange entities that fit my description during a training session for extraction of unwanted energies. The psychic student reported seeing dark-grey plumes of smoke leaving one client lying on the floor and immediately entering another.

Evidence from ancient shamanic cultures suggests that humanity has been dealing with interfering spirits for hundreds of thousands of years, long before organized religions were created. Traditionally, proof of spirits has always been experienced subjectively through the interaction of spirits with humans. Today's scientific community demands objective proof that can be quantified, recorded, and manipulated under lab conditions. Until science produces more sensitive instruments that can provide this proof, it will continue to deny the existence of the spirit world. My "eyes-wide-open experience" is the best proof I could ever ask for. I know now, without researching extensive libraries, and beyond the shadow of a doubt, that spirits exist, and they can enter us and influence our lives. More importantly, they can also be managed and removed by us, once we wake up to their presence and the power of our own spiritual sovereignty. 🌸



**STEVE STANIEK** is a lifelong community activist living in Prince Edward County, Ontario, who believes that combining Cayce readings with spiritual information from other paths opens doors to reveal our spiritual sovereignty.





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