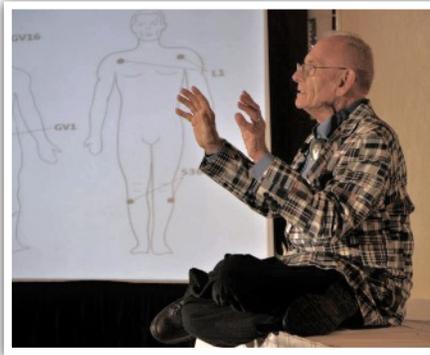


THE BIRTH OF CONSCIENTIOUS PSYCHOLOGY

BY C. NORMAN SHEALY, M.D., PH.D.

Conscientiousness has been identified as the single most essential personality trait for health and longevity.

Conscientiousness accounts for 75% of good health and longevity, and genetics is the major determinant of the other 25%. There are thousands of studies of the importance of conscientiousness but none that I have located on how to enhance conscientiousness.



Conscientious individuals tend to focus on:

- Organization
- Preparedness
- Order
- Efficiency
- Discipline

Obviously excessive or compulsive potentials exist for these traits, and some aspects appear to be inherent. There are no known studies on astrological influences on conscientiousness, whether parent personalities have a strong influence on conscientiousness, IQ of conscientious individuals, major social influences on conscientiousness, effects of nutrition, exercise, or any specific tools to enhance conscientiousness.

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THE BIRTH OF CONSCIENTIOUS PSYCHOLOGY

By C. Norman Shealy, M.D. Ph.D (Continued from page 1)

Can conscientiousness be increased with:

- Education
- Role models
- Self-Regulation
- Encouragement
- Rewards
- Punishment
- Self-esteem enhancement

We also do not know the neurochemistry of conscientiousness in individuals:

- Serotonin
- Beta endorphin
- Dopamine
- Oxytocin
- Norepinephrine /catecholamines
- Neurotensin

I believe that poor self-esteem is likely in those who are less conscientious and that oxytocin enhancement may be of great assistance but that remains to be proven.

The **NEO** (a psychological personality inventory) considers the following to be part of conscientiousness.

NEO Conscientiousness Facets:

Self-Efficacy. Self-Efficacy describes confidence in one's ability to accomplish things. High scorers believe they have the intelligence (common sense), drive, and self-control necessary for achieving success. Low scorers do not feel effective, and may have a sense that they are not in control of their lives.

Orderliness. Persons with high scores on orderliness are well-organized. They like to live according to routines and schedules. They keep lists and make plans. Low scorers tend to be disorganized and scattered.

Dutifulness. This scale reflects the strength of a person's sense of duty and obligation. Those who score high on this scale have a strong sense of moral obligation. Low scorers find contracts, rules, and regulations overly confining. They are likely to be seen as unreliable or even irresponsible.

Achievement-Striving. Individuals scoring high strive hard to achieve excellence. Their drive to be recognized as successful keeps them on track toward their lofty goals. They often have a strong sense of direction in life, but extremely high scores may be too single-minded and obsessed with their work. Low scorers are content to get by with a minimal amount of work, and might be seen by others as lazy.

Self-Discipline. Self-discipline – also called will power – refers to the ability to persist at difficult or unpleasant tasks until they are completed. People who possess high self-discipline are able to overcome reluctance to begin tasks and stay on track despite distractions. Those with low self-discipline procrastinate and show poor follow-through, often failing to complete tasks-even tasks they want very much to complete.

Cautiousness. Cautiousness describes a disposition to think through possibilities before acting. High scorers on the Cautiousness scale take their time when making decisions. Low scorers often say or do the first thing that comes to mind without deliberating alternatives and the probable consequences of those alternatives.

Although Humanistic Psychology officially began in 1963, Abraham Maslow laid for the public the major foundation of Humanistic Psychology with *TOWARDS A PSYCHOLOGY OF BEING* in 1968.

For 50 years my work has focused on safe and effective ways to relieve pain and depression. In the past two years it has become increasingly obvious that conscientiousness is the key to restoring health and longevity. The least conscientious individuals are much less healthy, and often seek drugs and crime as ways to satisfy their problems. Although we know a lot about conscientious people, the real need for society is developing tools for motivating those who lack conscientiousness!

Friday, January 11, 2013, Conscientious Psychology was officially birthed, with the creation of **The Mary-Charlotte Bayles Shealy Chair of Conscientious Psychology** at Missouri State University.

The Mary-Charlotte Bayles Shealy Chair of Conscientious Psychology puts Missouri State University at

Continued on page 3

the forefront throughout the world in developing this important field of psychology.

- There is a significant body of work in the past 3 decades on 5 major personality traits:

OPENNESS to experience:

Intellectual curiosity, creativity, appreciation for art and variety

CONSCIENTIOUSNESS:

Self-disciplined, organized, reliable, prepared, orderly

EXTRAVERSION:

Sociability, assertiveness, talkative

AGREEABLENESS:

Compassionate, cooperative; empathic

NEUROTICISM:

Impulse control, vulnerability, emotional stability

Conscientiousness has emerged as the single most important factor in mental and physical health and in longevity. There are thousands of articles evaluating those who are conscientious, but virtually none that suggests ways to **increase** this most important personality trait. Conscientious individuals not only are healthier and live longer, they are more productive, earn and save more, and are far less likely to become addicts or criminals. **The implications for society are enormous.** Less conscientious individuals have a much higher incidence of depression and poor self-esteem, as well as cancer, heart disease, and Alzheimer's disease.

We have more than enough evidence for the **benefits** of conscientiousness. **Conscientious psychology should focus on developing tools for increasing self-esteem and conscientiousness.**

Further reading can be found at: www.normshealy.com

Dr. Norm Shealy will be discussing these and other profound healing concepts including Energy Medicine at the annual **Canadian Fellowship Conference in Kingston, Ontario, May 23-25th, 2014.** For more information visit: www.edgarcaycecanada.com

SCHOLARSHIP PROGRAM

Edgar Cayce Canada's Youth and Adult Outdoor Retreat

The Youth and Adult Outdoor Retreat will be in its third summer in July, 2014. It has become a very popular event and to date the organizers have been able to raise enough scholarship money to either fully or partially assist youth under the age of 18 to attend. The scholarship program has been partially the reason for the success of the retreat. All youth under the age of 16 years must be accompanied by an adult, and when a family of 4 or 5 register, paying for 2 parents and 2 or 3 youth the cost of this three day weekend becomes formidable.

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

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

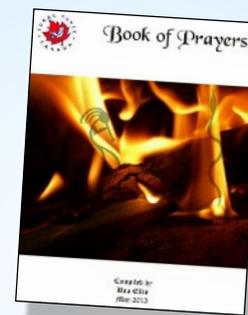
If you are unable to attend this wonderful experience, you can assist the youth to attend by donating to the scholarship fund, or by purchasing a specially produced ***Book of Prayers*** which was created to raise scholarship money for the youth for this program. This is a 23 page, book of prayers gathered from religions all over the world.

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

facilitated by the Retreat organizers to raise enough funding to ensure that no youth is left out because of a lack of funds.

The recommended minimum donation for the *Book of Prayers* is \$10.00. Please remember this program in your prayers and if at all possible a financial contribution would be greatly appreciated.

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



"Through diet and exercise the greater portion of all disturbances may be equalized and overcome, if the right mental attitude is kept."
(288-38)

Cayce at Bat,

ARTHRITIS STRIKES OUT!

By James Schmidt , Bracebridge, Ontario



Image courtesy of Leroy Neiman www.georgekreviskygallery.com

two years I searched the library for books on the treatment of arthritis. During that time I came across several promising techniques - one involving an antibiotic that had

As I struggled down the steps of the hospital in 1991 on my new crutches and in considerable pain, I overheard my wife say to our friend, "You know, the doctor said he could have died and he will eventually need a wheelchair." I had just spent two weeks in the hospital after having been admitted through emergency for advanced anemia and an irregular heartbeat. It was speculated at the time of admission that I was suffering from internal bleeding, a well known side effect to the medication I was taking to manage the pain of my rheumatoid arthritis.

While I walked into the hospital, as soon as my medication was taken away, I gradually reverted to an invalid state as the benefits of the drugs left my system. Was this what I had to look forward to, a wheelchair? I had been diag-

nosed with arthritis some fifteen years earlier and the drugs had effectively managed the pain, but the side effects to my body had been devastating.

It was about a week later before I could visit the rheumatologist who had briefly seen me in the hospital. He gave me an injection of cortisone in each knee and like magic I could walk again, virtually pain free. At that time he also prescribed some different "heavy duty" drugs which substantially relieved the pain of the arthritis such that I could function reasonably, but I still required a 6 month convalescent period from the side effects of the previous drugs.

More concerned now than ever about the potentially devastating side effect of the new drugs I was taking I resolved to look seriously into alternatives. Over the next

apparently been successfully applied in the United States, the other involved kinesiology as a diagnostic tool and various "medicines" to treat the condition. Although I tried the latter and had success with a non-arthritis related condition, I had no success for the treatment of arthritis.

At about the time I was searching, my wife became involved with the Cayce material. Subsequently, we attended the Canadian Fellowship Conference held annually in Kingston, Ontario at which Dr. John Pagano was speaking on his use of the Cayce material to treat psoriasis and arthritis. I was very impressed and shortly obtained from the A.R.E. in Virginia Beach the "circulating file" which contained all the readings given by Edgar Cayce on rheumatoid arthritis.

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Edgar Cayce Canada - Board of Directors

...is seeking board members to represent the province of Ontario beginning in May, 2014. If you are interested in the long-term planning of the organization and have a few hours per year to give to the 'work,' please contact: Thérèse Leman, Chair of the Nomination Committee at anncajt@hotmail.com or phone 613-731-4907.

Cayce at Bat, Arthritis Strikes Out!

By James Schmidt , Bracebridge, Ontario *(Continued from page 4)*

Initially, I found the readings rather discouraging as either there was no follow up as to how the individuals did or if there was follow up the results of treatment seemed somewhat negative. In addition, for a number of individuals there was the warning not to start the treatment program unless they were going to carry it through as their condition would become worse! However, I did try to follow the alkaline diet and as flawed as the attempt was, I did see my psoriasis disappear.

I continued to devour Cayce material and as I began to practice meditation and discover the validity of this material, I slowly came to the realization that this information could be valid - it seemed to be simply a matter of rigorous application. As Cayce said over and over — "patience and persistence." So I tried a few of the therapies outlined, such as, massage with peanut oil, colon hydrotherapy and spinal adjustments, with little noticeable success.

Then, in 1997, the A.R.E. in collaboration with the Meridian Institute, which is also based in Virginia Beach, announced that they had developed a treatment protocol for arthritis based on the Cayce readings and were seeking candidates to come to Virginia Beach for a research trial of the protocol. I was fortunate in November 1998 to attend a 10 day residential program at the Beach along with six other individuals who had osteoarthritis. (Although I had some joints affected with osteoarthritis, my rheumatoid arthritis was far more serious). At the Beach we were shown and applied the various therapies involved in the treatment protocol. One of the more inspiring events during this program was a talk given by a lady who had followed essentially the same treatment regime as outlined in the protocol some 30 years previously and cured herself of rheumatoid arthritis! I was to learn later that, one of the most valuable comments that she

made was that it took about a year before any benefits were realized. Without that knowledge, I am sure I would have given up prematurely.

The treatment program outlined in the protocol involves a change in diet to the Cayce "alkaline diet," regular massage with peanut oil, the taking of Atomidine for 5 days followed by an epsom salts bath and then a massage with peanut oil, spinal manipulation and castor oil packs followed by colon hydrotherapy.

Continued on page 7

Edgar Cayce Canada's Youth and Adult Outdoor Retreat

July 17 - 20, 2014

**In rural
Huntsville, Ontario**

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- You will enjoy workshops on various subjects, meditations, outdoor hikes, spiritual dances, drumming, camp fires, friendships, sing-a-longs, and much, much more!
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For Adult Prices and Youth Scholarship
Opportunities:

Contact: Catherine McDonald, Registrar
705-645-3879 or cmac@muskoka.com

Content...

But not Satisfied

By Brian Alderson

When one of Edgar Cayce's clients asked the question: "Have I a right to demand abundance, or should I be content with my small income?" Cayce replied: "*Be content with what you have, but never be satisfied with what you have.*" At first glance the answer does not make sense for are not contentment and being satisfied the same thing? One can just as easily say: "I am content with life" and "I am satisfied with life." However like most synonyms they sometimes may be used interchangeably but there are differences in meaning. After all if both words had exactly the same meaning there would no need to have them both in our language. Like the joke about an English journalist in Ireland who pointed out to the Station Master that the clock on the opposite platform was not at the same hour as the clock on the adjacent platform. The reply was "Now sir what would we be needing two clocks for if they were to be telling the same time?"

When we search our dictionary we find that to be content means to be able to be happy in the life we are living and to have the ability to be grateful for what we have. Being content may be an abiding state, a mental ascent or conviction, regardless of external or even internal influences.

On the other hand to be satisfied suggests complacency with the way things are so there is no need to make any effort to improve. For example a young man has just finished a race and came third. He is content with third place because he knows he has done well. Yet he is not satisfied with coming third place, and will make efforts to further improve his performance in the future. If we feel satisfied with everything in our lives, we have not set our ideals to a level which requires us to constantly aim at improving. We may just settle for mediocrity rather

than excellence. The following story emphasizes the difference between contentment and being satisfied:

"In April 2001 I was forced to live in a hospital while I waited for a transplant. At twenty-two years old, being stuck in a hospital room smaller than some people's bathrooms for an indefinite period of time was as close to a living nightmare as I'd ever experienced. There was so much I still wanted to do, so much I wanted to accomplish and at the time I wasn't sure I'd ever get to do any of those things.

Initially I felt like I was wasting time, sitting in a hospital room with my life on hold waiting for a transplant that I wasn't sure would ever come. While I maintained a hope that a donor would be found in time, I knew that I may never leave that hospital room. I knew that I may just be waiting to die. It was incredibly frustrating and I was far from satisfied with my life, but over a period of six months I found contentment.

I learned to stop focusing on what I didn't have and to appreciate everything I did have (family, friends, and a relationship with God). I accepted what I couldn't change and focused on the things that I could. I found contentment, but I was never satisfied. I wasn't satisfied with being stuck in a hospital room at twenty-two years old when all of my friends were out living their lives, going to school, getting jobs and having fun.

I wasn't satisfied with the idea that while many people get seventy or eighty years to live their lives, I might only have twenty-three and I might die without doing so many of the things that I'd wanted to do in my life like getting married and having a family.

I think we all need to strive to feel content in our lives and to be grateful for what we have. But that doesn't mean that you need to be satisfied with everything and stop striving to improve your life and the lives of those around you. Take a few minutes at the end of each day this week to be thankful for what you have and also to think

about the things that you still want to achieve. That way you can work on finding contentment, but you'll avoid falling into the trap of feeling satisfied." - *Live Life From the Heart* - Mark Black

FROM THE EDGAR CAYCE READINGS

(Q) Have I a right to demand abundance, or should I be content with my small income?

(A) Be content with what you have, but never be satisfied with what you have. Abundance is the lot of him who is in accord with those truths of the Creative Energy, just as the world - the hills, the cattle, the gold - is mine, says the Lord. I will repay, says the Lord. Put yourself in that attitude, that position, of reflecting that as is of the Creative Energy, and that necessary - and over an abundance will be in your hand. 2842-2

Here, too, should be a lesson - never be satisfied but content. For, he that is satisfied has ceased to grow. Being content and consistent becomes another experience for an individual. 2509-2

(Q) Am I making proper headway spiritually, or has my material circumstance stilted such growth?

(A) As indicated, this is almost ideal. Never be satisfied, but do be content. Press on to the mark of higher calling, and know you have a duty, you have an obligation, - to be ever a shining light to others. If not the sun, the moon; if not the moon, a tiny star. But keep a light, a hope. And they must all be in the Cross of Jesus. 3037-1

Never be satisfied, but in whatever field of endeavour or activity which is chosen, do make self or so engage self as to be content. Know, as you analyze yourself, these are unalterable truths: God is, and to Him first you owe all allegiance. Or you work with or against that divine within. Not that you separate God and become as a servant, but as the Master so often indicated "I and the Father are one, I am your brother, you are co-creators with God. Be holy, even as your Father in heaven is holy." 5104-2

Reprint courtesy of "The Rainbow Journal" Nov. 2013

Cayce at Bat, Arthritis Strikes Out!

By James Schmidt , Bracebridge, Ontario *(Continued from page 5)*

The therapies are applied on a cyclical basis. The key to the process is attuning body, mind and spirit and believing that a healing is occurring.

So what has happened? The first thing I noticed immediately after the 10 day program was that I no longer had headaches - something which I had suffered from almost every day for years. During the next 10 months, I truly believed that my body was being healed and at the end of that time, I ceased taking any medications for arthritis and have taken none since. A giant leap of faith, leaving the safety of the medical environment and trusting one's inner knowing. I believe that the key to physical healing is having a positive attitude and a strong belief that it will happen. I still have some remnants of arthritis in one joint in one finger on each hand but much to my rheumatologist's surprise there is no discomfort associated with them only a slight loss of motion. Today I participate in physical labour, climb ladders, cut wood, ride a bike, and play golf twice a week (walking the whole time), when time and weather permits.

For 3 and a half years I tried to follow the protocol rigorously. Although it was relatively easy to schedule the appropriate appointments for treatments from

health professionals, it was more challenging to follow the alkaline diet. The reason for this is because it is something you must do every day and when you are travelling or visiting others or eating out it indeed can be a challenge. It would be an overstatement to suggest that I have followed the protocol letter perfect, but when I do go astray for a few days, I return to it as soon as possible.

As you may appreciate, undertaking this program has changed my life and lifestyle. As of 2014, this program has been successful for me and I would certainly recommend it to anyone wishing to explore an alternative approach to the treatment of arthritis. As resource materials, I highly recommend reading "Healing Arthritis, The Edgar Cayce Approach" by William A. McGarey, M.D. and "Edgar Cayce's Keys to Health - Simple Solutions for a Lifetime of Vitality" by Eric A. Mein, M.D. , of the Meridian Institute. For anyone interested in following the Cayce approach to any illness, I strongly recommend reading, "Hope Springs Eternal" by David Atkinson for a truly inspirational lift on the way to wellness.

Information on the results of the arthritis research trial are available on the Meridian Institute's website;
www.meridianinstitute.com

Events Across Canada

Spiritual Growth Study Groups
Contact: Marilyn Kendall Smith
Toll Free 1-866-322-8209, ext 5
studygroups@edgarcaycecanada.com

British Columbia

Comox Valley – Monthly
Metaphysical Exploration Group
Contact: Anjali or Norman Thomas
250-338-1690

Nanaimo – 1st and 3rd Thursdays
Nanaimo Metaphysical Network
Visit: nanaimometaphysicalnetwork.org
for schedule and speakers
Contact: William or Judith Munns
250-753-2110 nmn05@shaw.ca

Vancouver – Meetings every month
Mutual Interest Group/Movie Night
Contact John Golka 640-736-7762

Ontario

Peterborough – January 25, 2014
New Year Retreat
Working Positively with Change,
Inner and Outer
Contact: Helene Thibert 705-745-7188

Ancaster - January 24 to 26, 2014
Annual Meditation Retreat
Christ Consciousness
Contact: Allan or Susan Lappin
416-466-5324

Kingston - May 23 to 25, 2014
Annual Canadian Fellowship
Conference
Keynote Speaker:
Dr. Norman Shealy, MD, PhD
Energy Medicine, A Path to Bliss
Contact: Laurie Oliver, Registrar
1-866-322-8209, Ext. 715
cfc@edgarcaycecanada.com

Huntsville July 17 to 20, 2014
Annual Youth and Adult
Outdoor Retreat
Contact: Erika Allen 905-726-9043
erwassif@gmail.com

New Brunswick

Sackville - July 11 to 13, 2014
Keynote Speaker, Rick Hunter
Adventures Within
Contact: Mary Easson 902-926-2096
crittershack@hotmail.com

Quebec

Montreal (South Shore) Bi-weekly Mtgs
Healing and Meditation Group
Contact: Peter Kendall 450-676-4203

Dr. Shealy is a neurosurgeon, psychologist, and founding president of the American Holistic Medical Association. An International speaker and researcher, he holds ten patents for innovative discoveries and he introduced the concepts of Dorsal Column Stimulation and Transcutaneous Electrical Nerve Stimulation (TENS), both now used worldwide. He has published over 300 articles and is author of 25 books. He is cofounder of the American Board of Scientific Medical Intuition and perhaps the world's foremost medical expert on medical intuition.



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*May You Have a **Joyous** and **Prosperous** New Year!*



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