



ISSUE 62 • Fall 2017

The Open Road

The Magazine of Edgar Cayce Canada



All that ye may know of God must be manifested
through thyself. To hear of Him is not to know.
To apply and live and be is to know.

(EC 2936-2)



Feature this issue by

Lynn Sparrow Christy

Keynote speaker at Canadian Fellowship Conference 2018

Evolutionary Growth in Consciousness



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
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The Purpose of the "Work"

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

(Cayce 254-86)

The Open Road

The Magazine of Edgar Cayce Canada

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Submission deadlines are January 1 and July 1.

Please send submissions, ideally in MS-Word format, to the editor, Simone Gabbay:
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From the Editor

There's nothing like working through a task yourself to know the time, commitment, and effort that go into it! Why do I say this? Because this is the first issue of *The Open Road* that my family team and I have had the pleasure to edit and design.



For the past 14 years, this work has been the labour of love of Catherine MacDonald and James Schmidt, who nurtured and grew *The Open Road* from a small newsletter to a full-fledged, sophisticated magazine. Few, if any, would have been aware of the countless hours they put into every issue, so that you and I could read a beautiful and inspiring magazine. It is thanks to Catherine and James that we've been able to enjoy a variety of engaging articles by our much-appreciated writers and keep up to date with Edgar Cayce Canada events and the people who make them possible, all of whom are volunteers.

My team and I have big shoes to fill, but we are grateful for the guidance and assistance that Catherine and James have given us in preparing this issue. We appreciate knowing that they are there to help and advise us as we continue to learn the ropes and work on keeping the magazine coming. Please continue to send us your articles and contributions, as *The Open Road* could not exist without them.

On behalf of all our readers and contributors, what can be said but a heartfelt...



Simone Gabbay

Prayer Circle Network

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

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Kathie Caple

kathiecaple@hotmail.com



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& Say a Prayer
for that special someone*

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From *the* President's Desk



DEAR FRIENDS AND MEMBERS of Edgar Cayce Canada: It is that time of year again when schedules ramp up with family gatherings and giving thanks, transitions, resolutions, and reflections as we remember the people and traditions we have shared throughout our lives. How fortunate we are to be part of this "family"—a group of curious, loving souls who have come together to support one another, to study, assimilate, and apply the principles in the Edgar Cayce readings:

"...there is unity of purpose in those that make such a body, and provided it is that oneness of purpose which from the foundations of the earth has been ONE in Him. So, measure ye up in thine own selves - all ye that would make for the creating

of, bringing into being, that which would present ANY expression or manifestation of that which may be sought through these channels. As has been given, ye have in thine own hands, thine own minds, that which is unexcelled in manifestations of His at-oneness with the Creative Forces manifesting in the earth." (EC 254-85)

Edgar Cayce Canada is a dynamic organization, where volunteers join in, and sometimes move through different roles as interests and responsibilities are needed. I would like to recognize these volunteers as part of our Cayce family who have changed duties or moved on and have contributed to "the Work" throughout the year:

With special thanks to... Catherine MacDonald, James Schmidt, Laurie Oliver, Marcine Madill, Monika Jones, Garth Herman, and Elizabeth Cayce Hornseth.

I would also like to give a special welcome to Simone, Eliahu, and Benjamin Gabbay, the new production team of *The Open Road* Magazine. Thank you for sharing your knowledge, talents, and publishing gifts.

Our next publication will be *The Open Road* Newsletter, which will include "A Year in Review" and details of events for 2018.

Until then, I wish you and your families a very Blessed Christmas Season and Joyous New Year!

Lori Jensen

Chair of the Board & CEO
Edgar Cayce Canada

Announcement

Edgar Cayce Canada's Annual General Meeting will be held on May 12, 2018, during the Canadian Fellowship Conference (May 11-13, 2018) in Picton, Ontario (see back cover for details).

Everyone is welcome!

However, only ECC Members have voting privileges.

Back to the Future!

by Catherine MacDonald & James Schmidt

AS WE LOOK BACK INTO the past, the Universal grand plan for our lives seems so logical; however, if we had tried to figure it out looking forward, we would never have believed it. Neither James nor I had any interest in esoteric material. We were both professionals—he an engineer and I an accountant. Our brains worked in positives and negatives, and everything was either black or white.

Interesting how all that can change and life can take a 360-degree turn, depending on life's unpredictable situations! My awakening came when I discovered a past life while visiting Holland, and after much research and mind-searching, I was led to the Cayce material on reincarnation. James, at the same time, had a body breakdown from taking arthritis drugs for many years and was searching for an alternate treatment. Having joined a Search for God study group in Oakville, Ontario, we heard about a wonderful conference in Kingston (Canadian Fellowship Conference), where in 1993, Dr. John Pagano was speaking on a treatment for psoriasis as well as an alternative treatment for arthritis. We went to the conference and never looked back. Following an alkaline-forming diet, as recommended by Dr. Pagaono, James brought his arthritis under control. This diet really works.

At about the same time, while this was going on, a handful of dedicated Cayce folks were planning the launch of Edgar Cayce Canada and an Edgar Cayce centre. James and I followed the progress that was laid out in a



fledgling newsletter originated by two ladies in Ottawa, Sue Wilkinson and Maureen Stark. The first issue of this newsletter, called *The Open Road*, appeared in the Spring of 1995 and had been published with seed funding from the Canadian Fellowship Conference Committee.

To make a very long and detailed story short, James and I were retiring at that time, and the newsletter advertised for board members and a CEO. James and I suddenly had time on our hands and the skills and work experience that could be of assistance in the development and operation of an organization.

In the year 2000, I became the first CEO of the newly formed “not-for-profit” Edgar Cayce Canada, and James took a position on the Board of Directors, later becoming

Chair. Over the years, James and I became heavily involved in the development and maintenance of the organization. At one time or another, we held most of the key positions. Gradually, dedicated folks came forward and took most of them over. We have produced *The Open Road* magazine since 2003 and nurtured it into a 36-page full-colour magazine. In recent years, we had been praying for someone to take over the production of *The Open Road*, and now the Universe has provided and Simone Gabbay and family are taking it over. May God bless them in this endeavour.

Most of the positions in the organization have now been filled by dedicated souls, but James is still holding the Corporate Secretary position and I am still the Chief Financial Officer. We pray that the Universe will provide dedicated folks to take on these final two jobs.

We have enjoyed serving the membership of Edgar Cayce Canada; it has been an integral part of our lives, and we will always be ensconced in the Cayce principles and practices. The activities have provided tremendous personal satisfaction, as volunteering has been a terrific learning experience as new jobs and activities were undertaken. It has also been very rewarding in developing new friendships with like-minded souls.

We have been very fortunate to have discovered this material 25 years ago. It has changed our lives and hopefully had an impact on many others through our varied associations with ECC members, study groups, and conferences. 🍁

Nothing Happens *by* Chance

by Don and Donna Jeffrey

IN THE 1960s, DON HAD a lucid dream that led us to join a meditation group, where we all learned how to do psychic readings by various means—psychometry was a popular one, and one member of the group actively pursued this, becoming very good at it. The rest of us gave “readings” only if asked, or when some situation merited it.

For some reason, Don was drawn to palm reading, although at first he knew only a few basic lines. He felt he simply *had* to do it. It seemed to come very naturally to him, and he ended up reading for thousands of friends and even business customers, who seemed to enjoy it very much. Sometimes readings and discussions led to spiritual matters and because of this interest, one of Don’s business customers was invited to a meeting at our home in Oakville, where we often held discussions of a spiritual or philosophical nature. The customer was unable to come, and the invitation was passed on to Catherine MacDonald. Catherine attended at short notice, and she met a lot of A.R.E. people that night. She must have liked what she heard, and the rest is history!

Catherine went on to become President of Edgar Cayce Canada, wrote some articles for *Venture Inward*, and joined the board of the A.R.E. in Virginia Beach. Not only that, but she and her husband, James Schmidt, edited, designed, and produced *The Open Road* for 14 years and developed it into a substantial magazine. What a record! . . .

(Continued on p. 14)

Evolutionary Growth in Consciousness

by LYNN SPARROW CHRISTY

“For the purpose is that each soul should be
a co-creator with God.”

(Edgar Cayce Reading 4047-2)

THERE ARE TWO FRAMING STORIES about the meaning of our existence. One is the story of something gone terribly wrong at the dawn of time. In this story, all of our existence is about fixing that mistake, about returning to how things were before we messed them up. The other framing story begins with the Big Bang. It focuses on the evolution of the entire cosmos and our role in that unfolding story. It looks at the mind-bogglingly vast cosmos and sees it continuing to expand, with new stars being born and their systems

maturing even as old ones are dying. It looks at the Earth and notes that life continues to evolve toward ever-greater diversity and complexity. It probes the reaches of human consciousness and does not see a separate evolutionary story, but rather an interlocking pattern of development that makes us not only part of a single humanity, but part of what evolutionary thinker Julian Huxley called a “single process of self-transformation.” It involves a cosmos. It involves all life within that cosmos. It involves our individual development, and it involves civilization as a whole.

That is the key concept behind one of today's fastest-growing spiritual movements – something that is called “evolutionary spirituality.” It is also a concept that has been hiding in plain sight within the Cayce readings.* Evolutionary spirituality sees evolution of consciousness in a much broader context than we typically consider when simply doing “soul growth.” The evolutionary approach reminds us that all of our work in soul growth has deep meaning even beyond the personal level: we are here to carry forward the evolution of consciousness within matter. It is the reason we meditate, try to treat others well, and do our part to bring spiritual awareness into daily life. From the evolutionary perspective, all of our human struggles to grow, develop, and overcome personal obstacles are part of a single process taking place simultaneously in the cosmos, the biological world, and in the human psyche.

This can make a big difference when we feel as if we are growing at a “three steps forward, two steps back” pace. It can remind us, when we fail to live our ideals as fully as we set out to do, that evolution is a slow, iterative process. It can empower us with stronger motivation when we need that extra little push to maintain spiritual disciplines. And perhaps most important of all, when we feel discouraged about conditions on the world stage, it can remind us that time is long and the human race is still a confused adolescent.

Just as we can see evidence of our kinship with all biological life in the way the stages of fetal development recapitulate the evolutionary story of biological life from a single-celled organism to a fully formed human being, the linkage between our personal and collective evolution becomes apparent when we view history through the lens of the same developmental themes that characterize our childhood development from infancy to toddlerhood to early and middle childhood and on to adolescence and adulthood.

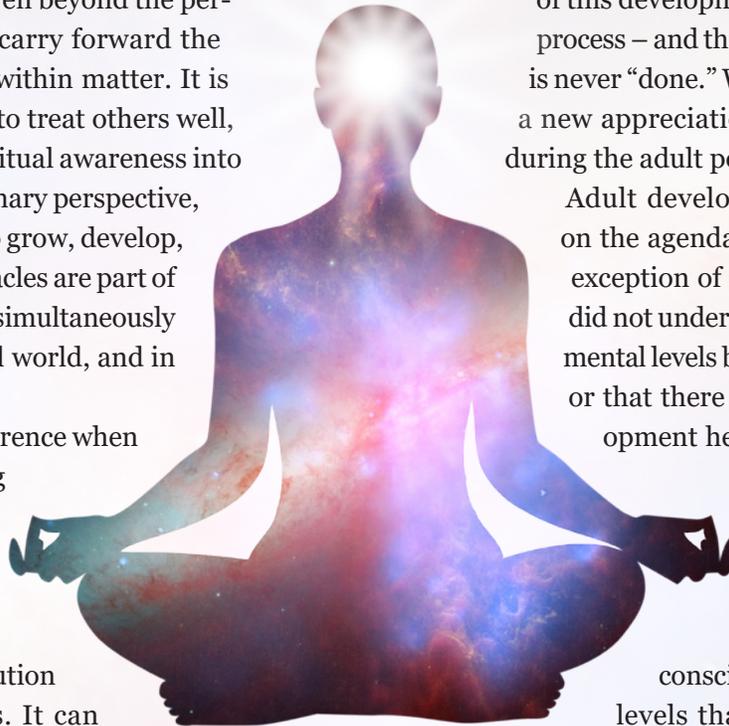
For much of human history, we didn't know that our biological world and the physical cosmos were evolving, let

alone that consciousness and therefore civilization could evolve. Much the way childhood development tends to lead children the world over through the same sequence of developmental stages, we have been collectively carried along on the currents of the evolutionary trajectory through distinct stages from our most primitive, prehistoric arrival as a species all the way up to the modern age. Only in recent centuries has it become apparent that all of this development has been an evolutionary process – and that evolution, by its very nature, is never “done.” With that realization has come a new appreciation for ongoing development during the adult portion of our lives.

Adult development was not always high on the agenda for human beings. With the exception of a few sages and seers, people did not understand that there were developmental levels beyond basic adult competency or that there was room for ongoing development here on earth. Religions taught how to appease gods, and people tried to be good or believe the right things in order to go to heaven when they died. But growth in consciousness – especially in staged levels that take us beyond where we landed with the attainment of rationality in

our teens or early adulthood – was not on the radar screen until relatively recently, when modern psychology from theorists such as Abraham Maslow pointed the way toward increasingly higher levels of function and well-being.

With the addition of the evolutionary perspective, we can see that as life forms become more complex, they have the capacity for more expansive levels of consciousness as well. This makes the human potential for greater development in consciousness a frontier of sorts. The point is more than philosophical or theoretical. Einstein's oft-quoted maxim that “we cannot solve our problems with the same level of thinking that created them” applies as we look around the modern world, with its geopolitical, ecological, social, and medical crises. If our world's problems cannot be solved at our current level of consciousness, then the growth of our



* Lynn will further explore the linkage between the Cayce readings and the evolutionary view at the Canadian Fellowship Conference May 11-13, 2018.

consciousness – as individuals and as a human race – is of paramount importance.

The modern rational mind is perched on top of eons of evolution in consciousness that has brought about the self-reflective capacities of the human being. This is an enormous evolutionary milestone, for now we can not only think, but we can think about thinking and ponder our own inner world of intention, desire, and reasoning. In that way, we are collectively at a stage analogous to that of the young adult who has naturally grown into the capacity for rational thought. But now the automatic growth of childhood is over; whether that young adult continues growing in the capacity for complexity, expansiveness, and various other

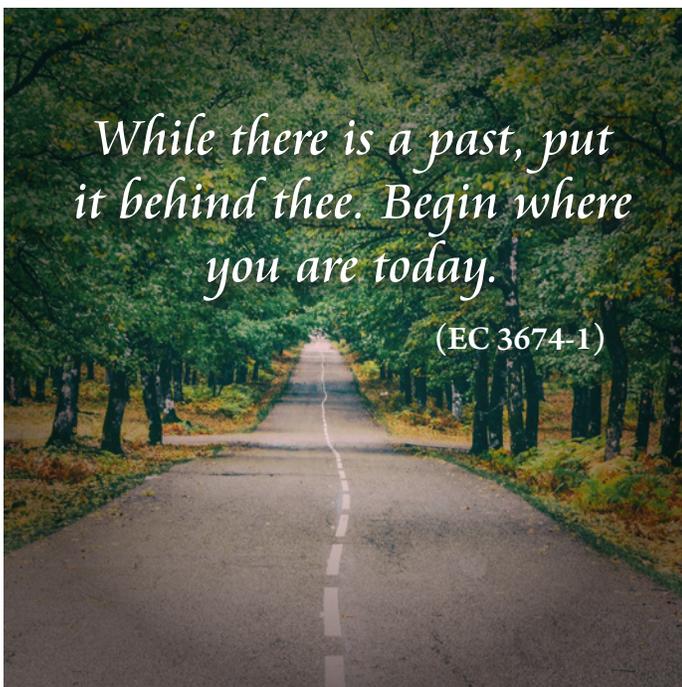
higher-level functions is now a matter of choice. For those alive to the possibilities, new levels of growth beckon as the call to continued evolution, both within ourselves and in what we bring to humanity's collective evolution.

My book *Beyond Soul Growth: Awakening to the Call of Cosmic Evolution* (A.R.E. Press, November 2013) explores these ideas and more. It offers specific exercises for turning evolution in consciousness from theory to practice, and I am excited to be able to share many of these with you during next May's Canadian Fellowship Conference in Picton, Ontario, where I will be giving a workshop on "Co-Creating with Spirit to Change the World." 🍁



LYNN SPARROW CHRISTY's experience as a growth mentor includes work with thousands of clients over the past 25 years as a hypnotherapist/life-coach/spiritual mentor and more than 40 years' work as a presenter of the Cayce material. She is the author of numerous articles and several books. Lynn will be the keynote speaker at ECC's Canadian Fellowship Conference at Isaiah Tubbs Resort & Conference Centre in Picton, Ontario, May 11-13, 2018 (see p. 19 for details).

Visit Lynn's website at www.accessyourpotential.net



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

A Senior's Story of a Benevolent Angel

By Evelyn MacKay

THERE IS A SENIORS' RESIDENCE very near us, and every month, several local women plan a regular visit with residents on a designated afternoon, for tea and sharing social time. They take along goodies and things that will interest the seniors. As well, these visitors make an effort to encourage the seniors to tell about their own life, whether it is to ask them to share stories about where they lived, what their life experiences were, and mostly to remind them that their life was important and rich with events that were meaningful to them and to others. This allows the seniors to offer wonderful entertainment to one another.

One day, I was asked to go along with these volunteers to share stories of angels or to elicit stories from them. After a brief talk about angels and how they can appear or how they can help us, my friend Ann thanked me, "You were great, Evelyn. You put only three people to sleep!" I then asked these women, residents of the facility, whether anyone had a story to share.

A tiny German lady said she had one. She was quite reluctant and very slow in speech; she was not given to deep sharing, but she had not been one of the people who slept through my effort to entertain them about angels! In fact, she had been quite attentive.

This tiny lady, speaking carefully with a very distinctive accent, offered to share a story of hers.

"I am over 90," she began tentatively. "I have to tell this very slowly as I have not spoken of it in a very long time and I want it to be correct. During World War II, our very poor family was in Germany. I cannot remember why, but

my father was not involved in the war, although we were very aware of it and we suffered many deprivations because necessities were directed toward those soldiers who were fighting and therefore needed the resources of the country.

"We had a little brother who was very ill and was expected to die. He used to say, 'When I am in heaven, I will ask the angels to send some money to my family so you don't have to be so poor.' He was a very sweet and sensitive child."

The little lady slowly continued: "One Sunday, we were in our parlour saying prayers and reading the Bible, which we did every Sunday after our noontime meal. My father, inter-

rupting the little family service that he led, suddenly got out of his chair and went into the next room, the dining room, where he saw, on the table, a white envelope. He opened it in front of all of us. It contained money, which we needed so badly."

After a pause of several moments, she went on: "No one had come into the house, we had no guests, and when we went

into the parlour for prayers, the envelope was not there, just the table as we had gotten up from our noon meal. But there it was, with money for our needs. We were so happy to have this help for our family. We did not know who had delivered this envelope or how it had come into our home. My little brother said, 'I did not have to die for the angels to help.' He got better and did not die at all."

Although this lady was so tiny and a hesitant speaker, she was a very moving story teller! Our group of listeners was ever so pleased and honoured to hear a story so memorable and precious. 🍁



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.

Co-Creating through Food and Thought

By SIMONE GABBAY

WHAT WE THINK and what we eat—combined together—make what we are, physically and mentally. This excerpt from Edgar Cayce reading 288-38 has been so often quoted in books and articles that when we see it, we tend to brush over it, thinking that it's nothing new. We already know this!

But do we really? More importantly, do we put into action what this statement calls us to do? One of the aspects that I most treasure about the Cayce health readings is the acknowledgment that while body, mind, and spirit are one and all healing is ultimately accomplished through the spirit within, it is just as important to do the right thing on the physical level. We are not called to rely on thought or spiritual power alone: "...while spiritual thought and spiritual food values are essentially supplying elements to a physical body, in the material plane it is necessary also that material food values be taken for sustaining not only the physical forces but the spiritual elements as well; to keep them in contact or as parallel one to another in their activity." (EC 516-4)

The unity of body and spirit allows energy contributions to run both ways—from the immaterial to the material, as well as the other way around. The vibrational energy of the food we eat interacts with the mental energy created by our thoughts, and they are both reactive to each other. Together, they create the aspect of our being that represents us in this lifetime upon the earth. With our intentions and actions, we choose to allow certain foods and thoughts to enter our bodies and minds, thereby continuously directing the re-creation of our mental and physical selves.

Mindful eating

The spiritual practice of mindfulness plays an important role even when it comes to eating. Good nutrition is not just a question of what kind of food we eat, but also

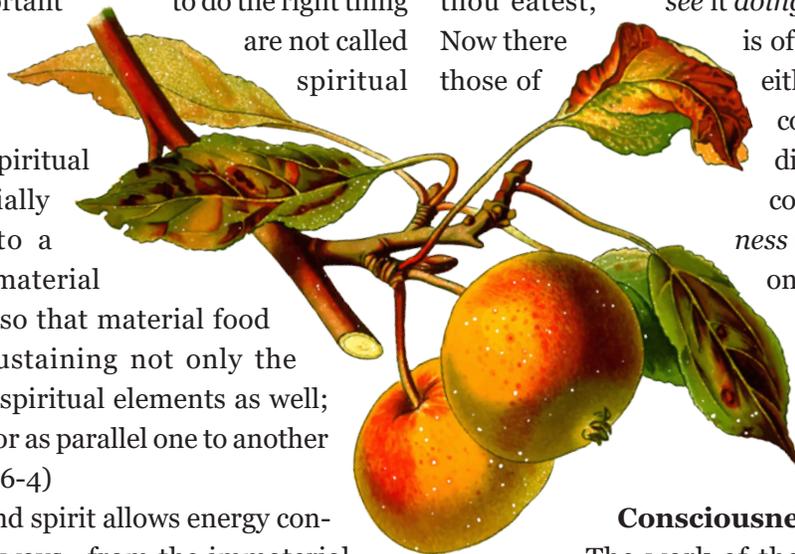
of how efficiently the food is digested and utilized by the body. Chewing food well, as emphasized in the readings, and paying attention to its taste are important factors in optimizing the assimilation and absorption of nutrients. Try to relax and release any tension, fear, or worry before you sit down to eat, as negative emotions such as these inhibit the secretion of digestive juices, which results in incomplete digestion and poor assimilation.

A positive and constructive attitude toward diet helps us derive optimal nourishment from the foods we eat. Through our consciousness, the readings say, we can influence how the nutrients are processed in the body: "That thou eatest, see it doing that thou would have it do. Now there is often considered as to why do those of either the vegetable, mineral, or combination compounds, have different effects under different conditions? It is the consciousness of the individual body! Give one a dose of clear water with the impression that it will act as salts—how often will it act in that manner?" (EC 341-31)

Consciousness and water

The work of the late Japanese researcher Masaru Emoto suggests that human consciousness, when directed at water, has an effect on its molecular structure. Applying a process whereby he would freeze drops of water and take photographs of the individual water crystals that form, Dr. Emoto demonstrated that the shape of water crystals not only varies depending on the quality of the environment from which the water is sourced, but also that human thoughts and words, both spoken and written, can change the crystals' shape and form. Crystals derived from water "treated" with words such as "thank you" and "love," for instance, are beautifully shaped, whereas crystals derived from water subjected to hateful thoughts or language appear ugly and distorted. Emoto's popular

(Continued on p. 27)



Advancing the Mind-Body Connection

By Nick Bianchi, BSc, DC

THE MIND, Cayce asserted, is a powerful tool in creating health and wellness. What one thinks and feels emotionally will find expression in the physical body. Mental patterns can have a direct impact upon good physical health or disease.

Sound advice from Cayce—revolutionary in his day, yet it seems so basic and common sense today. However, are we living this truth? Do we put this knowledge into everyday action? How do we choose the proper mental patterns to express optimal physical health? How much of an influence do we have over what we think and feel? Do thoughts and feelings come from us or do they just simply occur? Importantly, are our thoughts who we are or do we have thoughts that are generated by a part of our brain, which we can choose to pay attention to or not?

Influencing Our Mental State

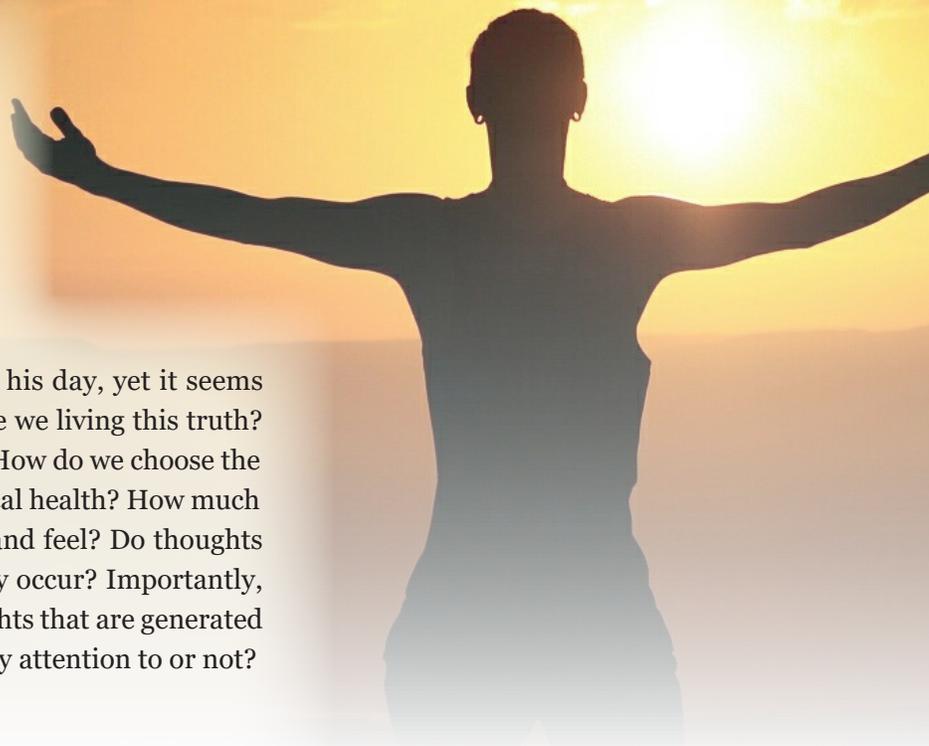
I will assume that one of your goals in life is to improve your physical health. According to Cayce, we should then look to our minds as well. How can we create a more positive mental state? Can we really always be happy and upbeat? Yes, being happy is a choice, but easier said than done. How about our emotional response in the light of personal tragedy or loss? Is it realistic to be positive when bad news occurs? Perhaps we need a different word than “happy.” How about “maintaining a large enough perspective that sees the good in all situations”? I’ll use an example to illustrate this point. I have two young children—if they were to have a terrible accident, I would not be happy. However, I could be happy that they were still alive. I could find praise for those who helped them (doctors, etc.), and I could appreciate all the support from friends and family. In all bad situations, there is good happening as well. We would do well to find the good and make that our focus.

What else can we do? You may have heard of the saying, “garbage in, garbage out.” If I take junk food into my body, what will my body produce? If you eat poorly, will it influence how I feel and what I think about? How about what I read and watch? I can choose to watch grisly crime dramas

or documentaries on spirituality and meditation. Which do you think will give me better thoughts? How about the articles I read on the Internet? Or the people I associate with? We are the average of those people whom we allow to influence us—can I choose better role models? Are there people in our lives who are really negative and conversely, really positive? Are there role-model people around who you can talk to and rub shoulders with?

Yes, the mind is a powerful tool in influencing our health and wellness, and there are many ways to influence the mind. We never regret eating well and exercising, and we know that we should be more positive and thankful, so the real question is, *If we know what to do, why don’t we do it?* This is the big question for those striving for more in life. We have so much knowledge, awareness, and information, yet our choices and actions do not match. Why this incongruity?

I suggest that this query become your background contemplation for the next few years. Why do you do this and not that? Why are you making the choices that you do? Can you observe your thoughts and actions from a separate place? Are you succumbing to your emotions, constraints of your identity, who you think you need to be or who the





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culture expects you to be? This will give you a great opportunity to exercise your Self and keep it separate from your thoughts and from the culture.

Yes, the mind can create health or disease in the body. We have an influence over the mind, and we have the ability to make choices. It is the observation of the choices that we make that can take the pursuit of mental and physical well-being to another level of spiritual awareness. Edgar Cayce lived in the first half of the 20th century, when the idea of the mind-body connection was revolutionary. Today, we have the opportunity to build on this concept and make the pursuit of health much bigger and deeper. Have fun and enjoy the journey! 🍁



Dr. Nick is a chiropractor and wellness coach in Bracebridge, Ontario. If you have any comments or questions, he can be reached at info@bracebridgechiro.com.

Nothing Happens *by* Chance

(Cont'd from p. 7)

by Don & Donna Jeffrey

Can you believe all these synchronicities?

1. A vivid dream led to forming a specific meditation group with an interest in giving psychic readings.
2. Palm reading, resulting from being part of the aforementioned study group, led to spiritual discussions and readings for certain friends and, inevitably, some of the customers Don called on every day in his business activities.
3. One of these customers was invited to a meeting at our home in Oakville, but was unable to come.
4. The invitation was passed on to someone the customer felt would be interested.
5. Catherine MacDonald was the selectee and attended the meeting, where she met many A.R.E. members...

We could alter Shakespeare's comment to Horatio: "There are more ways to accomplish things in heaven and earth than is dreamt of in your philosophy."

It's hard to imagine Edgar Cayce Canada moving forward the way it has over the last many years without the effort and dedication of Catherine and James. Their open approach to articles and the truly professional "Open Road" magazine surely paved the way. I know everyone joins us in sending them a very large "THANK YOU!" 🍁

Mystical Experiences Survey

By Don & Donna Jeffrey



IN 2015, WE GAVE A PROGRAM at the annual Edgar Cayce Canada Conference in Kingston, entitled “Close Encounters of the Spiritual Kind.” In this program, we discussed Mystical Experiences (MEs) and Near-Death Experiences (NDEs), among other things, and we asked anyone in the audience to send us any experiences they might have had. We received many responses, and gratefully thank all those who answered for their help.

From these and other sources collected over a period of several years, we are putting together a book entitled *Bliss Beyond Borders*. After a good deal of work, Don managed to break down the situations into separate activities—i.e., what were people actually doing when they had their MEs? The results were as follows:

- 25% of respondents were asleep, perhaps dreaming
- 15% were driving a car
- 10% were listening to music
- 10% were meditating
- Less than 5% had a Kundalini effect with the experience.

The remainder of the experiences happened during a wide variety of activities, including

- appreciation of nature
- during childbirth
- during a “regression.”

MEs can be either “merged” (to use Maslow’s term), where the subject becomes one with everything, or they can be “non-merged,” where the subject remains himself and is viewing the experience. We believe about 10% or more of the experiences reported to us were totally merged.

Of the “non-merged” responders, about 15% could recall glimpsing brief, amazing, hidden information about how the world works. This was always quickly forgotten, to their great regret. On the other hand, “non-merged” people who received spiritual insights or truths could easily recall those.

We are presenting about 60 MEs in the book, along with some NDEs for comparison.

If you have experienced either an ME or an NDE, we would greatly appreciate hearing from you—please contact us at myndeandmereports@gmail.com. No names will be used in the book to protect your privacy. 🍁

My Search for God

Study Group

An Indescribable Adventure

by Darlene Bodnar

I HAVE HAD THE MOST amazing journey, opportunity, experience, and blessing to be a member of my Search for God study group for 46 years. Nothing could ever compare to it, and it is one of the most important parts of my life. It has been a guiding force, a healing force, a force for me to express my heart and my beliefs with those who understand, and a force to gain knowledge and awareness upon my spiritual path.

At our meetings, we have always passed the leadership around each week. That way, everyone has a chance to present their style and totally participate. Of course, we follow our outline, but each person puts their own spark and energy to each meeting. Our homework assignments each week have been taken very seriously, and this brings us much to share. One week, our leader, Steve Mornis, challenged us with the homework to share what our SFG group means to each of us and what we would want to give back. What a wonderful, wonderful homework! It inspired much thought and reflection.

I chose to express myself through a section of the *A Search for God* book's lesson on LOVE—a definite favourite of mine:



DARLENE BODNAR, a contributing writer for *The Open Road*, passed over on May 2, 2017 in Boulder, Colorado, U.S.A., in her 79th year. An active A.R.E. member for more than four decades and a Life Member since 1994, she was on the A.R.E./ECF/AU Board of Trustees from 1986 to 1991. As the organization's Rocky Mountain

Region Coordinator for many years, Darlene was loved and respected by many. (*For additional information, please see the Field Volunteer Appreciation Column, Darlene Bodnar, Venture Inward magazine, July 2016, p. 34.*)

Nancy Thomas of Bright, Ontario, a close friend of Darlene's, recalls, "I have so many good memories of Darlene. We first met at Virginia Beach during Congress. She was one of the most considerate and loving persons I have had the pleasure to know and be a friend of."

Darlene's article in this issue, a loving tribute to her Search for God group, was the one article she had written for *The Open Road* that had not yet been published. It seems particularly appropriate for it to appear here at this time.

Love is the force that uplifts and inspires humankind. Children starve without it. Men and women wither and decay when it is lacking. It costs nothing, yet its value cannot be measured by material standards. It can lift wretched human beings from the miry clay of despair and set their feet upon the solid rock of respectability and service.

Love is that inexplicable force which brought Jesus to earth so that through Him the way back to the Father might be made plain to the children of men. It caused the Father to give His Son that whosoever believes might have eternal life. Love is that dynamic force which brings into manifestation all things. It is the healing force, the cleansing force, and the force that blesses all things we touch. With our hearts filled with love we will see only goodness and purity in everybody and in everything. In the beginning love looked upon the earth and saw that it was good and blessed it.

Affirmation: Our Father, through the love that Thou has manifested in the world through Thy Son, the Christ, make us more aware of “God is love.” (Reading 262-43)

Let me share my “homework” with you:

If I had to explain what my SFG group means to me in one word, this word would be: *Indescribable*.

In the text below, sections from the above-quoted material (bold type), are interpreted through the lense of my personal feelings (regular type):

Love is the force that uplifts and inspires mankind. Children starve without it. Men and women wither and decay when it is lacking.

Our group has been such an uplifting and inspiring force in my life. The Cayce readings have been one of the truest and significant forces in my life. I honestly feel I would have withered and decayed with out them. I am reminded of the story of a young girl’s science project at school. She had identical plants and watered one with fresh water and the other with water processed through the microwave. The plant with fresh water flourished; the plant with microwave water withered and died. I contemplate that my journey this time might be equated with the microwave water had it not been for my beloved study group to help me apply the messages from the readings. Our group is my spiritual home in the earth, the place that feeds my soul with the messages and love that we share.

The group has brought me the beauty that lies within those readings and gives me a firm path to follow my heart.

It costs nothing, yet its value cannot be measured by material standards. It can lift wretched human beings from the miry clay of despair and set their feet upon the solid rock of respectability and service.

How many, many times have I come to my group members with a heavy heart, and you have given me hope, support, and prayers. Over and over, through your love and understanding, you have set my feet upon the solid rock of respectability and the inspiration to go on—“to keep on keeping on.”



Love is that inexplicable force which brought Jesus to earth so that through Him the way back to the Father might be made plain to the children of men,

I see the light of God in each of you, and through our studies together and our efforts to understand and grow to the one-ness, you have brought a living, guiding, loving God into my heart. Your individual wisdom, faith, and commitment have truly been a guiding force along my path.

Our weekly studies of the Bible and the readings, and our homework assignments have brought me guidance in my relationship to God and brought me closer than I can express. ...

(Continued on p. 22)



EDGAR CAYCE CANADA

News

Photos from *Canadian Fellowship Conference 2017*



**Meditative Tree of Life
Self-Expressive Paint Night with
Live Drumming**

**Expressive Arts Facilitator and Drummer:
Yessica Rivera Belsham**



Canadian Fellowship Conference 2017

with keynote speaker Peter Woodbury

Continued



Canadian Fellowship Conference

is moving to a new location for 2018

Isaiah Tubbs near Sandbanks Provincial Park, Prince Edward County, Ontario:
www.isaiahtubbs.com

As this is a resort, there are different choices for accommodations. To secure your preferred lodging, a deposit is required. BOOK EARLY! (by January 31st, 2018 is recommended.) The weekend, **May 11-13th**, will be packed with workshops, community, a bonfire on the beach, relaxation, nature, music, and, of course, our special guest speaker, Lynn Sparrow Christy, who brings grace, wisdom, and expertise to our memorable experience.

Please call: 1-866-322-8209 ext. 711 to leave a message, or visit our website at:
www.edgar caycecanada.com/events for more information.

Report from *Spiritual Awakening Retreat 2017*

Another successful Spiritual Awakening Retreat took place September 29th to October 1st, 2017 at Manoir d'Youville, Chateauguay, Quebec, under the leadership of Program Chair Mike Zivic. Quoted below is one of several glowing comments received from the participants:

Just wanted to thank you for inviting me to the Montreal retreat and for all the work you do to organize this, and keep everything running so smoothly all weekend. What an amazing group of people you brought together. I've been telling my friends it was the best retreat I've ever attended. I loved everything about it, especially meeting and being in the presence of so many like-minded people.

The Spiritual Awakening Retreat 2018 will be held September 28-30. Further information will be made available in due course.

Obituaries

SASCHA (ALEXANDRA) REHMER, Ottawa, ON, a longtime member of Edgar Cayce Canada, passed over on April 19, 2017. She was a regular attendee at Canadian Fellowship Conferences and always a valued presence.

BRIAN CORMIER, Ottawa, ON, a contributor to the early design and development of Edgar Cayce Canada, passed over in the spring of 2017. He was a regular attendee at conferences, as well as a much appreciated volunteer at many events and functions.

Both will be missed and are thought of in prayer. We are grateful for the time that they were in our midst.

EDGAR CAYCE'S NORTHWEST A.R.E.

Spring Seabeck Retreat

MARCH 9-11, 2018

Seabeck Conference Center

13395 Lagoon Dr. NW

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with **Echo Bodine**

"...it is not all of life to live, nor all of death to die; for one is the birth of the other when viewed from the whole..."

~ Edgar Cayce

Register online at www.arseabeck.org

Telephone enquiries:

Dawn Fulton 509-899-5124



EDGAR CAYCE CANADA'S Volunteer Management Team

These are the volunteers that serve in the day-to-day operations and keep the organization operating smoothly.

President/CEO	Lori Jensen
The Open Road Magazine	Simone Gabbay
The Open Road Newsletter	Lori Jensen
Database Management	John Ryan
Membership Services	John Ryan
Membership Telephone	Joan Birbeck
Study Groups Coordinator	Marilyn K. Smith
Toll-Free Telephone Line	John Ryan
Enquirers Program	Thérèse Leman
Prison Library Book Prog.	Glenys Cook
Prayer Circle Network	Kathie Caple
Webmaster	Lori Jensen

If you are interested in participating in the governance of the organization and have a few hours a year to volunteer for a position on the Board of Directors and/or as an Officer, please contact:



Edgar Cayce Canada

Lori Jensen

coach4u@telus.net



EDGAR CAYCE CANADA Board of Directors 2017-2018

Lori Jensen (Chair), BC, AB
Garth Herman (Vice Chair), SK, MB
Rob Johnson, ON
John Ryan, ON

Officers of the Board

Chief Financial Officer	Catherine MacDonald
Corporate Secretary	James Schmidt

My Search for God Study Group

(Cont'd. from p. 17)

by Darlene Bodnar

It is the healing force, the cleansing force, and the force that blesses all things we touch.

The group has brought healing and cleansing in ways that I cannot count. I have never left one of our meetings without that ah-ha feeling, knowing that God walks with each of us hand-in-hand.

With our hearts filled with love we will see only goodness and purity in everybody and in everything. In the beginning love looked upon the earth and saw that it was good and blessed it.

The love we have shared with each other is a blessed gift from God and has made my heart sing with joy and thankfulness. I feel your love every day with our meditations, our prayers, our homeworks, our e-mails, our phone calls. They are all showered with Love.

A few sentences later, this section in the *A Search for God* book continues:

We never can grow in knowledge and understanding and really be channels of blessings until we have endured and conquered in ourselves just the things that we would help others to overcome.

My group has definitely been a guiding force for me to grow. Enduring and conquering myself will be a continual effort. However, you have helped to set my feet on the path to work on it.

Our group has been a lifeline for me, and I feel so humble and honoured to be a part of this group.

What do I expect from the group? Only what you want to give, because that has been so incredible, I would not put expectations on you. I couldn't possibly orchestrate anything that would be as precious as your natural, giving selves. My commitment to our group meetings is something deep within me. Yes, I would like that deep commitment for everyone, but I truly realize that we all have our own desires, needs, and choices.

What can I give to the group: Well, what you have given me is immeasurable, and it has been constant and dependable. You have been a *rock*, a place where I can expose my warts and moles, that part of me of which I am not so proud; you have been a place where I seek comfort, hope, encouragement, acceptance, and a place where I can share my deep spiritual beliefs. I would somehow want to give some of that to each of you. By ourselves, we are limited. Together, we can conquer it all and find our way to the light. You have your individual hopes, your dreams, your love for what we are all about, your expectations. I *love* to know the individuality of each one of you, and I *love* our togetherness.

You all have my love. 🍁



Search for God Study Groups across Canada

Contact:

Marilyn Kendall Smith

toll-free: 1-866-322-8209 ext. 5

e-mail: kendallsmith598@gmail.com

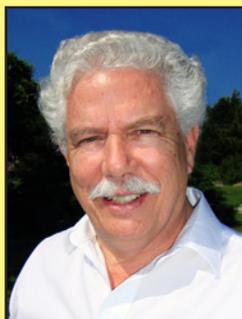
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Events Across Canada

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Niagara Falls - February 23-25, 2018

Winter Meditation Retreat

Mount Carmel Retreat Centre

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Picton - May 11-13, 2018

Edgar Cayce Canada's

Annual Canadian Fellowship Conference

Isaiah Tubbs Resort

Keynote Speaker: Lynn Sparrow Christy

Conscious Evolution: Co-Creating with

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Quebec

Chateauguay - September 28-30, 2018

Spiritual Awakening Retreat

Watch for details of this event to come

Nova Scotia

Debert - June 1-3, 2018

Atlantic Fellowship Conference

Keynote speaker: John Van Auken

The Story of Our Souls

Contact: AFCregistrar@hotmail.com

27th Annual

Atlantic Fellowship Conference

Debert, Nova Scotia
June 1-3, 2018

Speaker:

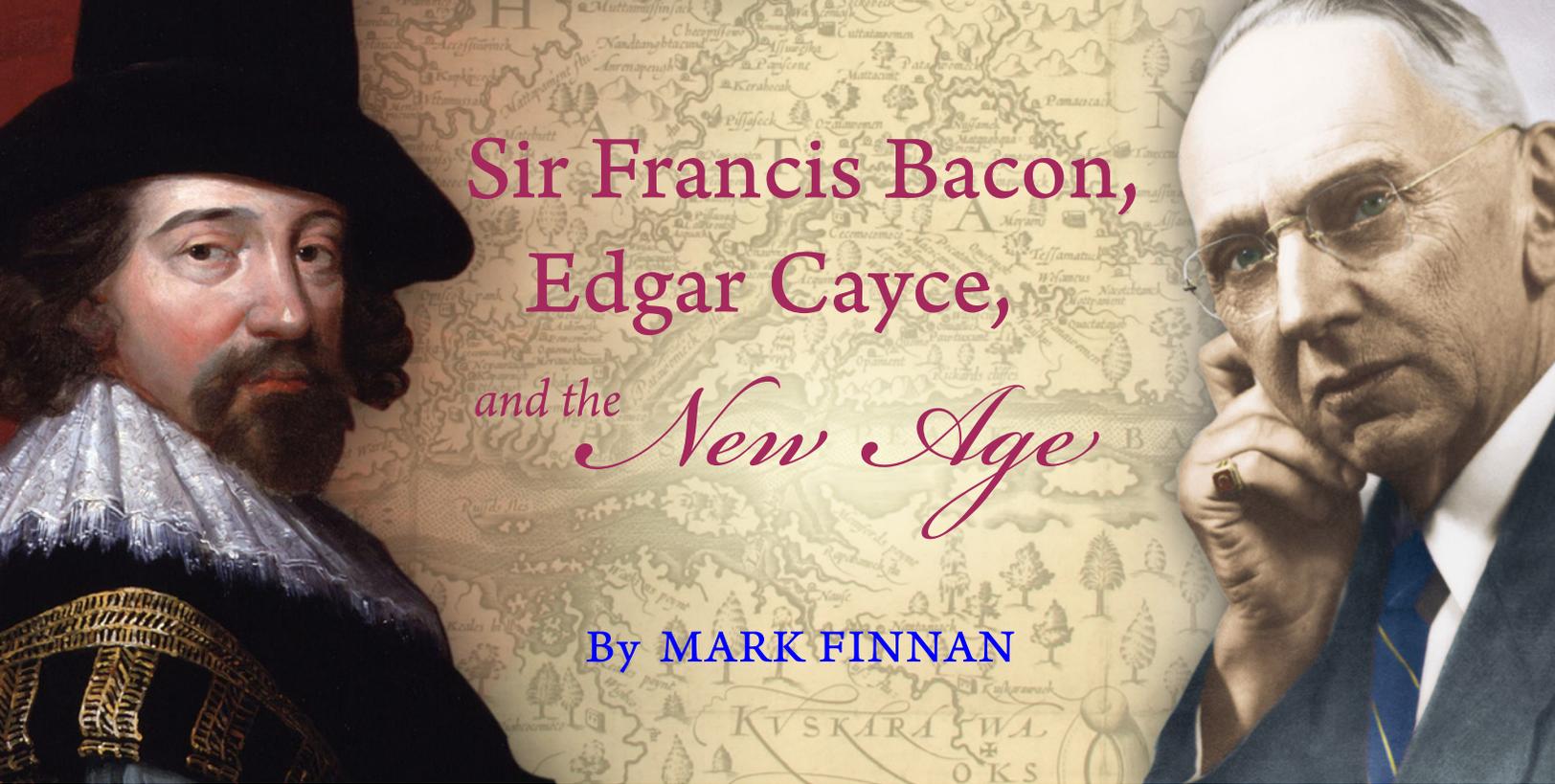
John Van Auken

on

The Story of Our Souls

For more information contact:

AFCregistrar@hotmail.com



Sir Francis Bacon, Edgar Cayce, and the *New Age*

By MARK FINNAN

THERE ARE DEFINITE connections between the life of the Elizabethan genius Sir Francis Bacon and that of America's renowned seer Edgar Cayce. Both men were dedicated to expanding knowledge through their respective abilities, and what they individually contributed continues to inform and enrich the spiritual, mental, and material life of mankind. Although Bacon is often thought of as the founder of material science, he actually held to a world view that saw all creation as part of a universal whole, originating in spirit. The same philosophy exists in the Cayce material, expressed as "... the spirit is life; the mind is the builder; the physical is the result." (EC 349-4)

The Association for Research and Enlightenment, which was established in Virginia Beach in 1931 to preserve and perpetuate the Cayce material, is only a short distance from the very spot where members of the Virginia colony, which was encouraged and supported by Bacon, first came ashore in 1607. Cayce's work as a seer and his insights into mankind's potential have fostered the birth of a New Age. Bacon's educational and philosophical pursuits contributed to the birth of a new nation in which freedom of thought and religion could exist.

When Bacon died in 1626, he left several unfinished and unpublished manuscripts, including his most spiritually infused literary work, a utopian fable entitled *New Atlantis*. In it, he presented his vision of a civilization

in which advanced scientific knowledge complemented enlightened religious understanding. The tale allegorically depicted Bacon's lifelong aspiration and pursuit—the acquisition and application of all knowledge for the benefit of mankind. As if to emphasize this, an illustration on the title page of the first edition of *New Atlantis* showed Father Time leading a female figure out of the darkness of a cave. A Latin inscription reads, "In time the secret truth will be revealed." It hinted at Bacon's expressed belief that future ages and nations would benefit from his published works. Cayce's encouraging comment to those whose dedicated efforts led to the publication of the *A Search for God* series

Bacon ... held to a world view that saw all creation as part of a universal whole, originating in spirit. The same philosophy exists in the Cayce material ...

of books, that the work would be as a light to the world, strikes a similar note.

There are aspects of the *New Atlantis* fable that incorporate the high idealism of the emerging Rosicrucian movement of the early seventeenth century, as expressed in the mysterious publications *Fama Fraternitatis* and the *Confessio*. Both spoke of a secret brotherhood of enlightened individuals working together for the revealing and sharing of “God’s light” in the world. This scenario is played out in Bacon’s tale of an advanced civilization. For example, the priest-scientists of Salomon’s House, the centre for research and application in Bensalem, were dedicated to understanding life’s secrets, just as the secretive Rosicrucians claimed they were. The lost mariners in Bacon’s story were offered help and healing without any expectation of reward. The same altruistic approach to helping others was claimed by the Rosicrucians, and was one of the aspects of enlightened consciousness emphasized by the Cayce source.

It is also evident that elements in Bacon’s story relate to sacred symbolism found in Masonic lore and rituals, in particular those which have their origin in the legend of the rebuilding of King Solomon’s temple in Jerusalem, from which Bensalem derives its name. All this adds to the significance of the tale as a testimony to Bacon’s own interest in esoteric knowledge and the role he is believed to have played in propagating it through early Masonic circles at home and abroad.

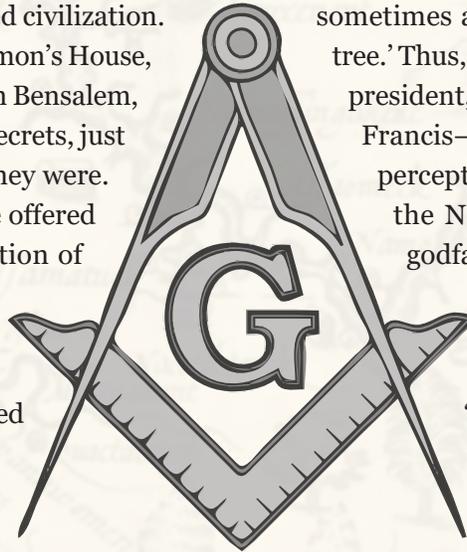
While surviving records of the activities in the colony’s first settlement of Jamestown deal mostly with matters of physical survival, conflict, and expansion, it is believed there was a formal Masonic lodge established in Colonial Williamsburg, not long after it became the capital of the Virginia colony in 1699. It was also the site of the College of William and Mary, established a few years earlier, where future Presidents Thomas Jefferson and James Monroe were educated. It was in Williamsburg that George Washington and several of the other Founding Fathers came together for political meetings and to worship at Bruton Parish church. Some were known to have been Freemasons, and their deliberations were quite likely influenced by the movement’s lofty principles. Jefferson read Francis Bacon’s writings and considered him one of the leading influences on his life. He would certainly have

been impressed by the idealism in *New Atlantis* and its intimation of future possibilities for the nation he was involved in creating. Metaphysician, author, and longtime A.R.E. associate Robert Krajenke, in his book *The Psychic Side of the American Dream*, wrote, “As the man who saw through time, Bacon apparently envisioned the future growth of America. Speaking about the Virginia colony in the early 1600s he predicted, ‘And certainly it is with the kingdom of the earth as it is in the Kingdom of Heaven, sometimes a grain of mustard seed proves a great tree.’ Thus, if George Washington, our mystical first president, is the father of the country, perhaps Sir Francis—a genius who, with almost clairvoyant perception, sensed the use and possibilities of the New World—should be considered the godfather to America.”

During World War II, as part of a reading about prospects for peace and a new world order, Cayce said, “...*Americanism - the ism - with the universal thought that is expressed and manifested in the brotherhood of man into group thought, as expressed by the Masonic Order, will be the eventual*

rule in the settlement of affairs in the world. Not that the world is to become a Masonic order, but the principles that are embraced in same will be the basis upon which the new order of peace is to be established in '44 and '45.” (EC 1152-11) Here, too, one can trace a connection between the esoteric interests of the Elizabethan visionary as expressed in his Atlantean fable and the psychic insights of the twentieth-century American seer.

Bacon’s connection to the Rosicrucian movement and the development of Masonry in England have been widely discussed by a number of authors and scholars. The late Frances Yates in her books *The Occult Philosophy in the Elizabethan Age* and *The Rosicrucian Enlightenment* makes the case that Bacon was certainly involved in some of the secretive groups of his day. Richard Maurice Bucke, Canada’s own medical mystic and author of *Cosmic Consciousness*, placed him among a list of prominent exponents of an enlightened mind. The philosopher Manly P. Hall, who hailed from my hometown of Peterborough, Ontario, in his monumental work *The Secret Destiny of America* championed Bacon in this regard. He said of him that he “was a link in that great chain of minds which has perpetuated the Secret Doctrine of the Ages from the beginning.”



It is worth noting that the Hermetic philosophies that resurfaced in Bacon's time and were given expression in his *New Atlantis* tale and later carried across the Atlantic to the New World not only influenced some prominent figures in colonial America, but also helped create an environment that allowed for the cultivation of independent thought and religious freedom. It was an environment that, at the same time, allowed for the development of a diversified religious landscape in which spirit-led utopian communities established by the followers of German pietist Johannes Kelpius, or the English dissenter George Fox, could take root. It also facilitated the spread of philosophical teachings drawn from the mystical traditions of both East and West through such organizations as Madam Blavatsky's Theosophical Society, Manley P. Hall's Philosophical Research Society, and Edgar Cayce's Association for Research and Enlightenment.

Cayce described Atlantis as a highly advanced civilization, more scientifically advanced even than ours today. When the spiritual forces were in the ascendant, it was a veritable paradise, with its priests-scientists able to attune to the Divine and to harness the energies of the cosmos for everything from natural healing and regeneration to transportation in air and under water. It occurred to me while reading Bacon's *New Atlantis*, and seeing some similarities with the Cayce descriptions of life in ancient Atlantis, that Bacon possibly had a previous life there, and that his work in Elizabethan England may have been influenced in part by that earlier lifetime.

While in deep trance, Cayce drew much of his information about ancient Atlantis from the Akashic Records, which he described as the skein of time and space that contains the records of all that has gone before. He described how the misuse of scientific and political power by those who

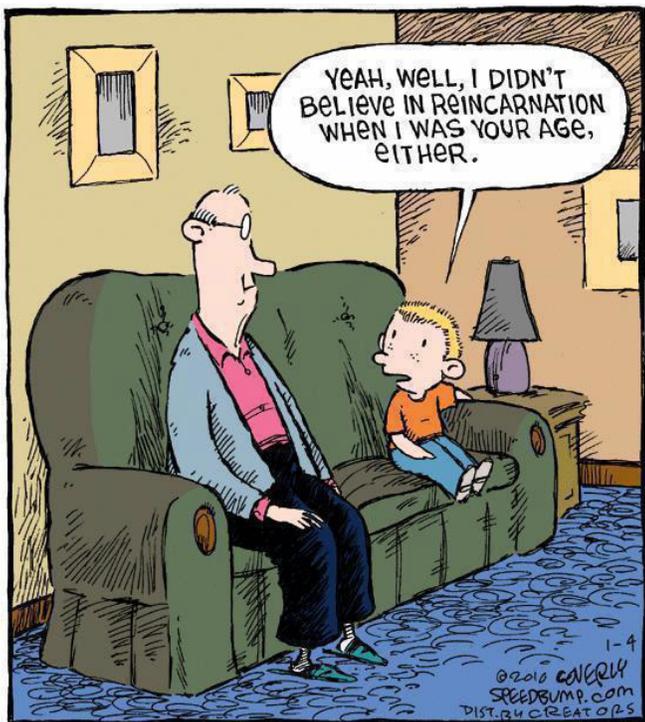
ignored spiritual law and sought only their own material advantage regardless of the interests and needs of others, eventually led to a series of conflicts and geological upheavals, resulting in that once great continent sinking into the Atlantic Ocean some twelve thousand years ago. Cayce indicated back in the 1930s that the world would enter a similar cycle in the late 1990s due to the return of many former Atlanteans from both sides of the divide, with their attendant interests and abilities. He also warned of the danger of there being a repeat of the same destructive pattern. We have only to look at the present situation in the world to realize that his prediction was right. However, he also prophesied that a New Age, such as we are entering right now, would usher in an extended period of universal understanding, peace and harmony, due to the concerted efforts of many spiritually minded individuals on and about the planet.

We are living through a time in which, regardless of appearances to the contrary, there has been a reawakening to the transcendental nature of human life in parallel with exciting breakthroughs in the field of quantum physics. It has led to a raising and expansion of consciousness and the re-emergence of a more holistic world view in which spirituality and science can coexist as complementary ways of exploring, understanding, and expressing a universal reality—what Bacon believed and Cayce confirmed to be the causative, intelligent, and benevolent source of all life. Many view this renewed quest to seek and express the holy grail of harmonious unity as evolutionary, born out of humanity's inherent desire and need to reenter Eden, to experience Blake's "New Jerusalem," that state of being and existence depicted in Francis Bacon's *New Atlantis* and in Edgar Cayce's description of the New Age. 🍁

MARK FINNAN is an author, actor, and presenter who has been involved with the Cayce material for many years. He studied creative psychology at the Centre for Living Research, a spiritual development centre in Dublin, Ireland. He offers presentations and workshops on attuning to and expressing the Higher Self.

www.markfinnan.com





Co-Creating through Food and Thought

(Cont'd from p. 12)

book *Messages from Water* documents his research and photography. The implications of this work for Planet Earth and its inhabitants are far reaching. Considering that the human body consists of more than 70 percent water, and that water and water-containing foods are needed to sustain it, the idea of consciously directing positive thoughts and prayers at the body and the substances that nourish it takes on a whole new meaning.

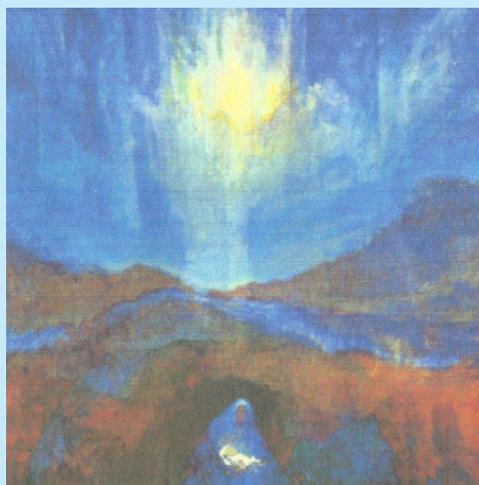
When we provide the body with healthful nourishment and focus on positive and constructive thoughts as we go about our daily lives, we build a better body and a better world in and through which spirit can better express its infinite potential. As reading 2246-1 says, "Thus is each soul, each entity, a co-creator with that universal consciousness ye call God." 🍁

This article was first published in *Venture Inward* magazine in July 2014.

SIMONE GABBAY is a holistic nutritionist, writer, and editor in Toronto. She is the author of three books based on the Edgar Cayce health material. www.simonegabbay.com

The Metaphysical Meaning of the Christmas Story

with Mark Finnan



December 7th, 2017 at 7 p.m.

Mark Street United Church,
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For more information, contact:
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Soul Groups Without Borders

By Wendy Oke

Individuals do not meet by chance. They are necessary in the experiences of others, though they may not always use their opportunities in a spiritual way or manner. (EC 2751-1)



IN THE 1970s I, like many other seekers, discovered the writings of the Sleeping Prophet, Edgar Cayce. I was pretty young, so, after struggling to understand his message, my mind went into “sleep mode,” as a computer might do, for thirty years. I was awakened and “reactivated” by a phone call from Charlie Walker of Edgar Cayce Canada. He had seen our documentary, *The Alma Drawings*, on Vision TV, telling the story of the channeled drawings of my husband’s aunt, visionary artist Alma Rumball. Charlie invited me to screen the film and to offer workshops at the Kingston ECC Conference. With excitement, I accepted the offer. I chose to compare Mr. Cayce’s readings on Atlantis with Alma’s writings and imagery. The workshop was a resounding success, and I joined Catherine MacDonald and James Schmidt, whom I already knew from the Bracebridge Spiritualist Church, in the store, selling many prints and cards.

The body should be able to see a picture and be able to obtain from same strength—that is put out by the activating forces of those enacting that

being depicted, in whatever manner it may be presented. (EC 257-92)

Following that experience, I was aware that I wanted to learn more before I would speak again. I catapulted myself into the Virginia Beach Cayce community, living with Ellen Cayce, who had been married to Edgar’s grandson, the late Greg Cayce. She introduced me to both the “head” of spirituality, the A.R.E. (Association for Research and Enlightenment) and the “heart” of spirituality in Virginia Beach, the Fellowship of the Inner Light, founded by Paul Solomon. A similar process links both prophets and seers, so I also began to study the Solomon works. Thanks to Ellen’s guidance, I found what I was looking for—my American soul group.

I had the privilege of meeting Edgar Evans Cayce, the author of the Atlantis material I had been studying. I was a bit of a “groupie,” and I gave him our DVD. He was hungry to know what Alma had said about life in Atlantis.

The A.R.E. has a front line of gifted men—Director, Kevin Todeschi, who always greets me with a warm hug upon my return; John Van Auken, whose books, workshops, presentations, and taped lectures I devoured; Peter Woodbury, who booked my first Alma talk in the small lecture hall and who takes people on world tours; and Patrick Belisle, Director of A.R.E.’s Development Office, who delivered the clearest lecture on “Jesus as a Pattern” that I have ever heard. Sidney Kirkpatrick,



author of *Edgar Cayce: An American Prophet*, was to become a central link for my husband, Colin, and me, following his move to my hometown of Huntsville, Muskoka, with his brilliant wife, Nancy. They have recently taken on the role of co-editors of A.R.E.’s *Venture Inward* magazine. I have held an Alma art exhibition, as well as

many presentations, at their beautiful Portage Inn, and I officiate at multiple weddings on their property each summer.

But it has been the women, some considered matriarchs of the A.R.E. community, with whom I developed deep, meaningful relationships. The first woman I met was June Bro, widow of the late Harmon Bro, who was very close to the Cayce family in the early days. June is now in her 90s. She recorded her first classical piano CD at 90! She invited me to bring in the Alma catalogue and show her the drawings as we sat and chatted at the reception desk in the lobby of the A.R.E.'s Visitors' Center. She immediately invited me to share the film and story with her Egypt Group, which met every Tuesday in the Gladys Davis Room. I was thrilled to meet this group, who felt they had all experienced past lives in Egypt.

The Egypt group is the most thorough, methodical research group in which I have ever had the pleasure of participating. Another matriarch, recently deceased, was Ann Clapp, who single-handedly compiled and correlated all the readings referring to Edgar Cayce's life as Ra Ta and the history and characters of the time of ancient Egypt. She had them put in

the dark-blue-covered resource books in the library and then created a summary booklet; a more modern version is now sold in the bookstore. The most interesting part of the original material is the addition of present-day incarnations of the Egyptian characters. It is fascinating to follow the threads of the Cayce family and immediate circle back to their original relationships in Egypt, and to see how the residue of their relationships played out, and continues to play out. Each relationship is accurately noted, and new pieces of information are added as discovered in the notes. Both Elizabeth Waitekus and Alison Ray are instrumental in leading our group, making the connections online, and Gail Sines is also the meticulous keeper of the records holding the key to who the numbered entities referred to in the readings are. The cross-referencing expresses the integrity of the group. I do my best to catch up each time I return; I now spend October and November at the Beach, returning for holidays in December, and then I skip the Canadian snow in the winter too. I regularly get blamed for bringing the cold weather to Virginia Beach, but these people are my good friends and soul group, so they are gentle with their teasing. Each member is honoured.

Alison arranged for my major presentation in the large auditorium, where I compared Alma's imagery and writings to Mr. Cayce's. I also included a talk about the magical, spiritual community of Damanhur, Italy. Members can access the slide presentation on the A.R.E. website. Karen Davis, researcher extraordinaire, archivist and co-keeper of the sacred material in the vault, became a friend and an Alma appreciator. The librarians in the largest metaphysical library in the world, second only to the Vatican, are always knowledgeable, supportive, and helpful. Our documentary can be taken out from the library there.

My busy schedule always includes the local Search for God Study Group, dowers' events, the near-death presentations (VBIANDS), and the monthly forums, and I am blessed to be one of the volunteers. As such, I benefit from attending great conferences and getting much-appreciated massages from the Cayce/Reilly School of Massage.

All I can say is, "Thank you Charlie, for making that initiatory phone call." I continue to locate many of my soul group members across borders. 🍁



WENDY OKE is a Canadian multi-faith minister, most well-known as the "keeper" of visionary artist Alma Rumball's channeled drawings. She spends several months each year in Virginia Beach, offering presentations at the A.R.E. regularly; one on Alma, the Cayce readings, and the spiritual community of Damanhur, filmed in the auditorium, can be found on the A.R.E. website. "The Alma Drawings" documentary is in the A.R.E. library. See www.almamatters.ca

Pet Corner



A Feline Unbreakable Bond of Love

By Marina Quattrocchi

“IF ANIMALS DON’T go to heaven, then I don’t want to go there either.” Jennie Taylor Martin remembered saying these words as a child. She was speaking at the conference *Companions In Spirit: Animal Communication and Healing* in Virginia Beach. The entire audience, all devoted animal lovers, nodded in agreement, a heaven without animals was unthinkable—devoid of the animals’ companionship and unconditional love—for us heaven on earth was often being with animals. It never occurred to me that pets felt the same way—until my cat Small Fry insisted on visiting me for years after his death! I had adopted Small Fry when he was a year old. To say I was smitten was an understatement—I called him my little lover. Every evening when I went to bed, he would walk up the length of my body, lie on my chest, and wait for his nightly massages. After ten minutes, he would walk back down my body, and spend the night sleeping on the left side of my bed near my feet. My time with Small Fry each night was a treasured part of my day. It was incredibly soothing to have him purring on my chest, looking at me with love and adoration. I adored him—no one brought me quite the same degree of peace and contentment.

From the start, I knew there was something different about this twelve-pound furry body. The first year I took Small Fry for his checkup, the veterinarian was concerned because his heartbeat was abnormally high. He didn’t have the heartbeat of a cat; it was similar to a human’s. She feared this indi-

cated heart problems and suggested we send him to the University of Guelph for testing. I declined—he seemed healthy to me; besides, I didn’t want to send him away, even for a day or two. A short time later, I went to a deep trance channeler, who explained that Small Fry and I had experienced several lives and close relationships together.

Small Fry had impressive psychic abilities. He didn’t like a certain man who would visit. I was crazy about this guy, but it took me a while to realize he wasn’t honourable or truthful. The first time Small Fry saw him, he stopped dead in his tracks—then went outside. He returned with a live mouse, which he deposited on the kitchen floor. He had never done this before. I scooped the mouse up in a dish cloth and said, “Look at this little mouse my cat just brought me.” My visitor immediately cowered in a corner, hid his face, and said, “Get it away from me, I’m afraid of mice.” Thinking he was joking, I



Small Fry - photo by Marina Quattrocchi

put it closer to his face saying, “Look how cute it is.” He cowered and trembled even more, so I didn’t press the matter. He never visited again.

Small Fry’s psychic ability was most pronounced while we were sleeping. I live with chronic pain, so wake up several times through the night. Usually my head was under the covers, but Small Fry always knew. It was like he had a high-frequency antenna monitoring my nightly needs. Immediately he would be on my chest, purring, stroking my face with his paws, and comforting me, and he would do this several times, or as often as it took, before I would fall back to sleep.

He was healthy until he turned 14—then he developed kidney failure and diabetes. When I was told there was nothing that could be done, I felt I was going to collapse. When he could no longer walk or eat, I made the agonizing decision to have him put down at home. He lay on my chest for the procedure, the place I knew he would be most comforted. As his spirit slipped out of his body, I had the distinct feeling that he couldn’t possibly be gone—only the rational part of me knew better. I buried Small Fry at our family cottage and tried my best to survive without him.

I was going to wait at least a year, but after a month, I adopted a black-and-white cat, Major. My heart jumped out of my chest when I saw him, so I knew he was the one. Major was incredibly affectionate—he would let me cuddle and pet him longer than Small Fry, but there was one thing

that was puzzling. Major never slept on my bed. After three long years, I finally asked Nadine Wilcox, a trusted intuitive medium from Bracebridge, Ontario. The answer astounded me. Small Fry had been sleeping with me every night, and he had made it clear this was his territory. In a heartbeat, my suspicions were confirmed. I had felt “something” walking on my bed, but my logical mind had discounted it. Nadine began talking to Small Fry, and when she told me he had “attitude,” I laughed. The vet had always had “difficult” written on his chart. Nadine told Small Fry it was commendable that he still wanted to be with me each night, but it was time for him to cross over, and he could come back to visit me any time. He had to understand I needed the comfort and physicality of my new cat. Reluctantly, Small Fry agreed, and together we guided him towards that pinprick of light in the distance. He meowed with attitude the entire way. I couldn’t believe how devoted this cat had been, and wanted to believe this wasn’t possible—until three days later, when Major jumped onto my bed for the first time in three years! Major does have his own style, though. He prefers to sleep nestled along the side of my body, but unlike Small Fry, he sleeps beside me most of the time, but not every night. I still feel gentle paws walking on my bed when Major isn’t there—I’m sure they’ve come to their own feline agreement on how to share the bed. 🍁



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.

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.

Prayer and Meditation:

Fundamentals for Finding Our Way Home

By Douglas James Cottrell, PhD

“Hence, as the Son of man—made in the flesh—in Adam brought sin, or separation from God—in the last Adam, the Christ, brought that AT-ONEMENT WITH God. So does this, then, make the at-onement with those that, as He, make themselves—through Him—in the same activity, the same at-onement, WITH Him.”

(Edgar Cayce Reading 452-3)



IN THE BEGINNING, the “original sin” we committed was the sin of separation. We, as souls, separated ourselves from God. We knew, in part, what we were doing, but our awareness was certainly fragmentary. Like teenage children fleeing the parental nest, we were naive and impatient. We presumed to know how the cosmos worked, only to discover our ineptitude with material things.

Ever since our downfall, we “lost souls” have remained scattered in levels of consciousness throughout the universe, attempting to overcome self-indulgent temptations and find our way back. In God’s infinite wisdom, God granted us free will and prepared a return route to our original togetherness. Some of us have overcome the trap

of material lust in dimensions beyond the Earth-plane, and have remained as way-showers and teachers. They help their brothers and sisters, by giving a “hand up.” These are the spiritual leaders, gurus, prophets, and teachers that are with us in all ages or times. On the other side are those who remain on the wheel of reincarnation until they learn to love all things without desire. Only then can they move on.

Prayer and meditation are the fundamental implements for finding our way home. Of course, God also incorporated a few rules and conditions when the sojourn was mapped out. In harmony, we can only return to source when we are more—never less. To accomplish this, our lessons lie in how we deal with each other. The spiritually minded way to live in the world is to have compassion in your heart,

seeking to help, rather than harm. Unfortunately, all too often we get caught up in looking out for “number one,” often at the expense of others.

But how is it that we humans learn to be enlightened? By experience. To overcome ignorance, a principle became a natural law. The law of cause and effect, or karma, can be understood as “whatever you give out to others you receive.” Now, this law can stretch over eons of time, and over many lifetimes, because our soul is immortal. It shows us the other side of the coin, and places us on the receiving end of what we have given out. There is also instant karma (especially if we know we are doing something wrong and do it anyway).

There is also a law that overrides the need for this process of physically going through an experience where the tables have been turned. As long as you sincerely understand the experience from all sides, the law of grace may allow you to move on from the experience, as you have learned your lesson.

It should be understood that it is all too easy to create a dependency on someone or something else, to take your troubles away. All too often, we look outside of ourselves for help before we try to help ourselves. Yet, we own our problems. They are ours to solve, not for someone else to take away. After all, adversity has come into our lives for a spiritual purpose. It is to make us grow. Only through adversity do we grow. How do our muscles get stronger? By taxing them, by lifting heavy weights. There is no other way.

“God helps those who help themselves” is an accurate saying. It means you are never—repeat, never—alone. Solutions and opportunities beyond your normal realm of thinking are available, to help you out of your bind. Miracles do exist and they have their purpose. Be aware you will not experience any hardship or difficulty greater than what you can bear. If you succumb to the circumstance, it is because of your fear, not because you are abandoned. If you turn your back on God, God cannot help you. Knowing you will take full responsibility for consequences in the future allows your present decisions to take on new meaning.

God isn't going to pull you from a self-created disaster, but by asking for help in prayer, a way out can be shown to you. Prayer requires a singleness of purpose. It is a process that takes time to manifest, from the unseen into the physical world. Be selective and careful about what you pray for! “Dear Lord, give me strength,” may translate into problems coming into your life to make you strong. “Dear Lord, make me wise and tolerant,” may translate into those who are

cunning and deceitful coming into your life, who will tax your patience and provoke you. Similarly, you should not pray for conditions such as “happiness,” because happiness results from doing something that makes you feel happy. A prayer should be for something that you can discern with one of your five senses. Then you will be able to realize when your prayer has been answered.

I suggest that prayer be looked upon as a request for aid that will provide the people, circumstances, materials, or opportunities to help resolve a given predicament. For example, “Dear Lord, please send those who can and will aid me in rebuilding our burned-down house.” Or for healing, “Dear Lord, we ask for healing of (name of person or type of illness) to be sent now to relieve them of this or that, and we are grateful that it may be accepted and is accepted by this person. Amen.” This type of prayer is a petition to

“We view you from a different perspective.
We see the light that is within you.”

CONVERSATIONS WITH THE AKASHIC FIELD

Practical advice for these changing times
from the last of “the sleeping prophets”

DOUGLAS JAMES COTTRELL PHD

COMPILED AND EDITED BY
DOUGLAS M COTTRELL BA, MA

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the benevolent force of God—or Love—to intervene (not to interfere) in someone’s life. Remember to always ask for help; otherwise, there may be no help given—it would be an intrusion upon your free will. Rev. Alex Holmes, a longstanding Anglican minister who instructed me in the “laying on of hands,” once told me, “When I remember to pray, helpful coincidences come into my life. But when I forget to pray, they don’t, and I have a hard time of it.”

In its simplest form, prayer is what you think about all the time. Have you noticed that when you need something and you constantly think of it, it comes to you?

In meditation, one passes over the threshold of the conscious mind and into the unknown. The seeking mind can be likened to a skin diver plunging into a deep pool. With each dive, more is learned about how to dive and what awaits the diver. At the deepest levels, treasure can be found and, once found, revisited at any time. Until this knowledge or awareness is achieved, the seeker has no bearings, or familiar surroundings, and is quite vulnerable. Protection is needed. Meditation is not a simple state of mind to be in. I assume the reader to have had some experience with meditation—perhaps from quietly awaiting a solution to a problem to be given. This could be called surface meditation, as you are still able to see where you are. As you enter deeper states of mind, you reach out without knowing what you may contact. A prayer of protection should be used. This is the prayer I use before each Quantum Meditation™ (formerly “deep trance”) Reading I give, even though I

have been doing daily Readings for decades: “Dear Lord, please protect this inquiring mind from any and all negative influences, regardless of source. Amen.” This is necessary, because there exist those lesser-evolved souls who are stuck in the astral plane and feed on emotion. Usually strong emotions, like fear, lust, and acts of violence give these misguided entities some vicarious life again in the Earth plane. Do not be afraid of them or of ugly faces you may encounter in early states of meditation. These are simply misguided spirits. Even though they don’t realize (or refuse to believe) they are discarnate, they cannot interfere with you. If your mind is strong, you need never fear.

In meditation, you can visit the same planes that you do in deep sleep each night. Pray for spiritual enlightenment and build your soul through the mind’s meditation. Simply put: Prayer is talking to God. Meditation is God talking to you. As a soul, you are of God and from God. Has it not been said, “God is within me and I am with God”? If you are indeed a part of God, then God is not far away. God resides within your heart. As each human is a cell in a living body, know that the body is of God and it is Divine.

Peace be with you. 🍁



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



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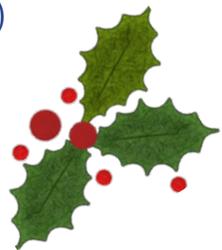


"... for time never was when there was not a Christ and not a Christ mass."

(EC 262-103)



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to all our readers!





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