



The Open Road

The Magazine of Edgar Cayce Canada

- ▶ **Making a Difference in a Troubled World**
by Mark Finnan
- ▶ **Diet, Exercise, and Enlightenment**
by Dr. Nick Bianchi
- ▶ **The Photographer Angel**
by Evelyn MacKay



*Highlights from
recent Cayce events*



Keep thine feet on the earth, but thine head, thine
soul, thine mind, in the whisperings of God!

(EC 440-14)



The Open Road

The Magazine of Edgar Cayce Canada

The mission of Edgar Cayce Canada is,
"To encourage exploration and application of
the principles in the Edgar Cayce readings."

La mission d'Edgar Cayce Canada est,
"D'encourager l'exploration et l'application
des principes qui se trouvent dans les lectures
d'Edgar Cayce."



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

The Purpose of the "Work"

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

(Cayce 254-86)

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*Catherine MacDonald and James Schmidt,
Editors Emeriti*

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

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

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

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Contents

- 6** **With God's Help**
by Peter Woodbury
- 8** **Being a Spiritual Person in Challenging Times**
by Douglas James Cottrell
- 10** **Diet, Exercise, and Enlightenment**
by Nick Bianchi
- 12** **Fire, Water, Heaven, and Earth**
by Samuel Dancey
- 13** **The Photographer Angel**
by Evelyn MacKay
- 14** **Edgar Cayce Canada News**
Reports on:
- Canadian Fellowship Conference 2018
 - Alaska Cruise 2018
 - Spiritual Awakening Retreat 2018
- 23** **The Miracle of Healing**
by Brian Alderson
- 26** **Making a Difference in a Troubled World**
by Mark Finnan
- 30** **Nightmares: A Tool on the Spiritual Journey**
by Stase Michaels



Editor's Note

AT THE START of the New Year, we express many good wishes, hopes, and prayers—for ourselves, for our families and friends, for the world in which we live. The articles in this issue of *The Open Road*, published at the start of a new year, offer ideas, hopes, and concepts to help make 2019 a better year for each of us individually, for all of us collectively, and for the amazing world that we share.



What could I add but a prayer of blessing for our members and readers.

A New Year's Prayer

Lord, You make all things new
You bring hope alive in our hearts
And cause our Spirits to be born again.

Thank you for this new year
For all the potential it holds.
Come and kindle in us
A mighty flame
So that in our time, many will see the wonders of God
And live forever to praise Your glorious name.

Amen

(A prayer for the New Year found on
www.lords-prayer-words.com)

May 2019 be a year of joy, health, peace, and success
for all our contributors and readers!

Many blessings,

Simone Gabbay

Prayer Circle Network

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

If you have a prayer request, please
contact:

Kathie Caple
kathiecaple@hotmail.com

Light a Candle & Say a Prayer

for that special someone

Just go to
www.gratefulness.org/light-a-candle



A Search for God *study groups across Canada*

Contact:
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From *the* President's Desk



DEAR FRIENDS AND MEMBERS of Edgar Cayce Canada,

2018 has been a tremendous year for ECC, and we would like to thank you for your participation and continued support. Over the years, we have experienced many of the challenges that non-profit, volunteer-driven organizations often face, and we have continued to respond to changes by developing a culture of adaptability. In 2018, we took a leap of faith and hosted our annual Canadian Fellowship Conference in a new location. From all accounts, it was successful, and we appreciated the fellowship and camaraderie with all those who attended.

Perhaps one of our most recognized traditions for the past 35 years has been to host the Canadian Fellowship Conference in Ontario in May. This longstanding tradition has been a mainstay in people's calendars, with hours, days, and months of dedication from the volunteers who have championed this important endeavour with generous acts of service. So it is with humility that I make the announcement that in 2019, we will not be hosting the Canadian Fellowship Conference in May. Over the past few years, we have seen a decrease in volunteers and a decline in participants at the conference. To respond to these changes, we are expanding our options, resources, and volunteers. We aim to deliver the Canadian Fellowship Conference in the fall at a location that encourages participation and perhaps a larger audience. As a group, we are all humbly aware that this change impacts a lot of people, and this decision was not made without conscientious reflection. If you would like to be part of the planning process or volunteer, your ideas and contributions would be appreciated. Please contact us at info@edgarcaycecanada.com.

As always, communication of the Edgar Cayce principles in all its forms continues to be the mission of Edgar Cayce Canada. Today, we are pleased to present the 64th issue of *The Open Road* magazine! In 2018, we also experienced tremendous activity through our online connections across Canada. We currently have over 600 subscribers from every province through our website and Facebook, and this reminds us that we truly are a national organization, and an international centre of the A.R.E.

Our next project is to try something new with the respected principles of the Search for God study group readings. We have started, as of December 2, 2018, to host an online Search for God Study group on Sunday nights, at 7:00 p.m. EST, which will be continuing in 2019. The log-in information and instructions are on our website, and we hope to see you there. The meetings will follow the traditional format with group discussions, meditation, and studies from the Search for God books, Volumes I and II. Try it out! Perhaps Sunday nights will provide the missing piece if you have been seeking deeper connections with the Edgar Cayce community. In a culture of adaptability and change, we are using new technology for ancient customs to congregate and find purpose in our oneness and unity.

May you all have a blessed and a joyful New Year. We look forward to seeing you in 2019!

From all of us at Edgar Cayce Canada,

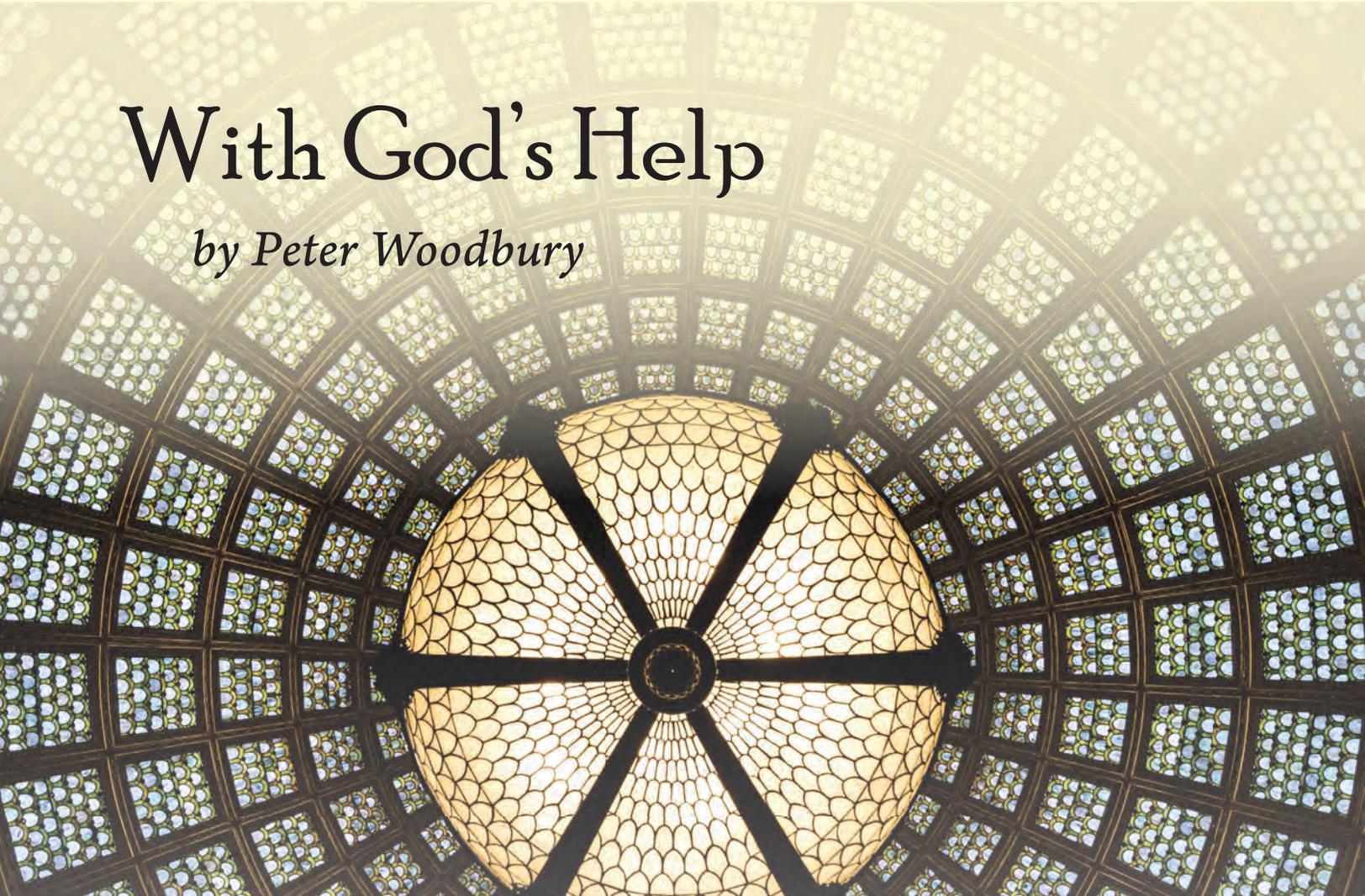
Thank you!

Lori Jensen

Chair of the Board & CEO, Edgar Cayce Canada

With God's Help

by Peter Woodbury



A FEW YEARS AGO, I PRESENTED at the Afterlife Conference held in Norfolk, VA. There were about 350 people in attendance. It was a fun experience—I met some really nice people and got to reconnect with an old Boston friend, John Holland. I had been asked by Terri Daniels to present my work and do a group regression. The norm with group regressions is that about one-third of participants fall asleep, one-third get nothing, and one-third have an experience. (I have been working to expand the latter so that a greater number can have an experience.) I was up

against some of the conference headliners, so I got about 40 people to attend my session. We experienced the usual sound and electrical problems that seem to follow mediums. When I mentioned that my great-grandmother was a medium, the speakers began to buzz and hum loudly! It felt like a "hello." But the lecture went very well, and the question-and-answer session period was stimulating.

The regression session felt very deep and still. I was happy to see no one visibly awake or annoyed, and I heard no snoring—both good signs. I no longer have people share their experiences in the group for several reasons. For

Peter Woodbury will be the keynote speaker at the Winter Meditation Retreat
in Niagara Falls, Ontario, March 1-3, 2019.

For more information, please see ad on pg. 35 in this issue, or contact Teresa Wasowicz, 905-791-8555,
e-mail: wintermeditationretreat@gmail.com

instance, someone might tell a long story of how they saw their first cousin who in a past life was the neighbor of their grandmother's mailman's uncle. You can see how fascinating this would be for those not included. Or someone might tell of how God spoke to them directly, or Jesus appeared and showed them the meaning of life and all their past lives. Someone else might say that all they saw was a coconut. You get the point, I believe. So, I ask people to stay after the event and share their experiences with me one on one, if they like.

One woman told me that she had had a neck problem most of her adult life. She saw a past life where she was being hung. She came out of the experience and felt no pain in her neck for the first time in years. A man said he had crossed over and had a large reunion with all his deceased relatives. Another person said they had gained vital insight about an important relationship. It got overwhelming. So many people had healing experiences, had some sort of soul or guide contact, or felt illuminated or touched by the experience. They reported feeling that it had been a transcendent experience.

I am not writing this to create a registered trademark for some sort of unique work that I do that changes people's lives. I just try to follow the model of Edgar Cayce, who tried to follow Jesus' model. I suppose I try to be a channel

for healing to happen, but even that sounds arrogant. If I have learned anything, it is what Jesus meant when He said, "In and of myself, I can only do small things, but with God all things are possible." I make sure to consecrate the space with prayer. I set the intention and the ideal for the work. I invoke all those who are working to bring light into consciousness and request that we commit to sharing that light with all those we encounter every day.

It seems to me that the work is picking up momentum. All I bring is a sincere desire to be of help. Perhaps as I have gone further into this work, my guidance from the seen and unseen realms has grown. I am so very happy that I get to teach this every year. I know there is nothing any more special about me than anyone else. I am full of mixed energies. But maybe, as Harmon Bro said of Mr. Cayce in trance, his lower energies would rise above him while he gave the reading, and return once he was done. I can't say I know completely. I just wanted to share with you the evolution of this work and the joy it brings me and the healing it seems to bring to many. 🍁

The above article was reproduced with permission from Peter Woodbury's blog at www.peterwoodbury.com.



PETER WOODBURY, MSW, received his undergraduate degree in psychology from Harvard University in Cambridge, Massachusetts and his master's degree in social work from Boston University. He trained in hypnotherapy and past-life regression techniques with Dr. Brian Weiss, Dr. Allen Chips, and Dan Brown, PhD.

Peter is in private practice as a psychotherapist and hypnotherapist in Virginia Beach, Virginia with a focus on the use of spirituality and faith as tools for personal transformation and liberation.

A student of the Edgar Cayce readings for over 20 years, he is a popular presenter on key topics from the Cayce readings, both at A.R.E Headquarters and in the field. Fluent in three languages, he is also known for his outstanding leadership of A.R.E. Tours to South America, India, and Egypt. He also finds time to play Edgar Cayce in the popular one-man show titled "An Evening with Edgar Cayce."

To contact Peter for appointments, groups or speaking engagements, please send an email to: petertfwoodbury@gmail.com.

Being a Spiritual Person in Challenging Times

by Douglas James Cottrell

IT WAS EDGAR CAYCE who predicted that, in the future, the world would go through great upheavals, as part of our spiritual growth. He predicted changes in the economy, politics, and the weather—the so-called Earth changes that would be so great that the face of the future Earth would be unrecognizable from its present state. For those with eyes to see and ears to hear, it is clear that we have already entered this phase. We have come into a time when chaos and fear are rampant. It is a time of extremes, disparity, and division like never before. Aided by our instant communication technologies, people have become less tolerant, less civilized, and more quick to judge than ever before.

For people on the spiritual path, the question we must ask ourselves is: What can we do to help during this time of extremes?

May I suggest: First, resist getting caught up in the chaos of extreme thinking and forgetting your spiritual beliefs and truths. Stay true to your spiritual beliefs (this may be a test) of being compassionate, putting limits on desires, and being fair-minded when it comes to interacting with other people. Practice the Golden Rule of doing to others what you would have done to you.

Avoid vexatious, mean, and hateful people. Come together with like-minded people to help you keep your

peace, enthusiasm, and optimism in this time of chaos. Don't be afraid of controversy, or people who do not believe as you may believe. Look for the truth in what is going on around you. Remember, your spiritual awareness includes finding out what to do (and believe) through your dreams and meditations.

Be an example of peace and demonstrate what you know to be helpful.

Remember that from your fingertips forward, you have no control over the world. From your fingertips backward, you have complete control over the world. Do the things that you know are right, that are within your control, and don't allow yourself to be provoked into anger, intolerance, or prejudice, or to be too quick to judge. Ask: "Am I helping or hurting?"

For those things beyond your fingertips, be an example of peace and demonstrate what you know to be helpful. The way out of this is to help each other, one person at a

time. Be prudent. Don't put yourself in jeopardy, but, whenever possible, help the unfortunate, the needy, the old, and the weak.

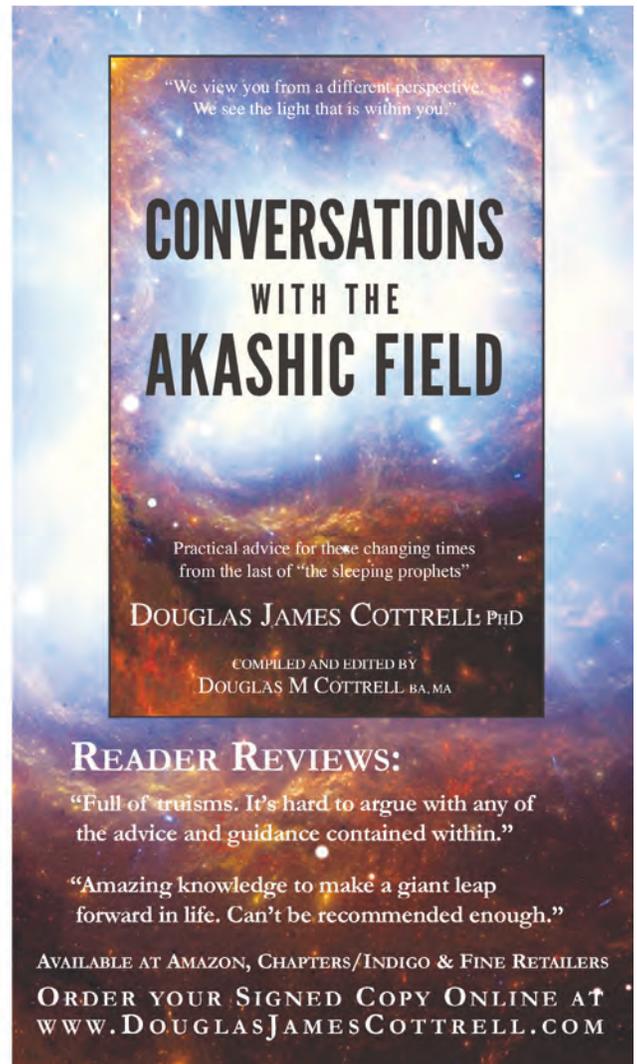
In order to sustain your faith, I'd like you to pay attention to what I call "instant karma." Accept the spiritual truth that there are no injustices in the Universe. Each of us receives exactly what we give forth. Understanding this divine principle will help you do the right thing and avoid falling into the darkness of indifference.

Pay attention to people in the public eye who make outrageous claims and false charges against others. In what might be considered "karmic lightning speed," the accusations and charges they made falsely of others come right back to them, and they go through the exact circumstances they have verbalized against others. Indeed, words have power, and your tongue is like the rudder of a ship: it steers you in the direction of your words. Seeing this "instant karma" in action will encourage you to have good thoughts, speak good words, and do good deeds, one person at a time. You may well be a light in someone's moment of darkness.

The way out of this time of chaos, despair, and seemingly international indifference to the plight of the various races and religions is to follow the simple principles of Christ consciousness. Be compassionate and loving in mind, as well as in life. In life, you will face times of conflict. You might remember this saying when trying to decide what to do: "Stand up to the strong when they are in the wrong, but make concessions for the weak."

As much as you can, go quietly along your path in life. Be aware and prepared for the extremes (fortuitous or challenging) that are here and will continue to come until this renovation, teaching, or testing time comes to a close. These times and our actions will determine what future the Universe holds for us.

Simply, to be a spiritual person is to be kind in all the things you do. Let your character be strong. Let your faith guide you. Be a light unto the world. Be an example of a good person. Remember there are three things that can never be hidden: the sun, the moon, and the truth. 🍁



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. His website is at www.douglasjamescottrell.com

Diet, Exercise, and Enlightenment

By Nick Bianchi, DSc, DC



AS A HEALTHCARE PRACTITIONER, my role encompasses three aspects. I help people to heal, recover from injury, and get out of pain, while trying to figure out what went wrong (why they developed the problem) and what they can do to prevent such issues in the future and help themselves heal. My general advice follows that of Edgar Cayce, who, as conceded by the *Journal of the American Medical Association*, gave us the roots of holism. I educate people on choosing healthy, nutritious food; I encourage them to exercise; and I tie in the relation of the mind and body, emphasizing balance, hobbies, and socialization in one's life. While seemingly simple, all of this can be overwhelming and complex, which is why I often bring it all back to one's meaning in life, one's Life Purpose.

And ye will find thine own heart uplifted, thine own life opened, thy love appreciated, thy purposes understood!
(EC 1754-1)

According to the Edgar Cayce philosophy, each person living on the earth is here for a specific soul purpose—a purpose that no one else can fulfill. While for some people, their purpose might be directly related to a profession or vocation, for others it could simply be a particular way of living day by day. Finding and then understanding and living your soul's purpose is a lifelong process. As your knowledge grows and deepens, you will find greater and greater opportunities for fulfilling your life's mission.

What does purpose have to do with exercise and diet? If I were to tell someone to prepare a house by itemizing all of the tasks needing to be done, such as vacuuming, dusting, doing the dishes, washing the sheets, it would seem quite onerous, tedious, and not a very interesting use of time. However, if I told them that their home had become a Bed & Breakfast, all the tasks would fall into place, be understood to support the overall purpose, and therefore have inherent meaning. When an athlete comes to see me, they already exercise and eat well. Why? They know about the obvious connection between their life purpose and the foundations of good health. *What we need to understand is that whatever one's life-purpose is, it absolutely requires that the physical foundations of health be attended to.* If my purpose is to vacation in and drive to California, then I will prepare and attend to the "health" of my car. People who golf attend to the "health" of their clubs and shoes. A computer programmer would keep their computer virus-free and optimized. Whatever it is that a human being wants to do, it requires a body. The healthier their body, the better their activity of choice.



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Let the Challenges and Struggles Begin

In this framework, dedicating time and energy to healthy living becomes easy at first glance (athletes don't need motivation to exercise, they just do it), yet not so easy indeed, which may be the point of it all. The concept of "eat your veggies and move your body every day" is not hard, and the actual doing it is also not hard; what is hard is that the mind gets in the way. We can see ourselves struggle between knowing what we should do, what we want to do, and what we actually do. We succumb to habits, excuses, emotions, and laziness. We use the power of our rational mind not to come up with solutions, but to create elaborate stories as to why we don't do the things that we should do/need to do/ want to do. *When we can observe this in ourselves and then actually begin to do those daily healthy practices, this is an opportunity for spiritual growth.* This is when we can align with our true purposeful selves and dissolve the less-than-optimal self. This is when we begin to really know ourselves.

And so my advice is this: Find an initial purpose—for example, I want to be a good parent—and make the connections to general healthy living: If I eat well and get some exercise, I will feel better, think better, and move better. Therefore, I will be less stressed around my children and be able to make better decisions and play with them. Next is to observe oneself: Why can't I make time to chop those veggies, what excuses do I make, how else am I spending my time? Now the enlightenment begins: Wow, I spend a lot of time on social media, why is that? What void am I filling in my life? What emotional gains do I get? As this cycle repeats, we reveal more of who we are, our purposes get more clear, and eating veggies becomes somewhat easier, yet not too easy, for if this is one of the paths towards enlightenment, should we expect it to be easy?

In summary, you already know a lot of the things you should be doing. Start doing them, understand that it will be tough and that this is how you will begin to align with who you truly are and to find your Life's Purpose.

With you on the Path,
Dr. Nick

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.

Seeing



*When my heart was troubled
And burdened down with care*

*I only saw the forest
A block of green despair*

*When my load was lightened
and my cares began to flee
I then could see the trees therein
Swaying in the breeze*

*When my mind connected with
The spirit of my soul
I could see the leaves upon
The branches bending low*

*When my soul reached out to touch
The leaf upon the tree
I saw the beauty of the dew
That waited there for me.*

- From the book *Soul Sounds*
by Catherine MacDonald

*Excerpted with permission
Ordering information: jschmidt@muskoka.com*

Fire, Water, Heaven, and Earth

by Samuel Dancey

WHEN DISCUSSING soul development, the Edgar Cayce readings sometimes mention two different aspects of ourselves—the *personality* and the *individuality*. The personality is that portion of ourselves having to do with this world, the earth, and the emotions we develop here over the course of many lifetimes. It is personality that we project for others to see. On the other hand, our individuality is closer to our real selves. It is that portion of ourselves that we develop on the planets of our solar system between our reincarnations on earth.

Cayce reading 3590-2 states:

Personality is that which the entity, consciously or unconsciously, spreads out before others to be seen of others. As to whether you will say Good Morning to Jim or John, and ignore Susan or not —these are parts of the personality, because of some difference or because of some desire to be used or needed by THAT others would have to give.

While individuality in that same circumstance would be: I wish to do this or that for Susan or Jim or John, because I would like for Jim or John or Susan to do this if conditions were reversed.

One is for the universal consciousness that is part of the soul-entity's activity. The other is the personal, or the desire for recognition, or the desire for the other individual to recognize your personal superiority.

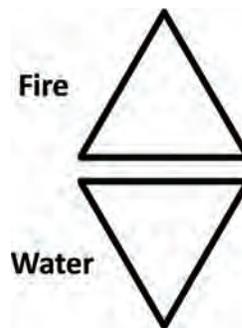
Part of our soul growth is accomplished by integrating a little bit of the individuality (heavens) into the personality (earth). Put differently—joining heaven and earth.

This is a very simplified explanation of Cayce's concept of individuality and personality, but it serves the purpose of introducing this symbolic pattern of heaven and earth. This concept is seen in a variety of symbolisms throughout

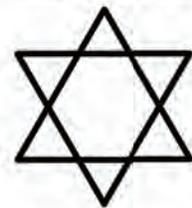
the world. For instance, the Star of David is the symbol found on the flag of Israel. It is also a recognized meditative symbol. It is comprised of two triangles, one pointing upward and the other pointing down.

The upward pointing triangle is the ancient alchemical symbol for fire, as fire reaches upward toward the heavens. The downward pointing triangle is the ancient alchemical symbol for water, which flows downward toward the earth.

The ancient Hebrew language did not have vowels, but consonants only. In her book *Symbols and the Self*, Violet Shelly states that in the ancient Hebrew language, the joining of the consonants for the words "fire" and "water" formed a word or secret sign that meant the equivalent



Star of David



Flag of Israel



of God. So the joining of the two triangles in the Star of David is symbolically showing a union of fire and water signifying God.

A second example of this is seen in Chinese philosophy, such as in the book *The I Ching or Book of Changes*. *Li* is a yang trigram and a symbol for fire. Like fire, it moves

Continued on p. 32

The Photographer Angel

by Evelyn MacKay



SEVERAL YEARS AGO, in a Therapeutic Touch class I was teaching in the Muskoka Lakes area, I connected on a deep level with one of the participants, a young woman named Doris. The two of us immediately felt a kinship. It was as if we were meeting again after a long, long time, and perhaps we were.

In the years that followed, we would meet occasionally at a restaurant for lunch, halfway between her place and mine. We would share a meal, talking and visiting all the while. If she came to visit relatives in our area, we would meet then, too. She was interested in matters of the spirit just as I was, so we found a lot to talk about.

Some 10 years ago, in early January, she called to share a couple of unusual events with me. The first one had happened a few weeks earlier, between the Christmas and New Year holidays. Her mother-in-law was soon to have her 74th birthday, and Doris' husband Garth wanted to have a

celebratory dinner party at a local Muskoka hotel. Garth's sister suggested he should wait for a year, since a 75th birthday party for their mom would be very special. Garth, however, wanted to go ahead with his plans for their mother's 74th birthday.

Muskoka hotels are very busy at Christmas, and again on New Year's Eve, but the space between Christmas and New Year's is usually quiet, so Garth arranged to have the dinner at a local hotel between the two holidays.

The family group gathered in a side room before going in to dinner. Garth had brought a camera and decided to take a picture of the group as a memento for his mother. They were arranging themselves in a group around the birthday lady, who was seated on a settee, when a man entered the room. He was wearing a tuxedo, looking very handsome, and asked, "Are you the Jones family?" Garth responded, "No, we are the Simmons family." The man in the tux said, "I see. Since I am here, would you like me to take a picture of your family so that you can all be in it?"

This was before the age of digital cameras. Garth was happy to have someone else snap the picture, so he thanked the man and joined his family; the guest took the photo, waved goodbye, and left.

Later that evening, members of the party thought they would like to know the

Continued on p. 28





EDGAR CAYCE CANADA

News

Report on *Canadian Fellowship Conference 2018*

by James Schmidt, Editor Emeritus

EDGAR CAYCE CANADA's 35th Annual Canadian Fellowship Conference was held this year at the Isaiah Tubbs Resort near Picton, Ontario, and Sandbanks Provincial Park. The resort is located on the shores of West Lake, which is an "inlet" off of the eastern end of Lake Ontario.

The keynote speaker this year was Lynn Sparrow Christy from Virginia Beach, Virginia, speaking on "Conscious Evolution: Co-Creating with Spirit to Change the World." She indeed created a memorable experience for all attendees with her thought-provoking talks.

The Conference also boasted the usual variety of workshops given by excellent presenters. The set-up was modified so that attendees sat around tables, in contrast to the usual theatre style, and comments were made that this arrangement greatly facilitated communication amongst attendees, especially with numerous first-time attendees present. The Conference also included professional musical entertainment on Saturday evening and a bonfire at the beach. Meals were served at the Resort's fine-dining restaurant, which attendees enjoyed. Sunday morning concluded with a Mother's Day brunch, and flowers in pots were available for all mothers. Overall, participants found the weekend most rewarding.

Regrettably, for the foreseeable future, there will no longer be a "Fellowship Conference" in the Kingston/Eastern Ontario area due to a lack of volunteers. 🍁





We Were Blessed

A Report on the August 2018 A.R.E. Alaska Cruise with John Van Auken

by Catherine MacDonald, Bracebridge, Ontario

JAMES AND I HAD THE PRIVILEGE of ticking another item off our bucket list this past summer with an Alaska Cruise in August. When we saw the seven-day A.R.E. cruise advertised in *Venture Inward* and that John Van Auken was leading the tour, we were the first to sign up. It was a trip like no other. Not only were we reacquainted with old Cayce friends from both sides of the border, but we were also treated to many amazing experiences. We saw beautiful blue ice floes drifting past our window, mountains covered in unending greenery, mountain tops covered in ice and snow, waterfalls plunging from the top of mountains falling straight down, and whales cruising by the window as we ate dinner in the dining room.

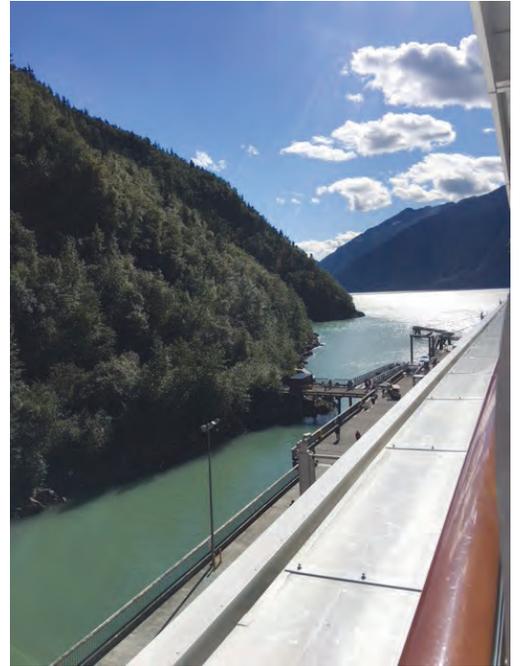
We also panned for gold in Juneau, had a wonderful outdoor salmon bake, and from Skagway rode the train eastward through the mountains and the White Pass, following the route of the early gold seekers on their way to the Klondike gold fields in the Yukon. So much to see, so little time!

The cool temperatures, some fog, rain, and late nights with friends failed to dampen spirits. Of course, John's lectures on the origins and destiny of man were beautifully presented, and having that special small-

group time with him for question-and-answer periods was great. There were only 41 people on the tour, giving everyone lots of quality time with John. He even managed to work in a lecture on the Papal Prophecies, bringing current events in the Catholic Church into real time. How fortunate we were to experience all this and to share it with 41 like-minded souls. At the end of the trip, we were exhausted, but indeed blessed. 🍁



Catherine MacDonald and James Schmidt have volunteered with Edgar Cayce Canada in many prominent capacities and are Editors Emeriti of The Open Road.



Report on *Spiritual Awakening Retreat 2018*

by Marina Quattrocchi

THE 2018 SPIRITUAL AWAKENING Retreat was an unforgettable experience with enlightening speakers, uplifting music, and the opportunity to meet friends old and new. The location, Le Manoir D'Youville, lies on a small island, Île Saint-Bernard in Châteauguay, on the shores of the Châteauguay River and Lac Saint-Louis. Manoir D'Youville is promoted as a place where “nature meets culture, with breathtaking views that are relaxing and reinvigorating.” The hotel was previously the home of the Order of Sisters of Charity of Montreal, who later became known as the Grey Nuns. The name comes from Sainte Marguerite d'Youville, the founder of their order. Île Saint-Bernard is a 400-hectare area about the size of Stanley Park in Vancouver or about twice the size of Mount Royal Park in Montreal. There's an enormous mature apple orchard beside the hotel, where you can pick your own apples. Miles of hiking trails abound, or you can sit on the many chairs by the water and meditate into a soothing lull; and this country oasis is just a 30-45 minute drive from downtown Montreal.



The now yearly Spiritual Awakening Retreat is held here every fall, usually the last weekend of September. The current retreat has evolved from a smaller meeting, the “Creative Awakening Weekend,” started by Reverend Robert Johnson in 2005, where a group of 25 people assembled each year in this idyllic surrounding. After organizing the retreat for ten years, Rev. Johnson turned it over to Michael Zivic, who had retired as a professional engineer. A student of Cayce's since 1986, Michael worked as a volunteer with the Canadian Fellowship Conference in its initial stages and served as a Board member of Edgar Cayce Canada. This work is a family affair, since his wife, Sylvie, and daughters Christine and Melanie are all students of the Cayce material. At the previous retreat, Melanie gave a talk on nutrition and post-Cayce challenges. In 2015, the first year Michael organized the retreat, 35 people attended. Under Michael's planning, the retreat has grown steadily each year, with 55 people attending in September 2018. With increasing numbers, Michael was able to bring in speakers from Virginia Beach for the first time—Sidney and Nancy Kirkpatrick. Drawing from their books *Edgar Cayce: An American Prophet* and *True Tales from the Edgar Cayce Archives: Lives Touched and Lessons Learned from the Sleeping Prophet*, the theme of their talks was “Edgar Cayce—the Man and the Message.”



Sidney presented archival photos and fascinating anecdotes from Cayce's life and work. One of the stories he told was that of a Boston art student, Anne Neumark, who was gravely ill when Cayce learned of her situation and set up an emergency reading for her. Cayce's readings, whose multifaceted recommendations included daily osteopathic treatments, a nutritious whole-foods diet, and treatments with the energy-transmitting "wet cell" device developed at the Cayce hospital, proved to be the miracle Anne needed. After her recovery, Anne and Cayce became pen pals, and as a token of thanks, in 1940, she painted a portrait of Cayce, which hung in his Virginia Beach office, a constant reminder of the positive impact and the good he had done for humanity.

Nancy shared with us the practical wisdom she had gleaned from decades of studying the Cayce readings. Her Saturday morning talk opened with a quote by C.S. Lewis: "We don't have a soul. We are a soul." Nancy explained how daily meditation, spending time in nature, and a wholesome diet will nurture us on our evolutionary path. She also recounted the biblical story of Saul, who had spent his life persecuting Christians. On the road to Damascus, he had a powerful conversion experience, becoming Paul, one of the greatest followers of Jesus. Why was Saul, a blood-thirsty tyrant, chosen to become Paul? Cayce's readings explain that it was because he was able to get things done!

A popular activity at the retreat was using the Aurascope with the assistance of Sidney Kirkpatrick. We signed up in pairs, one person looking through the Aurascope's four glass prisms, clear, red, blue, and yellow, while trying to see the aura of our partner sitting across from us in a chair. Cayce, who easily saw people's auras, believed this was a skill we were all capable of developing. On Saturday evening, before treating us all to a sing-along, Sidney surprised us with a half-hour presentation on wit in the Cayce readings, which demonstrated that God, Spirit, and Cayce have a tremendous sense of humour.

Planning for next year's Spiritual Awakening retreat is well underway. Although Michael Zivic does the bulk of the organizing, Ken Allego helps with Facebook, social media, and the Saturday evening sing-along. Nancy Burke is the registrar, and Nancy Thomas sends out all the e-mail



Spiritual Awakening Retreat 2018

Continued

notifications. Sylvie Auger, Michael's wife, plays a huge role in making sure things run smoothly and is often a speaker. Her talk in 2019 will focus on Mary Magdalene and the Divine Feminine. Michael will be bringing in Peter Woodbury as guest speaker, and although Peter will also be the main speaker at the 2019 Cayce winter retreat, both presentations will be completely different. The focus for next year's retreat will be more meditative, including a guided meditation Friday evening, a meditative drumming circle on Saturday, a Saturday evening sing-along with spiritual music, and a closing Sufi spiritual dance ceremony—another unforgettable awakening experience for all Edgar Cayce Canada members and friends. 🍁



MARINA QUATTROCCHI, Ed.D., is a former photojournalist, elementary school teacher, and secondary school English teacher with a keen interest in dream work, meditation, and spirituality. She does individual dream therapy, is a certified Myers-Briggs practitioner, and a registered yoga teacher. Her first book, *Dreamwork Uncovered: How dreams can create inner harmony, peace and joy*, grew from her doctoral thesis where she worked with secondary school students and their dreams. An avid dreamer, she's been journaling her dreams and meditating for over 30 years. *The Genius of Spirit* is her second book.

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"Barb, you said carrots were supposed to be good for my eyes. I can't see a darn thing!"

The Miracle of Healing

by Brian Alderson



FOR THE CANONIZATION of the Australian catholic sister Mary Mackillop in 2010, a prerequisite was that at least two posthumous miracles had to be attributed to the candidate. The two miracles attributed to Mary Mackillop were ones that involved the healing of patients suffering from incurable cancers. In an ABC TV interview, Sister Maria said, “Mary Mackillop herself does not do the curing. She prays for the person, and the cure is effected by God Himself, not by Mary Mackillop.” From this we can assume that the Church believed that, in the two cases investigated by the Church, God intervened, changing the normal course of events, thus performing miracles.

Science tells us that there are natural laws governing the way nature behaves. It is only when an event in the physical world is of a truly extraordinary nature, surpassing all known human or natural powers, that it is ascribed to a supernatural cause. The reason for attributing the cause of something supernatural to God is only because no other explanation can be found.

Throughout history, people have made many claims of performing miracles—Jesus Christ, perhaps being the most renowned miracle worker for his acts of walking on water, turning water into wine, and the unending supply of loaves and fishes. At one point in his ministry, Jesus said

to his listeners that if they had faith, they could move mountains.

From a scientific viewpoint, we find that, in recent times, medical science has made incredible breakthroughs in the treatment of diseases. It has provided new surgical procedures and medicines, and recent experiments have shown that, with the use of biofeedback and visualization techniques, individuals can control blood pressure, migraines, ulcers, shrink tumours, and in some cases, cause tumours to disappear altogether.

When we look at the power of individuals to effect marvellous cures, we find that, in certain instances, some people have been cured with no apparent outside intervention. The miraculous story of Charles Burrows was reported in *Forbes* magazine a few years ago. Burrows, in late 2005, was diagnosed with inoperable liver cancer; doctors gave him between 30 and 60 days to live. Burrows quit his carpentry job and spent the next two months unsure what to do. Then things got very strange. In February 2006, Burrows developed abdominal bloating, shaking, chills, and nausea. Soon after that, he noticed that the lump on his stomach was gone. Medical examination showed that, where the tumour had once been, there was “literally empty space.” At the time of the publication of the *Forbes* article three years later, Burrows remained free of cancer. “I won a lottery,” he said.

In another case, Ole Nielsen Schou was diagnosed with terminal skin cancer. In 2002, the Danish man learned that his melanoma had spread to his liver, abdomen, lungs, bones, and ten spots in his brain. The abdominal tumour was surgically removed, but doctors in Copenhagen had no treatment for his other tumours. He took a strange cocktail of vitamins and supplements, including shark cartilage pills; he used techniques of visualization, imagining that the cancer cells were rats and he was chasing them out with a club. Four months later, a new scan found that 90 percent of his tumours had melted away, and shortly after, they had all disappeared. The surgeon who treated him doubts it was the vitamins. "It is a complete mystery," she says. "Nobody has seen anything like this." According to the medical journal *Melanoma Research*, spontaneous tumour regressions are among the rarest and most mysterious events in medicine.

Getting back to the supposed miracles attributed to Sister Mary Mackillop, we may ask whether or not the cures were, in fact, a result of God's intervention following prayers passed on by Mackillop.

The answer may partly lie in the solution to the question: Where does God reside? If, as Edgar Cayce has stated so often, "God is within your own self," then, when we seek help from the divine, we are making supplications to that which is within us, and the cure or the answers to our prayers will also come from inside us.

If, then, the power to cure diseases resides within us, how do we get hold of and use this power? When we study the works of Edgar Cayce, we observe that he was no miracle worker as such. He did not perform a "laying-on of hands" or intercede in prayers to God on behalf of those seeking help. His ability was his psychic gift of being able to access the Akashic records, where all knowledge is stored, and to convey that knowledge, as applicable, to his clients. It was the patients' application of the instructions given in the readings that effected the cures. In some cases, the results were termed "miraculous."

In studying the healing ministry of Jesus, we find that Jesus regarded faith as a key element in his healing. When performing one of his miraculous cures on someone, Jesus stated, "Your healing is according to your faith." To another, he said, "Your faith has made you whole," while, to another, with the laying-on of hands, he said, "According to your faith, so be it unto you."

There seems to be some sort of God-given healing energy that resides in all of us. Some people were born with a natural ability to use this gift and are able to aid in the restoration of health in others. The Edgar Cayce readings claim that the ability to heal is within us all. The readings state that, with prayer and meditation, we may be able to channel that energy to a point where we, too, can perform miraculous feats of healing. As one reading stated :

"...for we are co-laborers, co-creators with that energy we call God, that energy we call Universal Forces."

(EC391-4)



Portrait of Sister Mary Mackillop

FROM THE READINGS

As the body attunes self, as has been given, it may be a channel where there may be even INSTANT healing with the laying on of hands. The more often this occurs the more POWER is there felt in the body, the forcefulness in the act or word.

(EC281-5)

(Q) *Will she be able to walk and talk?*

(A) *Believest thou that He may give that you ask? He IS the author of life! He IS the author of health, of faith, of hope! HAVE that! and to that extent the healing will be!*

(EC1594-3)

(Q) *How can I so strengthen my faith so as to become a fitting channel of help in God's healing of my daughter?*

(A) *Magnify in the words of mouth, the acts of the body and hand, that as is GIVEN day by day. As the ideal is a growth, as the activities of the physical and mental*

consciousness through confidence brings that seeking of the mental and material body to awaken to the spiritual activities, so may the GROWTH in faith BRING the activating forces of the spirit that makes alive in the flesh.

(EC262-14)

For, in ANY application that may be made of ANY nature for healing to a body, it is only to supply that means, that channel through which life energies in a body may find the better channel for manifestation. HEALING is done by the body. Those applications to same only prepare the way for same to be accomplished.

(EC632-6)

(Q) Is it possible to give any advice as to how an individual may raise his own vibrations, or whatever may be necessary, to effect a self-cure?

(A) By raising that attunement of self to the spirit within, that is of the soul – body – about which we have been speaking.

Often in those conditions where necessary you have seen produced within a body unusual or abnormal strength, either for physical or mental activity. From whence arose such? Who hath given thee power? Within what live ye? What is Life? Is it the attuning of self, then, to same. HOW?

As the body-physical is purified, as the mental body is made wholly at-one with purification or purity, with the life and light within itself, healing comes, strength comes, power comes.

So may an individual effect a healing, through meditation, through attuning not just a side of the mind nor a portion of the body but the whole, to that at-oneness with the spiritual forces within, the gift of the life-force within each body.

(EC281-24) 🍁

BRIAN ALDERSON is the editor of *The Rainbow Journal*, journal of The Edgar Cayce Society of New Zealand, from which this article was reprinted with permission

Pet Corner

Too bad!



**We received no submissions
for Pet Corner this issue!**

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.

Making a Difference *in a* Troubled World

By Mark Finnan

THE TWENTY-FOUR HOUR NEWS CYCLE has made us all too aware of the conflict, corruption, economic inequality, environmental degradation, political turmoil, and human suffering in the world around us. As individuals, we may feel helpless to solve the problems posed by present-day world affairs or society's ills. Yet, if we are open to the metaphysical understanding of life such as we find in the Edgar Cayce material and other esoteric teachings, we can find our way to helping bring about a better world and contributing to *the healing of the nations* that is referenced in the Book of Revelation.

Cayce's interpretation of this reference—the leaves of the tree being for the healing of the nations—is that, as creative spiritual beings, we have abilities within us which, if developed and applied in our lives, can contribute to the healing of others, our communities, and even the world's ills. It all starts just where we are, with what talents and resources we possess, and our willingness to care

about and contribute to the well-being of others. The comments and directives in the following Cayce reading given some years ago during a time of great crisis in the world are as applicable in today's much troubled, technologically interconnected, but humanly fractured world as when they were first given, perhaps even more so:

With the advent of the closeness of the worlds coming into being, so that the man on the other side of the world is as much the neighbor as the man next door, more and more have been the turmoils that have arisen in the attempt of individual leaders or groups to induce, force or compel, one portion of the world to think as the other...

With the present conditions then, that exist—these have all come to that place in the development of the human family where there must be a reckoning, a one point upon which all may agree, that out of all of this turmoil that has arisen from the social life, racial differences, the outlook upon the relationship of man to the Creative Forces or his God, and his relationships one with another, must come to some COMMON basis upon which all MAY agree. You say at once, such a thing is impractical, impossible! What has caused the present conditions, not alone at home but abroad? It is that realization that was asked some thousands of years ago, "Where IS thy brother? His blood CRIES to me from the ground!" and the other portion of the world has answered, IS answering, "Am I my brother's keeper?" The world, AS a world—that makes for disruption, for the discontent—has lost its ideal...

(EC 3976-8)

So, according to the Cayce source, the common ground on which differences of beliefs, political or religious, economic or cultural, can be resolved is found in



the realization that we are all one, brothers and sisters in spirit, and in our willingness to live our lives in accord with a personally held spiritual ideal.

As the above Cayce commentary states, the hardships and suffering of others call us to reach out in some helpful and effective way. While few of us can engage directly with global affairs, we all live in communities where there is always need for help of one kind or another. There may be a refugee family in our community that is in need of assistance—perhaps a drive to the dentist, filling in an application form, help with shopping. Food kitchens and food banks that daily attend to the homeless and the hungry are often in need of volunteers. Struggling high school or university students can always do with an encouraging friend, if not a tutor. We can donate surplus clothing or furniture to local charitable agencies. Many other opportunities exist close at hand in our communities whereby we can help those in need, spiritually, mentally, and physically. If we have a firmly established ideal that induces us to be understanding of, generous to, and patient and sympathetic with others who may differ from us in any number of ways, is it not more likely that we will find a way to reach out, to heal a hurt, to be a helping hand, to forgive? The Cayce source reminds us that the Spirit of God, the Law of Love, needs to be manifested in our lives in order to bring peace and harmony out of chaos, be it in our families or in the world. As if directly addressing conditions in our crisis-driven, materialistic, politically unstable, and much-suffering world of today, Cayce made it quite clear how this may be brought about:

Man's answer to everything has been POWER—Power of money, Power of position, Power of wealth. Power of this, that or the other. This has NEVER been GOD's way, will never be God's way. Rather little by little, line upon line, here a little, there a little, each thinking rather of the other fellow, as that that has kept the world in the various ways of being intact—where there were ten, even, many a city, many a nation, has been kept from destruction...

(EC 3976-8)

As each in their own respective sphere put into action that they know to be the fulfilling of that as has been from the beginning, so does the little leaven leaven the whole lump.

(EC 3976-8)

So, if we buy into what the Cayce source has to say about spiritual law and the metaphysical nature of life, and we are willing to use our abilities, energy, resources, or talents in accordance with the First Principle, we can be sure that we are contributing not only to the welfare of others or our immediate community, but also to "the healing of the nations," especially our own. 🌸



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

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The Photographer Angel

by Evelyn MacKay

(Cont'd from p. 13)

identity of the man in the tux. They wanted to thank him again. It seemed the polite thing to do, since he had been so thoughtful. His visit, inadvertent though it was, was important to them. It *was* a special event for their family, and the fellow in the tuxedo had come along at just the right time—his kindness meant that everyone had been included in the picture.

When the family members approached the desk clerk to enquire about the gentleman in the tuxedo who had come for the Jones party, the clerk looked at them quizzically. He said he had not seen anyone in a tux. "Yours is the only family group here tonight. There is no Jones family party, only the Simmons party, and I have been on the desk all evening. No one dressed in a tuxedo has come into the hotel tonight," was his reply.

The Simmons family members were bewildered. Among themselves, they speculated that the desk clerk must somehow have been distracted and not seen the gentleman coming in to the hotel. They could not, however, explain the fact that he had been looking for the Jones family party when there had been no such event.

Early in the New Year following the party, Garth was unexpectedly admitted to a hospital in Toronto with a serious heart condition from which he did not recover. The family thought often of the amazing gift to them—their last family photo that included Garth, taken by a photographer angel? Perhaps! The identity of the man in the tuxedo who took the photo was never discovered!

As you can imagine, Doris' questions to me were how such an event could have happened the way it did! The

possibility of a prior knowledge of Garth's impending illness by the visitor in the tux—this seemed impossible. Yet he did appear only to the Simmons party members, he did indeed snap their family picture, and Doris' sense of the situation was that the photographer had been an angel who had knowledge of Garth's impending death. If

this was so, and Doris preferred to believe that it was, then Garth's passing had been part of a plan, and nothing in his subsequent illness could have been changed. It had simply been his time to go home.

One of the special things about Garth was his habit of sending notes to people who had done nice things for him or for his family. He also had a lovely habit of leaving notes around their home for one of their children or for Doris.

One of his notes that was most important to her and written in his own hand some years previously, was a comforting phrase that read, "I will always be with you." She had torn that line off his card and put it behind a clip that held the mirror to her bedroom dresser, where she

The assurance or even a hint that love extends over distance and can have an effect on the present—don't we all long for this?

saw it every day. After his death, that small note gave her a lot of comfort. Doris connected with me frequently after his death, to say that she often felt him close by, which was very reassuring for her.

As spring passed and summer approached, Doris felt very apprehensive about expected Muskoka summer storms. Summer thunder and lightning storms felt threatening, and she had always depended on Garth during storms. He would waken and hold and comfort her so she would feel safe until the storm was over.

The first Muskoka storm after Garth's death was difficult for Doris. She prepared for it by being sure all windows were closed, blinds drawn, and hiding under the bed covers until the storm was over.

In the morning after that first storm, she awakened and sat on the side of the bed. "Pretty good, I managed that storm pretty well," she thought, congratulating herself for having gotten through the night alone. As she stretched, she turned her head and noticed something on Garth's unused pillow next to her own. It was a small piece of paper. Reaching to pick it up, Doris realized it was the piece of paper that she had tucked behind the clip of the mirror some time earlier—her husband's handwritten note with the words, "I will always be with you."

She called me that day to tell me of this amazing event. Could he have somehow placed that piece of paper on his pillow, next to hers? How could this have happened, and could our loved ones, after their death, cause a physical happening? Or would an angel have moved the slip of paper?

We may not know the answers, yet it is important to treasure such events and allow them to inform us or, at the very least, intrigue us and encourage us to pursue greater learning! The assurance or even a hint that love extends

over distance and can have an effect on the present—don't we all long for this?

Our great gift of free will, which Mr. Cayce said is a gift from God, supports us in our quest to understand what seems beyond understanding. And that same gift of free will tells us we can believe whatever seems reasonable to us. In trusting someone like Doris to share such a happening, where one person shares her understanding, and in receiving her story, the faith of another is strengthened—that seems a fine exchange! 🍁



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EVELYN MACKAY, BA, RN(Ret), an appreciative A.R.E. member, is a longtime 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.

Nightmares

A Tool on the Spiritual Journey

By Stase Michaels

HOW A BLOND-MOPPED KID nicknamed “Happy Tooth” grew up to write a book on nightmares is still a mystery. I think back on the unbounded optimism of my youth, at times muted by adult challenges, that still percolates its peaceful, loving scent, and reflect on what led to unraveling nightmares. After writing two books on dreams, I offered online dream analysis in exchange for using anonymous dreams in books and noticed a topic of great interest to dreamers. You guessed it—nightmares! As I pondered a mother’s dream that her child gets sick and dies, or a wife’s dream that her husband is killed in a car crash, wisps of meaning sprouted into thoughts and patterns.

In a wave of enthusiasm, I sent my literary agent an outline for a book on nightmares; she caught my vision and happily hawked the proposal to various publishers. Alas, word came back that the public was no longer interested in dreams, deemed a bottom-tier topic. No publisher with a pulse on trends, or the bottom line, would touch the proposal. I tucked a personal dream into my back pocket about a publisher choosing a cover for my book on nightmares during Halloween and said “Okay.” Undaunted, I went on with my life.

A couple of years later, to everyone’s surprise, my book, *A Little Bit of Dreams* (2015) did way better than anyone expected, so my publisher asked what I’d like to write next. You guessed it! I dusted off my notes, and *Nightmares: The Dark Side of Dreams and Dreaming*, launched in September 2018. And as predicted, the cover had been picked during Halloween (in the previous year, 2017). That’s why I trust my dreams! That’s why I’m still an optimist, though I leave the unfolding to the Almighty’s expert timing!

Nightmare messages

Normal dreams are practical signposts for daily living. Nightmares are a desperate neighbor beating down your door, begging for shelter. Who is the frantic neighbor? Often an unacknowledged or unrecognized part of self, or a part of you that seeks a flashlight through life’s painful maze. Aside from dreams about death and traumatic or recurring nightmares, which are covered in the book, here’s a glance at three nightmare tracks:

Some nightmares invite us to face the limitations, negatives, and warts that we so easily hide from ourselves.

Fear and anxiety

The most common nightmare is prompted by fear and anxiety. A woman in an unhappy marriage had dreams of being on a ship or of lying in a bed that held bombs that were about to go off. If the marriage fell apart, she felt as if she’d explode. The nightmares confronted her with her anxiety. They also acted like an emotional digestion system. Like steam released from a pressure cooker, nightmares at times help maintain emotional balance, an overlooked side effect confirmed by dream researchers (e.g., Ramon Greenberg).

Cayce readings link fear, sin, and attunement, as in “*Perfect love casteth out fear. Where fear enters, sin lieth at the door*” [EC 136-18]; and, “*...sin which is separation from God; righteousness is adhering to, making at-one-ment with, God's purposes*” [EC 262-125]. In this light, at times nightmares are a warning flare that, accidentally or by choice—we have cut ourselves off from Divine attunement.

Nightmares that confront you about you

Some nightmares invite us to face the limitations, negatives, and warts that we so easily hide from ourselves. It takes confidence and strength to see your total self, and while there's no rush, sooner or later, we all have to face the music. As one tool of self-awareness among many, nightmare messages hide spiritual gold nuggets: every negative hides a positive potential. The flip side of anger can be leadership; the flip side of depression can be an ability to inspire, and so on. Once you face a negative, you release its hidden positive and wade into a cool stream of unleashed talent and energy.

In a blood-curdling nightmare, Joel, a thirty-year-old manager in his family's grocery business, saw himself as the Grim Reaper in a mansion full of children who had been kidnapped by an old woman. Giant spiders crushed intruders. As the Grim Reaper, he had to rescue the children by killing the old woman and giant spiders. Violent acts were foreign to his gentle nature, but the children had to be rescued, so he carried out the task.

Joel woke up feeling gratified, yet terrified and confused. The nightmare told a story of taking drastic steps to destroy—in order to help! Unbeknownst to his family of grocers, Joel secretly longed to be a teacher, and the macabre story mirrored his inner struggle to be true

to himself. As a confrontation with his true calling, the nightmare invited Joel to face a fear of asserting what he wanted, leave the family business, and become a teacher.

Warnings

Cayce often hinted that dreams bring physical, emotional, or spiritual warnings [EC 2218-1]. Though dreams often exaggerate to get a point across, literal warnings have telltale signs. You have the same nightmare several times with similar details, warnings are vivid and intense, they contain true-to-life details like people or places you recognize, and emotional reactions are appropriate. Even so, it's wise not to jump to conclusions and first analyze a nightmare as if it were a metaphor, which is often the case.

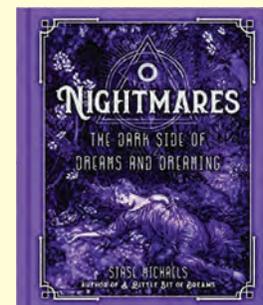
A dreamer painfully watched a co-worker lose control of their motorcycle, crash, and die. The associate owned a motorcycle and, following a painful divorce, later used it to end their own life. A young woman's nightmares showed a new boyfriend with other women. In one, his best friend even said, “He loves them and leaves them”—a message she refused to believe until a reality check unveiled it was all true. A lady had a nightmare of looking into the mirror and seeing herself with huge, villainous, black eyebrows. It felt so real that she woke up and rushed to the mirror to check. Relieved to see normal eyebrows, she knew it was a warning about negative attitudes that had begun to affect her career and spiritual life.

I understand the Cayce readings to say that as the soul attempts to reason with the mind during sleep [EC 2218-1], it brings impressions to the conscious mind [EC 3744-5] and lessons from its own experiences [EC 4167-1]. Such is the nature of dreams and nightmares for us to nightly sift and cherish. 🍁



STASE MICHAELS is the author of *A Little Bit of Dreams* (2015) and *Nightmares: The Dark Side of Dreams and Dreaming* (2018). She grew up in Montreal, lived in the Virginia Beach area for over 25 years, and now lives in Port Credit in Mississauga, Ontario.

www.interpretadream.com



*Use that ye have today. Then as it opens before thee,
other steps, other measures may be given thee.*

(EC 1778-1)

Fire, Water, Heaven, and Earth

by Samuel Dancey

(Cont'd from p. 12)

(reaches upward) toward the heavens. It consists of three lines, two straight lines and one broken line. *Kan* is a Chinese yin symbol with two broken lines and one solid line. It represents water, and like water, this trigram is said to move in a downward direction to the earth.

In the Chinese book of meditation titled *The Secret of the Golden Flower*, there is a description of the inner processes of meditation, whereby the symbolic marriage of Kan and Li brings about the creation of a new inner person in perfect harmony, or oneness, with the Tao. Remember, the Tao is a Chinese idea close to what the west calls God.

Similar to the above example of the Israeli flag, this concept has also been integrated in a national flag—that of South Korea. In the centre of this flag, we see the yin/yang symbol with the trigrams of Kan and Li (fire and

water). The other two symbols are the trigrams for heaven and earth.

A third example was taken from a lecture on “walking meditation” by Joseph Rael, better known as “Beautiful Painted Arrow,” an aboriginal American (Southwestern Ute). The word for God in his native language is *WaaMaaChee*.

Waa means heaven and *Maa* means earth. The arrows indicate a direction of movement and a uniting of the two words. With the addition of *Chee*, which means “action” or “God in action,” we have the word for creativity. We don’t see this symbolism on the flag or seal of the Ute people—they integrated it directly into their language.

WaaMaaChee



These three examples all show a movement toward heaven and earth in man, particularly during meditation. One of these is from the Middle East, another from China, and another from North America. Geographically, they couldn’t be more remote from each other. Given the distance and oceans between them, it is remarkable how similar a theme is found between them. I believe this is called archetypal symbols—originating at a deep level



Li— Chinese symbol for Fire

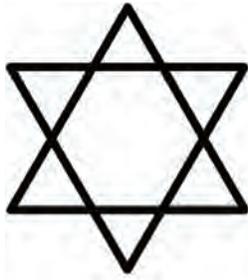
= Tao



Kan – Chinese symbol for Water

Flag of South Korea





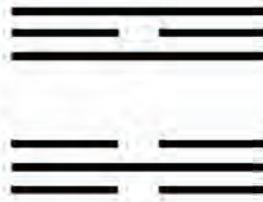
A Triangle is comprised of 3 lines

Fire and Water

Triangle points toward either Heaven or Earth

Secret Sign for God

Integrated into Israeli flag



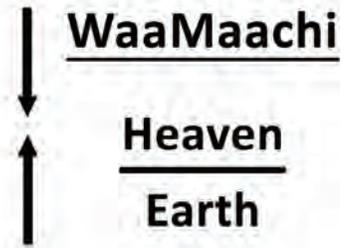
A Trigram is comprised of 3 lines

Fire and Water

Trigram moves toward either Heaven or Earth

Creation of Tao, God

Integrated into South Korean flag



An Arrow is comprised of 3 lines

Arrow points toward either Heaven or Earth

Creates Word for God

Integrated directly into their language

of the unconscious mind and common to all people and in this case reflecting the uniting of what Cayce called the individuality and the personality.

With the twelve meridians of acupuncture, we also see another example of this theme of joining heaven and earth with the movement of energy. *If we stand with our arms upright over our heads, the energy in all the yin meridians is moving from the earth in an upward direction toward the heavens. All yang meridians are flowing downward from the heavens toward the earth.*

Men and women stand with their feet on the earth with their heads in the heavens and are a part of both worlds. When we meditate, the energies of heaven and earth are being united in us. It is not until we unite the two worlds within us that we start to recognize our oneness with God. It is a process that mystics, meditators, and ancient alchemists have been trying to accomplish for thousands of years, and it is a concept that appears to have parallels to the notion of personality and individuality in the Cayce readings. 🍁



SAMUEL DANCEY is a member of Edgar Cayce Canada and a Life Member of the A.R.E. in Virginia Beach, and has been a student of the Cayce readings since 1967. He resides in Hammond, Ontario.



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wintermeditationretreat@gmail.com
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Contact: Mark Finnan, (705) 745-7188

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