

# A.R.E.®

Spring 2015



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A Publication of Edgar Cayce's Association for Research and Enlightenment, Inc., Pacific Northwest Area Teams

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## Area Team News, Spring 2015

Well, hello everyone. I hope our light continues to shine. This is just the beginning of what seems to be a very busy year. There are several things going on that are worth mentioning. This edition of the newsletter will be to highlight these upcoming events. If you already haven't received an announcement about Spring Seabeck, this will serve as another reminder. Linda Schiller-Hanna will be here on the weekend of March 27<sup>th</sup>-29<sup>th</sup>. We are hoping to see many of our regulars again and hope that if the last Spring retreat was any indication, many new faces as well. Dawn Fulton, a familiar face as well, will be coordinating this event for the first time along with others from her Ellensburg group. Here is a direct link where you can download a registration form. [Click here for flyer with more information and registration form](#)

Dawn wanted everyone to know that Linda will be interviewed by Mantz and Mitchell (<http://mantzandmitchell.com/>) on Saturday March 14th at 11am. Tune in if you all have the time!

Dawn has also been instrumental in arranging for John van Auken to give a talk May 3<sup>rd</sup>, “Edgar Cayce on Egyptian and Mayan Wisdom” at the East West Bookstore in Seattle. They will be handling registration. Here is their link: <http://www.eastwestbookshop.com/events/7423>.

Also in May, our Alice Grace will be holding three of her Mediumship Retreats at Seabeck. Alice is well known locally within our ARE community and I am proud that she is becoming more widely known. If anyone of you are interested in getting some help in developing some of your psychic abilities, please check her website for more additional information. Last years was the first time she offered this and from what I understand, people came from all over the world to attend. These are three separate events. One is on Spirit Communication, the second is a Mediumship Intensive, and the third one is a workshop on Trance. Alice’s website: [mediumshipretreat.com](http://mediumshipretreat.com)

I said we were going to be busy this year. It appears as if Judith and William Munns have been asked by Virginia Beach to be the coordinators for Summer Seabeck. That will be June 23<sup>rd</sup> to June 28<sup>th</sup>. This got a special write up in the last edition of “Venture Inwards”, page 36. It will be the 50<sup>th</sup> Annual ARE Seabeck Summer Retreat and Family Camp. John van Auken will again be the featured speaker. For more information please contact William or Judith Munns, [juwilmunns@shaw.ca](mailto:juwilmunns@shaw.ca) or call (250) 753-2110.

[Click here for more information](#)

Message from Alice Grace...

Greetings All!

I thoroughly enjoyed meeting and working with all of you at the DREAM WORKSHOP last summer! I hope you have been working with your dreams and gaining access to all the love and assistance available to you from the other side!

Here are a few quick reminders about remembering your dreams:

1. Set a paper and pen near your bedside, perhaps a cell phone ready to record or a notebook or computer ready to type on.
2. Set a conscious intention the last thing before you fall asleep that you WILL remember your dreams.
3. AS SOON as you awaken GENTLY attempt to recall your dreams – do not move or open your eyes. (You are half awake, standing on that bridge half-way between the conscious mind and the subconscious mind. You want to bring those dreams over that bridge from your subconscious, which experienced the dream into your conscious mind)
4. IMMEDIATELY record anything you recall. More will often come as you begin. NOTHING is too trivial (trust me). And do not think “OH, I’LL REMEMBER THIS” – because you will not. Your conscious mind did not dream the dream.

If you do not recall, try again – I guarantee that if you are diligent, within a week you will be recalling your dreams in detail.

Sweet Dreams!

~alice

**The Puget Sound Area Team of Edgar Cayce's A.R.E.  
Presents our Spring Seabeck Weekend Event  
Linda Schiller-Hanna**

**How to use your Intuition to  
Heal your Body, Emotions, Mind and Soul**

**March 27-29 2015  
Seabeck Conference Center  
13395 Lagoon Drive NW Seabeck, WA 98380**

In this experiential weekend with clairvoyant Linda Schiller-Hanna, you will learn techniques to help you use your intuition for complete healing, which includes addressing your body, emotions, mind and soul. Linda will start out the weekend by teaching the value of intuition in healing our lives and ourselves. At this time you will learn the Seven Steps to Intuition so you will be opened and empowered to use your intuition "On Demand" to achieve this goal throughout all of the weekend exercises. You will also be given guidance on spiritual safety, ethics and boundaries.

[Click here for flyer with more information and registration form](#)

If you have any questions please contact Dawn Fulton  
E-mail: [dawnfulton10@gmail.com](mailto:dawnfulton10@gmail.com) Phone: 509-899-5124

Due to the cost of postage, we no longer mail paper flyers, so please help us get the word out, by printing copies of the flyer and giving them to your friends and acquaintances who may be interested.

# Edgar Cayce on Egyptian and Mayan Wisdom

Sunday, May 3 at East West Bookstore  
Seattle

6500 Roosevelt Way NE  
206-523-3726

1-6 pm \$65 Adv. \$75 Day. Register Now!

[Register Now!](#)

**JOHN VAN AUKEN**, the Director of the Edgar Cayce Foundation, is going to take you on a journey using ancient texts and art from these fascinating cultures. The aim is to help you fully realize your physical, mental, and spiritual nature—and your potential. The profound teachings and beautiful visuals that he will be presenting will brighten your life today, advance your soul growth, and expand your consciousness.

Edgar Cayce's insights into the Egyptians and Mayans can help us lift our often mundane lives to higher states of consciousness. These ancient images and texts explain that our souls were, are, and will be once again among the heavenly beings—and that our life on Earth would be so much better if we only knew and applied these concepts while in this life and sharing with others.

**JOHN VAN AUKEN** is the author of more than a dozen books, including *Ancient Egyptian Mysticism*, and *Kabbalah: A Resource for Soulful Living*. He also teaches two popular online courses: 1) **Achieving Higher States of Consciousness Using Ancient Egyptian Concepts**, and 2) **Mayan, Toltec, and Aztec Training for Higher Conscious**

<http://www.edgarcayce.org>

Website: <http://www.johnvanauken.com>

## The Spring Seabeck MEDIUMSHIP RETREATS 2015

Spirit Communication May 26th-28th

Mediumship Intensive May 28th-31st

\*Exclusive Workshop - Trance May 31st-June 2<sup>nd</sup>

**“You are invited to join us for one, two or three amazing journeys with Spirit!”**

**SPIRIT COMMUNICATION** ~ Discover how to connect to the other side and obtain a solid foundation in spirit communication. Whether you want to learn the basics of mediumship; grow your connection for work in the healing arts, education, healthcare or sciences; or for personal development, this workshop will enhance your personal and professional life. (2 days/2nights)

**MEDIUMSHIP INTENSIVE** ~ This popular retreat offers Mediums the unique opportunity to make significant progress in their mediumship. Take a break from daily life and give Spirit top priority to tune you up and strengthen your connection to the Spirit World. We offer creative tools and techniques with plenty of exercises to practice, practice, practice! Evenings are full of surprises! (3 days/3 nights)

**EXCLUSIVE WORKSHOP ~ TRANCE** ~ New this year! We are excited to offer the opportunity to explore various states of trance-mediumship with guest Medium John Mullin. John has the amazing ability to induce trance states, helping participants merge more fully with Spirit. (2 days/2 nights)

GREAT RATES! ~ a non-profit program, please check out the website for more information and prices!

Website: [mediumshipretreat.com](http://mediumshipretreat.com)

## Mystics Corner

On a more personal note, I think I have mentioned that I retired after working the last twenty-five years at the University of Washington as a gardener. It has now been about five months since I last had to work for a living. Though I can remember working along side my dad on our farm, and nursery business as a kid, it is a dawning awareness that I no longer need to work to make a living anymore. It has taken me most of the last five months to feel as if I have indeed, made it through all of that. I have had to recover for most of that time from an exhaustion that seemed to encompass most all of my days until now. I recently started to feel as if some of my natural energy was starting to return. I started writing again! I found a local spiritual journal, “New Spirit Journal,” that seemed interested in including some of my writings. Please take a look, not only my article, but also the journal as a whole.



## Where Do We All Go From Here?

BY GORDON YUMIBE  
SPIRITUALITY



*Gordon Yumibe says that there are unimaginable heights and vistas ahead of us for all.*

*“In the first cause, or principle, all is perfect. In the creation of soul, we find the portion may become a living soul and equal with the Creator. To reach that position, when separated, must pass through all stages of development, that it may be one with the Creator.” –Edgar Cayce  
Reading 900-10*

My life started to change back in the turbulent 1960s and '70s, way before I knew anything except for the fact that I was looking for something else. I graduated from college in '71 and was pretty upset that I wasn't really prepared to live life on my own. I found that books started giving me a sense of connection to things that seemed to fill some of this need. Carlos Castaneda, Carl Jung, the IChing, Edgar Cayce, and then meeting a gnostic master/teacher/friend in California after hitchhiking across the country in search of self helped get me



started.

In my mid-thirties I had a spiritual crisis or emergence, where I went psychotic for a month and ended up in an emergency ward down in San Francisco. After getting back on my feet again, I realized that some of my own psychic channels had opened, like the Peter Townshend of the Who's 1967 song, "I Can See for Miles." I too could see for miles with an inner sight of my own.

In my early fifties — the exact date eludes me — while I was attending a conference in Virginia Beach at the Edgar Cayce headquarters, I was at an impromptu Easter sunrise service on the beach and my entire inner being became literally filled with light. Since then, as I continued to grow, I have become "fully illuminated." I too have become one with the creator and much of the creative hierarchy.

There wasn't much I really understood while going through all these changes. There were many years where I was looking for some inner connections with the rest of humanity through the arts and various written works. I took a spiritual mentoring certificate course through Atlantic University, which helped me understand some of the things that had happened to me.

Stanly Kubrick's movie, "2001: A Space Odyssey" became a way for me to best illustrate what these changes felt like. A quote by the astronaut Dave as he passes into the monolith as an old man and then is transformed into a human embryo circling back towards earth seems to fit best: "It's filled with light!"

I have spent the last decade developing my healing abilities. The Prometheus/Chiron (the wounded healer) myth also applied. I have literally bridged the physical/spiritual divide and have helped establish a rainbow bridge so others might be able to negotiate this difficult passage for themselves. It is a literally a rainbow of light that is helping transform our world into a newer and higher dimension.

So, where do we go from here? How do we recover from all the patterns of divisiveness, greed, and darkness that has been blanketing our world for so long that there are concerns that our earth is going to have to go through some type of cataclysmic changes once again?

Part of my own inner processes is that each night I go directly into the inner darkness, transmuting the “lead into gold.” This inner process can be learned. There are many teachings that talk about doing this very thing for oneself.

Learn by creating a more loving space within simply by recognizing and learning how to change one’s thoughts might be a start. Healing one’s inner woundedness and finding a loving community has helped me to grow and change. Each day presents another opportunity to take another step into the unknown. Taking an interest into the well-being of others has provided a way for me to channel my own inner need being of service.

This is really only the beginning. There are unimaginable heights and vistas ahead of us for all. The universe has been created to accept and love everyone’s perceived lacks and failures.

There is not a single part of ourselves that is unlovable. Be good, and start exploring some of your inner depths; start to find out what else is inside of yourselves that is simply just waiting for an opportunity to shine. Your light is needed.

The list becomes endless. We are infinite; we are all eternal expressions that began with a loving intent. The entire universe has been just waiting for each one of us to just start stepping into this truth not just for you but the entire creation.

*“As forgiveness allows love to return to my awareness, I will see a world of peace and safety and joy.” – from A Course In Miracles*

<http://newspiritjournalonline.com/where-do-we-all-go-from-here/>

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