

A.R.E.®

Summer 2015



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

NW Area Team News

Greetings everyone, thank you for being here with us again! I am not sure about everyone else, but things have been pretty intense and at times, even chaotic. I have been reading that the entire world is going through its own upheavals too. I received some bad news about having to move from my place out in the middle of the woods, which was hard. I really had loved living in the middle of such quietude. Well, it seems as if I found a place that I was meant to... I even had had a dream or two about it before I found it... so! I also had been thinking about getting a dog after all the years of working in Seattle. I happened to look at the website of the Kitsap Humane Society and came across a smaller sized dog named Ozzwald, a mixed terrier breed. I slept on it and the next day decided to adopt him. So, he has been my constant companion ever since!

John van Auken has been out to our area twice and I heard some mention he might be coming out next year again. We decided to invite Marie Manuchehri, a local talent, to be our guest speaker for next years Spring Seabeck. I heard there had already been inquiries about attending. We are all hoping to have a great turnout with many newer faces attending. More about her in a bit! Dawn Fulton has been instrumental in getting her to come!

Judith and William Munns were the coordinators of Summer Seabeck, which again was another big hit. I understand that Alice Skiff

and a bunch of her friends will be doing the coordinating for next years Summer Seabeck. She's written a brief note about Seabeck.

Mary Kralman has added a schedule of some upcoming DVD events and Marilyn Redmond contributed an article for this summers edition. There is also a mandala workshop coming up in September. It should be informative and fun. Please come and join in if you can!

On another note, there are a couple long-term members who going through some serious health related issues. Germaine Morgan and Glenna Russell have both had to undergo some surgical procedures. I am sure all our prayers would be appreciated!

So thanks for just being here with us! God bless us all...

A.R.E. SUMMER SEABECK 2015

Greetings Friends,

It was wonderful to gather together again this July at Seabeck for our annual A.R.E. Retreat and especially fun to celebrate our 50th Anniversary! The adults were thrilled with the program presented by John Van Auken and he also held 2 workshops for us in the afternoon! John's quick wit, great sense of humor and vast background of knowledge easily held the group spellbound as he discussed many aspects of "The Spiritual Forces within You," also the title of his newest book. John related Cayce's story of our souls, the true nature of your body temple and how to make passage through dimensions of consciousness as he led us through the congruency of various ancient texts, which culminated in a powerful meditation into the Higher Spheres. It was a grand journey indeed!

The kids had a raging good time in warm weather under sunny skies and as always brought us wonderful music celebrations morning and

evening! The Youth Counselors and volunteers work very hard to offer a quality program (and quality fun!) for all the youth and we thank you for all your care of our future generations!

Gathering together the adults, the youth, the jokes, the music, the dancing, various skits and of course the ever popular evening news, the Talent Show to finish the weekend, was one of the best and funniest ever!

The Munn's did an absolutely outstanding job planning and orchestrating this 50th Celebration and we are so appreciative! Unfortunately they are now retiring and will be missed, although I'm sure they'll be back to visit! Not easily replaced, a team will be taking over the A.R.E. Summer Seabeck starting in 2016; Tricia Rae Caldwell, Alice Biddulph and Jorian DeVries. Actually all the REAL planning, organizing and work is accomplished by our wonderful volunteers who are truly the people responsible for this great event. We so THANK YOU ALL for your dedication and hard work and a SPECIAL THANKS to all of you who have already signed up for volunteer slots next year! WOW!

Anyone who was not able to come this year, you won't want to miss another memorable ARE Summer Seabeck, so make plans now to join us in 2016 – July 6th-10th! Rumor has it that Mark Thurston will be our honorable Speaker and Pat Belisle will be returning for more fun and madness! See you next year!

Sincerely,

Your Summer Seabeck Friends

Alice



A Simple Way to Raise Your Consciousness

By Marilyn Redmond

Several years ago, Germaine Morgan had a program at her home where we tasted water from different colored carafes. Each pitcher had a distinct flavor depending on the color of the glass container. The water in the blue pitcher tasted unlike the water in the clear, yellow, red, or green jugs. This led me to realize that I could change the essence of water.

Then several years later I saw a movie called, “What the Bleep Do We Know!” It was a popular film in art theaters in 2004. It combined documentary-style interviews, computer-animated graphics, and a narrative that offered a spiritual connection between quantum physics and consciousness. The plot follows the story of a photographer as she encounters emotional and existential obstacles in her life and begins to consider the idea that individual and group consciousness can influence the material world. Her experience illustrates the movie's thesis about quantum physics and consciousness.

This avant-garde movie included a segment about Dr. Masaru Emoto. It led me to a new consciousness about our planet's most precious resource. His photographs of water crystals impressed me. His work is

revolutionary in researching water, which he documented in his photos of crystals.

This Japanese doctor of Alternative Medicine first featured his pictures in self-published books selling over 400,000 copies internationally. “Messages from Water 1” and his second book, “The Hidden Messages in Water” have images of water surrounded in positive words and environment and water enclosed in negative expressions and settings.

The pictures are self-explanatory showing the resultant stunning water crystal exposed to a wholesome television show, a Mozart Symphony, or words as a simple *thank you* and *angel*. The consequential effects of water exposed to heavy metal music, microwave ovens, and cell phones were repulsive. Even words as “you make me sick” and the word *Satan* were more than hideous and revolting.

The human body and the earth are composed of mostly water. This presents a profound and quantum leap to how I have come to view life and my health. With this new understanding, it can influence the pollution of the earth. In addition, this is life changing to my body’s health.

The body can contain as much as 75% water depending on your age and other factors. He believed that our thoughts, attitudes and emotions affect the environment. His research has implications that created an impact on my person health. Now, I can change the consciousness of the water within myself to a healthy level.

The Russian biophysicist and molecular biologist Pjotr Garjajev and his colleagues also explored the vibrational behavior of DNA. He found that language could influence your DNA. He experimentally proved that you could simply use words and sentences of the human language to produce a change. However, stress, worry, or a hyperactive intellect prevents successful hyper-communication or the information will be totally

distorted and useless. Therefore, reducing or elimination of all fears producing negative thoughts, actions or words is necessary for full transformation into positive energy.

This finally and scientifically explains why affirmations, hypnosis, and meditation involving higher consciousness can have such strong effects on humans and their bodies. It is entirely normal and natural for our DNA to react to language.

Therefore, I set out to apply these ideas to my life. I was in counseling for many years trying to achieve a healthier life style. I had achieved some success improving my life from trauma, drama, and addictions. I had the idea to place on my water the words that could help transform my life. "Love and Gratitude" became the first words I faced inward on my bottle of water.

From Germaine's experiments, I learned that certain colors for my bottle had meanings. I wanted a clear, blue or green bottle. Since green energy and color are used in Pranic healing, I chose a green bottle for its curative and health giving properties. I printed out the words "Love and Gratitude" from the computer. I placed the paper facing the water inward on the outside of the bottle with a rubber band to keep it in place. Using this on my drinking water, which came from the wells in Edgewood, WA, was fortunate. My water district had won the national contest for the best water in the United States.

For several years, I found myself gradually growing into a more loving and grateful state of mind. I enjoyed feeling better and my life and health was improving in many ways. I was changing my life. Using meditation, flower essences, and hypnosis to support this change, I could tell the difference in myself. My health was improving. I was leaving the past behind.

Then through a fluke, I felt it was time to raise the consciousness of the

words on my bottle. I knew the word “ God” had the highest vibrations in our language through a spiritual class I attended. The book study using “Life and Teaching of the Masters of the Far East” by [Baird T. Spalding](#) said this word is the peak energy. Why not place the word *God* on my bottle. For the last several years, I saw more growth in myself as I was becoming more mature and adult like in my thinking and manner.

It is important to understand that energy shifts when new positive energy comes into your consciousness. Ultimately, I became very ill. I had pneumonia for several months. Since the negative energy is no longer sustainable, it has to leave. I lay in bed sleeping around the clock while my body detoxed. There was no reason to see a doctor, I knew the old toxic past was leaving and the darkness inside had to go. In my imagination, I placed a light bulb inside each of my lungs to bring light inside my body. It was time to change from the darkness of depression, a life long struggle. My inner light was emerging.

Being in bed allowed me to meditate and reflect, I realized I was going through a psychic change of the old energy leaving. The new energy was coming into my consciousness to replace the earlier period of a dysfunctional childhood of domestic violence and sexual abuse and my 30-year domestic violent marriage of rape. After years of counseling, 12-step groups and Search for God Study Groups, all my work was actually bearing fruit. I was moving out of the past into being present in the “Now”. I was moving into the grace of God and coming into the presence of eternal love.

Rev. Marilyn Redmond, BA, CHT, IBRT is an internationally winning writer, author, speaker, teacher, columnist, therapist, and consultant. Her lectures, interviews, and “Channeling from Higher Realms” appear on You Tube,

https://www.youtube.com/results?search_query=marilyn+redmond&pag

[e=1](#). Her web site is angelicagifts.com for her ARE columns, radio shows, and TV appearance. In addition, Marilyn is a spiritual counselor, internationally board certified to do regression and past life therapy. Her regressions assists in healing your medical, personal, and relationship issues. She offers tarot/psychic readings and private channelings with John, The Divine. Her blog is marilynredmondbooks.blogspot.com and her writings are at Amazon.com/Marilyn-Redmond/e/B0069WIKDC. Join her monthly on the third Saturday of each month for her live channeling for spiritual growth, to answer your questions, or connect with your loved ones.



Rev. Marilyn Redmond, CHT, IBRT

Saturday *FREE* DVD Group

This group comes together for viewing DVD's, discussion and fellowship. We agree together when to meet. It currently is the third Saturday of the month from 11am to 4pm. We are viewing an ARE Conference on Medical Intuition that features difference speakers to explain spiritual practices of Medical Intuition.

Part 5: Saturday August 15, 2015 11am to 4pm

Barbara Rasor will teach
Getting at the Root of Emotional Intuition and What

Blocks You From the Secret.

**Part 6: Saturday September 19, 2015 11am to
4pm**

First, there will be a one-hour Panel Wrap up with:
C. Norman Shealy, Barbara Rasor, Winter Robinson &
Oly Schalow

The session will conclude with a one-hour session
with Dr. Gladys McGarey teaching
Living Medicine

Saturday October 17 2015 11am to 4pm

Herbert Puryear Lecture---The World Needs Cayce
plus

Jesus on Reincarnation

Some folks like to do a potluck lunch. So, instead of bringing your own lunch, please bring a luncheon dish to share. Those of you who don't cook, can bring rolls, condiments or visit your favorite deli. We will have fun sharing together both our food, and conversation.

This event is at a home and space is limited so please RSVP, even if you attend regularly.

There is no charge for attending this meeting, no offering taken or accepted, and nothing is sold. We just have a short A.R.E. opening, view a DVD program, and have an open discussion of what we saw. Somewhere around noon, as time permits, we break for lunch, and enjoy fellowship with each other while we eat. After lunch we view more DVD, and have additional discussions. At the end of the day we

have a short A.R.E. closing.

Contact: Mary Kralman, 360-825-3998 hm or 253-735-7695 cell ; email dmkralman@q.com or Glenna Russell 425-378-2895 for more information or a ride.

Program Address: 21637 99th Ave. So. Kent.
WA 98031

Experience the Mandala

The word mandala is taken from the Sanskrit language, which can roughly be translated as “circle”. But the meaning if mandala is not restricted to a simple shape, but represents a more complex meaning. The mandala stands for a cosmic diagram that signifies wholeness and can be seen as a model symbolizing the many dimensions and layers of life. The mandala also signifies the relation of man to the infinite world extending beyond our physical and mental plane to the depth of what many call the soul.

The concept of mandala seems to have originated long before history started, in ancient India, but has been used across varied cultures and religious traditions to express beliefs and visions. The Native American’s medicine wheel, the Tibetan Monk’s sand mandalas, the Taoist yin yang symbol, the astrologer’s zodiac, the Mayan calendar, and Celtic knot patterns are all forms of mandala.

Besides being used by a culture, mandalas can be created by individuals to symbolize their journeys through life. Mandalas can tell a story of

where an individual has been, where they are now and the path by which they are going into the future. Mandalas can play a significant role in individual healing as well as spiritual transformation. As a meditation tool, drawing and coloring a mandala can be deeply restful. Swiss psychologist Carl Jung found that spontaneous mandala work unhampered by pre-planned geometric designs opened individuals up to the universe of the inner-self.

Puget Sound Area Team presents “Experience The Mandala” with Rev. Patty Becker leading an all day workshop on September 12, 2015 at Unity Church of Kent, 218 State Ave. S., that will explore mandalas and their significance in our lives. There will be ample “hands on” time for participants to create their own mandalas and discover for themselves the power of this universal art form. Whether for fun or as an aid to self-discovery, working with the mandala can be deeply satisfying.

Rev. Patty Becker is an Interfaith Minister and Licensed Unity Teacher. She has served the Puget Sound area as a minister, guest speaker and spiritual teacher for the last 15 years and is presently the minister of Unity of Kent. Her interest in world religions has led her to explore various spiritual practices for the purpose of growth and transformation. Her personal work with mandala has been instrumental as a source of meditation and healing

The all day workshop will start at 10:00 am and end at 4:00 pm. We are asking for a donation of \$40.00 per person to cover costs, materials used to create individual mandalas and a “love offering” for Patty Becker.

Lunch will be a potluck.

For more information go to our web site

Mary Kralman

dmkralman@Q.com



Image via Mandala.com

Marie Manuchehri

Marie is an energy medicine healer who is the perfect bridge between conventional and holistic medicine. She was raised in a family that appreciates preventive medicine, including the importance of eating nutritional organic foods and taking healthy supplements. Yet, it was during her work as an oncology nurse that she discovered and developed her skills as an energy medicine practitioner. The hospital turned out to be the ideal place to understand the energetic relationship between health and disease.

A self taught healer, Marie learned to connect

conventional medicine's understanding of disease—as it was described in a patient's chart—to what she could intuitively understand about how a patient's condition related to his or her energy system. Over time, she learned to identify stagnant energy—a sign of disease—and move it out of the body, making room for free healthier energy to move in and work its healing magic. Freely flowing energy can release pain, disease, and help people move in a positive direction—toward health, wealth, and fulfilling relationships and careers. Marie also discovered she is a medium, with the ability to connect with those living on the other side. She uses her talents as an energy medicine practitioner and as a medium to help people heal their wounds and expand consciousness.

Marie's private practice, which grew by word of mouth, now includes thousands of clients from across the world. She is an author, public speaker, teacher, and leads a mentoring program for others interested in the field of energy medicine. Her weekly radio show, *Where Energy and Medicine Meet*, on 1150AM KKNW, is wildly popular. Marie's first book *Intuitive Self-Healing* was released in March 2012 by Sounds True along with a 6-CD series *How to Communicate with Your Spirit Guides*. She lives in Bothell, Washington.



Info taken from Marie's website:

<http://www.energyintuitive.com>



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