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Autumn "Event" at Mont Marie

BY GAEL WAKEFIELD

Our Programming Coordinator has first-hand knowledge—and great enthusiasm for—the upcoming regional conference on October 13, 14 and 15, 2000.

I first met Francis Sporer at the Cayce/Reilly School of Massotherapy in Virginia Beach. The introduction to his class consisted of a fascinating lecture on Edgar Cayce's story of creation. Wanting to learn more on this subject, I turned to an account in *There is a River*, which, after hearing it from Francis, paled by comparison.

Francis included ancient truths from the Bible and brought them into a clear framework, which he coupled with modern, scientific knowledge. His talk opened a new pathway in my mind, which transformed the same old tired arguments of science vs. religion into possibility, rather than protest. He presented the nature of God and the nature of man and THEN showed the connection between the two. The life-line, as it were, of our spiritual heritage.

That was only the beginning, as it will be when, once again, Francis, along with Elizabeth Dobbs Waitekus, presents an entire weekend of fascinating material tying the Edgar Cayce readings to our lives today, individually and collectively.

Francis has a special interest in the readings on the body-mind, on diet and on Cayce theories of the causes of dis-ease which he will be sharing at our workshop. He has been working to incorporate more of the Cayce reading ideas on massage into the basic Cayce/Reilly massage technique, which he teaches, having worked personally with Harold J. Reilly while he was living and having gained a sense of the possibilities and limitations in the complex network of massage therapy. His present interest is in continuing to evolve the massage recommendations from the readings on Osteopathic and Neuropathic techniques. He will introduce some of these concepts and techniques, as well as sound nutritional advice gleaned from the Readings. He presents himself as living proof that, done correctly, this stuff works.

Francis B. Sporer, M.A. is currently art director/designer of *Venture Inward*, A.R.E.'s membership magazine; Associate Professor at Atlantic University; and instructor in the Cayce/Reilly School of Massotherapy. Before

moving to Virginia Beach, he taught art for 17 years in Missouri. Holding a Master of Arts degree from the University of Missouri, he has studied in Scotland on a Rotary Fellowship for International Understanding and also at Kennedy University, near San Francisco, in their innovative Consciousness and Arts program. His paintings, "The New Woman" and "The New Man," have been extensively distributed throughout the U.S. and Europe as prints and notecards. He has conducted seminars in the U.S., the U.K., Holland, Belgium and Mexico.

With his extensive background in the Arts, Francis is well qualified to work with Elizabeth

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Congress 2000: Region Coordinator's Report

BY DEANNA JACKSON

There is always much anticipation involved when one is getting ready for Congress, but this year I was attending as the Northeast Coordinator. Traditionally, the North American Coordinators meet the week prior to Congress, then stay for Congress Week. So for me it was two full weeks of meetings upon meetings. (Wow!).

The focus for pre-Congress week is to network with other Coordinators and find out what is working and what is not working for and in the Regions. The first two days of pre-Congress week were spent in computer training to upgrade our abilities with certain programs and get ready for our promised laptops. This all compliments of Virginia Beach.

Our schedule of meetings with every department head was organized by Toni Romano, former Heartland Coordinator, now Manager of HQ National Outreach Department. Her ideal is "to raise the region consciousness and to em-

Continued on page 2



**THE
NORTHEAST
SPIRIT**
*The Newsletter
of the
Northeast Region
of the A.R.E.*

The *Northeast Spirit* is published twice a year by the A.R.E. Northeast Region and is mailed as a membership benefit to A.R.E. members in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island and Vermont. We invite submissions: 400 words maximum typed or clearly printed. Computer disks and e-mail welcome and encouraged. For the next deadline contact:

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The Region will provide materials and mail flyers to help you start *A Search for God* Study Groups or hold Cayce inquirers meetings.

CONGRESS 2000 *Cont'd from page 1*

power regions and centers to be all they can be." To that end, she took our questions and concerns to each department head and associates prior to our meetings. There were positive exchanges of help, new ideas and future possibilities.

Due to the pending downsizing of staff (up to 24 cuts are anticipated) the Regions and HQ will become more interdependent. There were meetings about this with the then Executive Team, Michael Dempsey and Gerald (Jerry) Martin, and Charles Thomas Cayce, which focused on the rumors, reasons for changes and the general unrest felt by members and staff alike. Please refer to the recent *Venture Inward* that outlines the reason for downsizing.

On the upbeat side, refer to the May/June issue of *Millenium* and the July/August *Venture Inward* for the many new initiatives and advances at Virginia Beach, at Atlantic University, and Meridian/HRRC Institute. It is truly exciting when you see the vision and the implications of these great opportunities. The new, updated and expanded HQ web page is spectacular. Take a long browse there: www.are-cayce.com.

Congress week, entitled "Building on the Edgar Cayce Legacy," proved to be a venue for dialogue on the repeating patterns that A.R.E. seems to be prone to. Mark Thurston challenged us to have the courage to speak our truth ... our true feelings from the heart ... about our relationship with the A.R.E., the present state it is in, and the future. It was a potent evening for healing and sharing. Even though there is deep personal pain with changes at A.R.E. and many people question the cause and the repeated patterns, several attendees and staff expressed a sense of a new unfolding for the A.R.E. and the Regions. Prayers are needed, especially at noon, HQ meditation time.

And speaking of prayer, one of the most wonderful HQ-to-Regions connections was made when Meredith Puryear, Prayer Healing Services/Glad Helpers Coordinator, asked each Glad Helper to take a Region Coordinator to pray for. The Northeast Glad Helper is Theresa Cole. Along with her are Anna O'Grady and our own former Maine contact, Ellen

Turner. Each Wednesday morning I try to be "there" in prayer. Please join in.

There are many new ways each HQ department will be assisting Regions. This also makes it very clear that the Regions that operate with no HQ monetary assistance, other than a small yearly stipend, should share in the annual membership dues collected by HQ. Ideas to implement this are presently being considered. We encourage ASFG groups to send the Region treasurer some funds to help with our newsletter, ads, programs and future expansion needs. Our Region presently operates on the small profits made from Core Team and HQ-sponsored Region programs, book and product sales, and the many, many volunteer hours given by those listed in this newsletter's contact list.

We came away mindful of what Cayce said at the 4th Annual Conference. "My mission if I know it at all is to help individuals find their relationship to the Creator." Reading 254-57: "If one individual in the past year has been aided in finding his relationship to God, indeed the Association has been a marvelous success."

I look forward to meeting you at one of our Fall programs. Blessings, Deanna

Letters

Received your Spring Newsletter Monday, May 1, in good order. Thanks, but it arrived just too late to catch Charles Thomas and Meredith Puryear at Parsippany, N.J. (April 29) which is somewhat more familiar to me and about 75 or 80 miles less driving. I don't get around much anymore, and particularly in these hills. ... Maybe [I] need this as a form of "spiritual discipline" like, "building patience." Anyway, please retain my name on your mailing list. I appreciate knowing a little of what's going on having been fairly close to A.R.E. prior to moving out here. Best regards.

Roland Klemm, Pleasant Valley, N.Y.

Dear Mr. Klemm,

We were late getting our newsletter out and the editorial staff apologizes for any inconvenience you may have suffered. Organizing and producing the newsletter is a mammoth undertaking. We have recently added two people to this all-volunteer staff. Needless to say, this is an "on the job" endeavor.

We will make every effort to get the next newsletter out in a timely fashion. In the meantime, I want to mention that all Northeast Region programs are listed in *Venture Inward* magazine. Please refer to that also. We hope you will continue to read and enjoy our *Northeast Spirit* newsletter.

Bettie Rodger, Managing Editor

Numerology

BY DAVID J. PITKIN

Numerology was brand new to me in 1974 when a new friend in our *A Search For God* Study Group introduced the concept to me. I just could not believe that a person could accurately discern another individual's spiritual issues through any of the divination tools such as tarot, astrology or numerology. Yet, I was intrigued by the sketchy information that Betty, my fellow student, had offered me. I dug deeply into both the Cayce readings and some of the world's traditional systems. In the end I was inspired to create my own numerology analysis system from intuition. I refined it through hundreds of hours of observation and practice with my 9th grade students, friends, family and Study Group members. Within four years I had become a numerologist, and spiritual counselor (assisted by a degree in Counseling Psychology), offering insights and readings about others' life purposes. In the process, of course, I had also to study my own self.

Even more exciting (and even more non-rational) was Edgar Cayce's concept that each letter of our name represents a learning cycle, a vibratory period wherein the soul is dedicated (whether or not our conscious mind knows the fact) to a specific set of understandings. Juliet Brooke Ballard, in her 1979 book *The Hidden Laws of Earth* (A.R.E. Press), showed a technique that allows one to discover the duration of each cycle. So, we can look at some particular crisis from, say age 16, then look at the overall hypothetical soul mission for that time period, and gain insight into what our soul was attempting during such turmoil. We can look at our present age and the letter of the birth name that we are presently "working on" and gain deeper appreciation for our soul's yearnings in the trials of yesterday and today. And we can gain hope as to when "the weather will change" in our lives, as well as what may be required of us in the future cycles.

Most people are interested in learning about the unknown part of themselves, and Cayce's numerology system offers it all as a "personal myth," which one is free to reject if he/she wishes.

Until we have been tried in the fires of personal suffering, we incline to think with our ego or conscious self, rather than listen with a humble and willing heart. Tribulations cause us to at least hear "another voice." Through trial and error we slowly discover what is eternally true. But then we must choose the new truths over the old failed ones. Cayce did not suggest that we cling tenaciously to astrology or tarot or numerology. In Reading 137-119 he warned that numbers "...only give that as is the relative activity of the mind of man concerning same, and it is not infallible! For man may change his mind as respecting any condition, and may therefore upset any factor. ..."

Why then should we turn to any of these techniques? Because, in the end, the struggle to avoid goodness simply tires us out. Because all of us hate suffering and would be healed if we could. Consider an alternative look at your old habitual self vs. the inspired soul you might yet become; find some new "mirror," whether it is one of these divinatory tools, or whether it is some form of meditation or contemplation; whether it is fasting or prayer, or simply taking long quiet walks. The Creative Force flows continually and lov-

ingly through all that It created. And, as the Rich Man rushed out to greet his returning prodigal son (Luke 15:11-32), The Father will meet and greet you, and make His will known to you, even in something as "illogical" as arbitrary assignment of number values to the letters of your name.

David J. Pitkin has been an ASFG member since 1972. As a professional numerologist he has published the details of his unique intuited system in the just-released Spiritual Numerology: Caring for Number One, Aurora 2000, ISBN #0-9663925-1-5, \$14.95. Available through the Northeast Region Bookstore (see order form below).

Join The Team

We are sorry to report that Joanne Sauer will not be able to continue as Northeast Region Bookstore Coordinator. Her efforts this past year have been most appreciated.

Since we depend on the income from book sales to defray operating costs, we are opening our doors wide to anyone willing to volunteer for this position.

Please contact Region Coordinator or by e-mail at for information on these positions.

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SFG Study Groups Survey: A Call to Action

BY CHARLES DAVIDSON

The Study Group re-affiliation effort by the Northeast Region has been completed. I'd like to share the results with you. The Region in the last year and a half has had a loss of 17 groups, that we know of, and a gain of 6 new groups, for a net loss of 11. The findings mirror a decline in the number of active members as well.

Because those of us on the Core Team of the Region believe that the Study Group program is at the heart of A.R.E., we have decided to focus much of the Region's energy on Study Groups. We have developed a new list of contact people who have volunteered for the first time, or have re-volunteered, to make calls to new members and inquirers, the idea being to help new groups to start. We have increased the number of contacts from 17 to 25. And we continue to create supplementary materials to help the groups.

We would love to have your participation. If you have been in a group and have found it to be a valuable experience for yourself and would like to help a new group get started, please contact me at (732) 671-3371 or by e-mail at charlesdavidson@avaya.com. You don't have to do it ALL. If you are willing to be a contact person who receives calls and lets the Region know when enough names have been collected to start a new group that would be great, particularly if it's in an area where we have no other contacts. If you can do more, all the better. You can do this either by yourself or with your group, if you are currently in a group. You will have the opportunity to meet lots of wonderful people and you'll be doing a great service.

If you cannot be a contact person at this time, we would truly appreciate

your positive energy directed toward the Study Group Program and the Region at the end of your meditations. It's this energy, I believe, that drives the upward spiral that can fuel the growth of the Study Group program, the membership and the entire Region as we strive to create and live in a more spiritually oriented world. If you meditate please help us build this consciousness

by joining us on the first Sunday of each month at 9AM/PM in meditation.



Internet Study Groups: Important Changes to Report

BY SALLY THIBODEAU

We have new information to share about Internet groups. Item number one: Internet Study Groups are now coordinated by the A.R.E. Study Group Department. Item number two: There is an automated way for people to subscribe to the NetSFG discussion list.

A.R.E. sponsored, virtual study groups, called Internet Study Groups (ISGs), are small groups of about 10-12 people, following the A Search for God Study Group format. These groups operate via private e-mail (not on automated listservs). Participants meditate, pray, discuss the ASFG material, carry out experiments in application of what they're learning from their study of Bible and other spiritual sources and discuss their dreams together. The A.R.E. sponsors moderated, on-line "chats" on this web site, as well.

For more information on the A.R.E. Internet Study Groups (ISGs) please go to <http://www.are-cayce.com> or send e-mail to the A.R.E. Study Groups Department at studygps@are-cayce.com Sally Thibodeau requests that you remove her name from any of your postings as she is no longer the contact person for either the study groups or NetSFG.

A second option is NetSFG-the Cayce Internet Community, sponsored

by the A.R.E. Rocky Mountain Region. It is an automated e-mail listserv which allows individuals to receive postings from other members and send postings to an entire international list of about 75 people at once, without typing their names individually.

Members of NetSFG Internet Community post prayer requests and a broad range of quotes, stories and discussion items related to topics in the Cayce readings and parallel material. It is not an e-mail Study Group following the SFG Study Group format, and it is not a "chat" because a chat allows you to respond immediately to the postings of other people. Participants simply reply to a posted note via e-mail if interested in participating in the "discussion."

To subscribe to the NetSFG listserv, you can send a message to listmgr@cadence.com with no subject line and the following words in the text of the message: subscribe netsfg (your e-mail address).

The internet is becoming an ever-expanding tool to learn about A.R.E. people and activities around the world and particularly in the Northeast Region. Our web page includes a listing of upcoming programs, a directory of A.R.E. regional officers and contact people, a listing of study groups, volunteer opportunities, and much more.

Check out the A.R.E. Northeast Region web site:

Parents Invited for Research Project

Peggy Rose Day, a Master's degree candidate at Atlantic University, has developed a family research project, titled "Intuitive Parenting." She is looking for A.R.E. parents and grandparents to participate in the pilot research for it. The program, which involves using a workbook and having weekly conversations with the coordinator via phone or e-mail, includes:

- Setting one's own ideal.
- Asking a question about a parenting concern that the participant sincerely wants answered.
- Using several different procedures

A Call to Speakers and Writers

BY BETSY BARBERI

The Cayce Readings urge us to share with others the understandings that have been helpful in our own lives. All around the U.S. and Canada and in some countries overseas there are people who have been helped by understandings in the Cayce Readings who share what they know with others. They do it by speaking. They do it by writing. Sometimes they work co-operatively on projects. Friendships invariably develop as they work together. This newsletter is one example of such co-operation. Several wrote the articles, one edited, another did the layout and had it printed and mailed using labels that were produced by another. The bottom line is that we each can find ways to be a light shining in our own local area using the unique gifts we have been given.

The coordinators of A.R.E. activities in the Northeast want to contact all in the region who are ready to share what they have learned. Is there a topic you could share in a newsletter article? Are you a speaker already giving talks? Whether you wish to work independently or with others, we would like to hear from you to learn of your favorite topic and how it relates to the Cayce Readings.

The Core Team is expanding the number of speakers available to present local programs:

FOR THE SPEAKERS BUREAU

Contact:

FOR NEW SPEAKERS TEAMS

Contact:

TO SUBMIT

A NEWSLETTER ARTICLE

Contact:

We want to hear from you if you can help us spread the word. Also, could you let us know the name of anyone in your area currently presenting programs on Cayce-related subjects? Thanks!

Planetary Sojourns And Our Past Lives

BY LEE GREENE

Edgar Cayce had a different approach to astrology than most traditional astrologers. According to Cayce, the time of our birth is a representation of our experiences in between life times. He called these “planetary sojourns” or “experiences in consciousness” and said these are represented to us on the physical level as the various planets. Experiences in these various environments are part of our soul development, leading to wholeness and our eventual return to the Creator. Each planetary sojourn is seen as an attribute of God which is ours to perfect.

“For without passing through each and every stage of development, there is not the correct vibration to become one with the Creator... .

Then, in the many stages of development, throughout the universal or in the great system of the universal forces, each stage of development [is] made manifest through flesh, which is the testing portion of the universal vibration. In this manner then, and for this reason, all [are] made manifest in flesh and [there is] development, through the eons of time, space, and [that] called eternity.” Reading 900-16.

The planetary sojourns are likened to various universities, through which we pass.

“Just as the entity’s attending this or that university ... would make for a parlance peculiar unto itself. Even though individuals may study the same line of thought, one attending Harvard, another Yale, another Oxford, another Stanford ... , they each would carry with them the vibrations created by their very activity in the those environs.” Reading 633-2.

As such, our passage through these various “schools, gives us a unique outlook or attitude, plus various skills and talents, which are now ours to put to use. How we use them is up to our free will, just as a college degree may be put to good use or to no use at all.

Usually about 4 planets were found to be having an important influence on an individual. And often he referred to

the “aspects” (an aspect being the relationship of one planet to another at a particular time), as showing the past experiences through which we have grown. The Cayce Past Life Profile is based, in part, on the data that was obtained from the various individuals who consulted Cayce, correlated with their birth dates. By using your own birth date, you can obtain something similar to what Cayce might have said about your own planetary sojourns—what might have been indicted about the type of past life experiences you may have had, and the talents, abilities, inclinations and attitudes you may have brought with you into this lifetime.

One aspect of Edgar Cayce’s personal chart is a harmonious relationship between Mars and Saturn. The report states: “After one or more lifetimes of responsible achievement and pioneering success, in making your return soul flight toward earth re-entry, you chose a favorable time when the two most challenging planets—the red and ringed orbits of Mars and Saturn—were in a resourceful pattern. This symbolizes the best side of your experiences in and between past times in each of these heavenly realms: for instance, courageous action from Mars and constructive reality from Saturn.” Reading 5575-1.

AN EXPERIENCE TO TRY

“For it is not strange that music, color, and vibration are all a part of the planets, just as the planets are a part-and-a pattern-of the whole universe.” Reading 5575-1.

In the 1930s a composer by the name of Gustav Holtz composed a piece of music called “The Planets” that can give the listener an idea what the environments of these “planetary sojourns” may be like. If you can obtain a copy of this music, sit and listen to it in a meditative state. It is best to listen to each separately at different times. Record the images and feelings that come to you and try to imagine what kind of character traits and talents might be developed by spending an extended period in each of these vibrational environments. Getting in touch with the kind of energy associated with each of the planets may help deepen your understanding of the influence of a particular planet in your life.

A Cayce Past Life Report can be ordered through the A.R.E. Northeast Region. Simply fill out the form included at right and mail it to me.

AUTUMN "EVENT" Cont'd from page 1

Dobbs Waitekus. Together they will explore personal art and life seals with us on our retreat weekend. Elizabeth comes highly recommended by Elena Allen, A.R.E. Greater Boston Area Team Leader, who has this to tell us about her qualifications.

"Elizabeth Dobbs Waitekus has been involved with the A.R.E. for over 30 years. She is an educator, having obtained Waldorf Training (Rudolph Steiner) at Emerson College in England. She taught at Friends School (Quakers) in Virginia Beach for 13 years. Holding a degree in Art, she has devoted much of her time since leaving Friend's School to art. It is one of her passions which is coming to be known and appreciated in Virginia Beach. This past May Elizabeth had a reception/exhibit of her art at A.R.E. Headquarters and also one at the Heritage.

Her interests are many and are shared often. She teaches sacred movement dance and has done workshops with Ann Clapp in Virginia Beach. Her knowledge of Native American lore and spiritual beliefs are deeply rooted in her soul, manifesting in her creative American Indian crafts. Elizabeth has been involved for the past 3 years in an Egypt study group. She is married with two grown children and lives with her family in Virginia Beach."

Elizabeth has also done clown work for various organizations around Tidewater and has a deep interest in symbolism for self understanding.

This autumn workshop is shaping into an event. Not only do we have qualified, in-depth presenters, it is being held at a sacred spot, Mont Marie in Holyoke, Massachusetts. There will be old friends from A.R.E. extant, and new friends just discovering what we have to offer. Commit yourself to a weekend of deep spirituality and lots of fun. Set aside the weekend of October 13-15, 2000.

For further details and registration see the enclosed special flyer or give me a call at

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