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the light of
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Massage Therapists Aid New York Police

By Deanna Jackson, Outgoing Region Coordinator

After the terrorist attack on September 11, many New England massage therapists wanted to go to New York City to help.

The weekend after the attack, a training program was organized. The Connecticut team found an incredible sponsor and obtained a bus for two days to take 30 therapists—5 men and 25 women—into the city.

At 7:30 a.m. Sunday we left. The horror stories of traffic, incorrect directions, and unexpected, one-way or dead-end streets became fact. When the police learned of our mission, traffic was stopped and we made infamous U-turns with cheers erupting from within.

Arriving at the precinct, we learned that those going into ground zero had to have special passes and coverings, such as face masks. Each team had a police escort to their police and fire stations. We read the walls of artwork and letters from school children from Texas, Oregon, New York City, and elsewhere. One said "Thank you for all the god (good) work you do." By now many of the officers were talking with us and we began to hear the stories. I couldn't hold the tears back.

At each station a corner had been designated for photos of the lost. Candles, flowers, bows, and flyers of the missing surrounded the memorial/memory corner. Inside, people inquired as to pets, bikes, and cars still in storage.

A thin cloud surrounded the area. Occasionally we'd get an unpleasant odor. By shift change (4 p.m.) we had massaged maybe 25 people. They came into the common room where the therapists were working near the stacked boxes of food. Movie stars drop in for photo opps with the officers, and for small talk—many actors live in this area.

The master sergeant handed out shift assignments. The rookie I was massaging groaned when she found out she would be at the makeshift morgue for the third time in a row.

Deanna Steps Down

Our Region Coordinator, Deanna Jackson, has decided it is time to pass the reins on to someone else. Her enthusiasm and organizational genius have left a mark on the Northeast Region that will be impossible to duplicate.

Deanna will remain active in the A.R.E. northeast community as she devotes herself, full time, to her massage and holistic healing practice in Vernon, CT.

Deanna will be missed. Those who worked with her will be forever grateful for the executive and spiritual leadership she gave and continues to give.

Reincarnation Echoes from the Past

A workshop with Barbara Lane

April 13, 2002

Lexington, Massachusetts

*When he began receiving messages
about past lifetimes, no one was more
surprised or disturbed than Edgar Cayce
himself. A deeply religious man, he forced
himself to read the Bible through from
cover to cover specifically looking for
prohibitions or contradictions before
allowing himself to conclude that the
strange topic of previous lifetimes was
worthy of research.*

For details see the Calendar Section.

Continued on page 3



**THE
NORTHEAST
SPIRIT**

*The Newsletter of
the Northeast Region
of the A.R.E.*

Ideal

*To make manifest the light of
the Creative Forces through service.*

The Northeast Spirit is published twice yearly in conjunction with the Association for Research and Enlightenment, Inc., 215 67th St., Virginia Beach, VA 23451. It is mailed as a member benefit to A.R.E. members in the Northeast Region (CT, MA, ME, NH, NJ, NY, RI, VT).

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or preferably as an e-mail attachment to:

The editor reserves the right to edit or refuse submissions. All materials submitted become the property of the A.R.E. Northeast Region Newsletter.

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Prayer Service

If you or someone you know is in need of the light in prayer, please contact Zita Kachadourian of the Northeast Region Prayer Network . We will extend prayers for as long as necessary. Let us know once a month if you would like the prayers to continue.

Prayer Is Powerful

By Betty Pleiss

At a recent seminar in Lexington, MA, Rob Grant told us a delightful story that crosses my mind often. He was speaking about the power of prayer and near-death experiences.



It seems there was a traffic accident and a lady "died." As she rose above the scene she noticed a stream of white light coming from a nearby car. From her vantage point, she noted the registration number on the car. After hospitalization, the lady eventually regained consciousness and miraculously recovered.

Not long afterwards, the owner of the car had an unexpected knock at her door. Standing there was the victim who presented her with a bouquet of beautiful flowers and said, "You prayed for me."

Having been taught by the Good Sisters through my grammar school years, I always remember to pray for the souls who have passed. I realize now in later years that this is not a practice taught in all religions.

I remember reading in George Anderson's books that quite often he sees the person on the other side (usually a child to its mother) holding up rosary beads and saying, "Thanks...the prayers help so much." And the mother usually responds, "I pray for you everyday."

Thanks to Zita and those on her team who keep our POP (Power of Prayer) Network going. It's a noble cause.

In Memoriam

Ellen Turner, an avid Cayce supporter formerly of Maine, recently passed over.

Ellen had moved to Virginia Beach a few years ago and was always there supporting the Work as she has done for many, many years. We will miss her wisdom, enthusiasm and open arms.

**Core Team
Bulletin Board**

Region Coordinator: In the absence of a Northeast Region Coordinator, the Core Team has established a transition team, chaired by Win Howie, to temporarily carry out the essential tasks of the Region. Toni Romano [(757) 428-3588 x7185 or tromano@edgar cayce.org] at A.R.E. Headquarters will be happy to answer inquiries and accept applications for the position of Northeast Region Coordinator.

Workshop: Lee Greene has volunteered to conduct a think-tank workshop to discuss the Region's goals and future. Set aside Saturday, April 27, 10 am to 3 pm at the Hazardville Congregational Church, CT. Contact Pat Owens

for details if you don't receive a written notice prior to the meeting.

Retreat: The Region has found it necessary to cancel the spring retreat with Lynn Sparrow scheduled for Mont Marie. Joan Titsworth, an astrologer, teacher, registered nurse and experienced program organizer from Lakewood, NJ has volunteered to put together another retreat when the time is right. We are most grateful to Joan for her enthusiasm, patience, and flexibility.

Reaffiliation: The annual reaffiliation survey of NE Region Sg/SFG study groups is complete. See the list of affiliated study groups on page 6. If, by chance, your group is active and is not listed, contact

Ground Zero Relief: Deanna, our outgoing Region Coordinator, was one of a group of massage therapists to go to New York City to offer healing skills and prayerful support to stunned and often grieving NYC police officers and firefighters. Be sure to read the impressive article she wrote for *Venture Inward* (Nov/Dec 2001, p. 36). An abbreviated version appears in this newsletter.

Region 800 Number: The Northeast Region now has a toll free number:

Newsletter assistant editor and/or advertising sales person is needed. Please consider joining the *Northeast Spirit* team.

Books For Sale

*Edgar Cayce:
An American Prophet*
By Sidney D.
Kirkpatrick
\$21.95

A detailed biography of Edgar

Cayce's life that reveals the identities of many people who received readings from Edgar Cayce, such as George Gershwin, Thomas Edison, Marilyn Monroe, and Harry Houdini. Revealed are uncanny predictions and insights into the nature of the universe. Book signed by author.

Ancient Egyptian Mysticism

By John Van Auken \$12.95

The author explores ancient Egypt, the secrets of the Great Pyramid, and the hidden mysteries of the Egyptian Book of the Dead. He recounts the story of Ra Ta (Edgar Cayce's earlier life as a high priest of Egypt), including the events that, according to Cayce, led to the building of the Great Pyramid as a place of initiation. Also covered is the expected discovery of the Hall of Records predicted by Cayce.

Search for God, Book III

Compiled by Study Groups \$5.95

In 1931, Edgar Cayce agreed to help a group of people grow spiritually and become more psychic with one condition: they would have to "live" the precepts. This material has helped individuals and groups around the world to discover a closer attunement to God.

Meditation—Gateway to Light

By Elsie Sechrist \$3.95

A concise handbook on meditation based on the Edgar Cayce readings. Includes: physical, mental, and spiritual preparation, dreams and visions resulting from meditation, and guidelines for effective prayer.

If you would like to order any of these books contact

. Shipping and tax not included in above prices.



MASSAGE THERAPISTS *Cont'd from page 1*

Some officers took off their 30-pound belts and got a massage before they started. Others weren't too anxious for "touch" but their boss insisted. One detective was so changed after the chair massage he was willing to get some needed counseling. Up to that point he had not been talking.

A huge undercover agent with 20-inch tattooed biceps came in. "If the chair holds me," he joked, "I'll get a massage." He was surprised by the chair, the therapist, and the results. A quiet smile filled his face and everyone broke into laughter.

Our hearts went out to these men and women who had been putting in 14-hour shifts. They were withdrawn and seemed awkward when praised. As one detective put it, "When you get a whistle and a yell, you expect unpleasant words or motions. Now we get blessed and clapped for. It's new, nice, and unexpected."

I noted most officers' gentleness despite being tired and almost robot-like in getting through the day. Many were still attending memorial services and operating with minimal crews. Massage helped them connect with self and friends and definitely helped the sore backs, arms and necks. We could feel their bodies soften and deep breaths were taken when they allowed themselves to soften and feel.

Before we returned to the precinct we said our good-byes to the stable full of horses and made one more visit to the fire station next door. After debriefing, paperwork and exchanges of thanks for the police escorts, we started home. It was a quiet ride.

How lucky we all felt to meet and help the men and women of the New York police and fire departments. They let us become "family" for a day. Our hearts and prayers are with them every day. I feel blessed and privileged to have been with them for just one day in their lives. We made plans to send a van carrying therapists into the city every week until the job is done.

Forgiveness: Is Turnabout Fair Play?

By Rev. Doris Pratt, Ph.D.,
Germantown, NY

With all the events that have taken place in recent months, how could anyone suggest that we forgive the Taliban? You could be looked at as either a lunatic or a traitor. At the risk of both, I am going to make a case, from a metaphysical point of view, for forgiving those troubled souls.

An affirmation in *A Search for God* instructs us, "Let me see in Him that Thou would have me see in my fellow man. Let me see in my brother that I see in Him whom I worship." This seems okay when dealing with our "average" fellow man. But can we do the same with suicidal killers?

I think the key to applying this affirmation is to look beyond ourselves to the plight of the Taliban. The Eddy Murphy movie *Trading Places* might be a good exercise here. Imagine the lives of young men and women waking up each morning not knowing if this day would be their last. Imagine the zealous upbringing needed to accept and welcome their sudden, gruesome fates. Imagine walking around with so much hatred, yet hoping for paradise. Imagine karma.

A Christ-like attitude might be to simply have compassion for those souls and without hatred, protect ourselves as best we can. But in light of the thousands tragically killed in September, that's a lot to ask of us. But, is it?

My bet is that those who gave their lives in September for a higher purpose are on their way to forgiveness. They will be aided by their spirit guides and the abundant Love available on the other side. And I have faith that those here who lost loved ones will, in time, come to forgive.

Rather than helping create more hatred within the ranks of the Taliban (remembering "mind is the builder, the physical is the result"), let's visualize THEM FORGIVING US. Let's imagine

Continued on page 8

The Pluto/Saturn Opposition

By Lee Greene

The planets Saturn and Pluto oppose each other during 2001 and 2002. What does this mean for you? What does it mean for the nation? In a nutshell, we will all have to take responsibility for our thoughts, words and actions as never before.

An opposition occurs when two planets are on opposite sides of the heavens, as in opposite sides of a seesaw. In the words of Elizabeth Rose Campbell, a well known intuitive astrologer, an opposition "asks us to cross-pollinate two sides of ourselves." Pluto in Sagittarius is all about power and faith. The shadow side of Pluto is abusive power. Pluto transforms and reveals what is hidden but sometimes in an explosive manner. It is interesting that the ascendant of the USA is Sagittarius, and the ascendant represents the mask we wear to the world. On 9/11, it was revealed to us in an explosive way how some of the world sees us.

The other side of the Pluto/Saturn

opposition is Saturn in Gemini. Saturn is the teacher, the tester, the disciplinarian. In Gemini, it is about communicating a message. According to Campbell, Saturn says, "I will be heard, even if I have to die speaking my piece." It expresses the attitude "the buck stops here." A possible result of this opposition is a "stand-off that results in an exponential escalation."

The way this Pluto/Saturn opposition has played out globally is for two sides to take a stand about their beliefs and say this is where we stand, and we will not back down.

I thought it might be interesting to look at the astrological forecast chart for the USA for the month of September. Our program uses 7/4/1776, 4:37pm, Philadelphia, PA, as the date of birth of the nation (others hold to a different time). I found the following:

9/9 to 9/12—Merc Sqr Sun: "there is much activity...a hectic, stressful pace is likely...a rather minor, tense confrontation is likely."

9/10 to 9/12—Merc Conj Sat: "You have a very realistic and no-nonsense attitude at this time...solitary, reflection is favored.... You are likely to turn the

discussions into something heavy and serious.... Frivolity holds no appeal."

9/23 to 9/26—Merc Sqr Pluto: "You are impatient with people who avoid looking candidly and honestly at root causes and hidden reasons for any problem or situation. You tend to force your views on other people now. You can become obsessed with one idea or problem until you figure it out."

9/30 to 10/3—Mars Opp Sun: "Intense competition or conflict is quite likely at this time; you feel you must fight or stand up for your rights in the face of some person or situation that opposes you. You may actually seek out a battle."

Cayce told us, we have the creative power to affect our world and our history. By raising our own consciousness, and by praying in small groups, we can leaven the loaf. While the stars and planets may have some effect, the human will has the greater power.

Interested in how the Pluto/Saturn opposition may play out in your life? Check the order form for an astrological forecast covering 3 or 6 months. Those interested in a fuller explanation of Elizabeth Rose Campbell's views can check her web site www.intuitiveastrology.com/satpluto.htm

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Vermont: New Beginnings

On September 23, 2001, Peter and Helen Johnke, Vermont State Contacts, hosted an Inquirers Meeting in Thetford, VT. Eleven people came to hear Jim Dixon talk about the philosophy of Edgar Cayce. Nancy Eubel spoke about ideals and Jerry Oakes talked about Search For God Study Groups.

From this beginning, a new Search For God Study Group has formed in Montpelier. The new group meets every Sunday from 2 to 4 p.m. at the Vermont Center For Independent Living. Located in the heart of the capital at 11 East State Street, the center is fully accessible. ALL ARE WELCOME.

Interest was also expressed in forming groups in other parts of the state, including the Burlington area and the western part of the state.

If you are interested in being part of a group, or would like help in starting one, contact

The Cayces—Close Up

On June 6 the Connecticut Area Team will present a program with June Bro, Pamela Bro and Graham McGill.

June Bro is one of only a few people still living who knew the Cayces intimately. With her husband, Harmon, she spent nine months working for them—an experience that deeply affected her life.

In this workshop she will share her own reading and how the correctness of the information has been confirmed over and over. She will talk about Gladys Davis and Study Group #1 and will ask the audience to share how the Cayce readings have been helpful to them.

June and her husband co-authored *Growing Through Personal Crisis*. Music, she discovered in her research, is an important aid in raising the energies to

their highest, spiritual, potential.

Graham, Pam and June will give a rousing start to the workshop with singing and chanting. There will be singing at break points throughout the day. Luncheon will be included in the price of admission.

See the Calendar Section for details.

Problems Are the Message

By Charles "Skip" Weatherford, CtH

Georg Groddeck was a contemporary and friend of Sigmund Freud. He rejected Freud's idea of a separate subconscious. Groddeck saw body, mind and spirit as a unified whole, which he called the "IT." He chose this neutral term to avoid attributing any characteristics that the "IT" might not possess and to avoid limiting the "IT" in any way by the labeling.

Groddeck believed that all behavior and all disease was self-expression, nothing more than messages from the "IT." A holistic practitioner, he said, "I never fail to get a useful answer to such questions as, why did you WANT to break your leg?"

Ashley Montagu, in his introduction to the Book of the IT says, "The outcome of a medical treatment of any illness is not determined by the treatment but by what the "IT" makes of the treatment. Groddeck's approach to the patient is to interpret what the "IT" is trying to express through the disease. If we accept this idea, then all behavior, all disease, all complaints are purposeful expressions of the "IT."

Knowing as we do that mind is the builder and visualization is the key to the use of the "imaginative forces," there is a similar correlation to be found in Cayce. Two readings echo Groddeck's idea that the effectiveness of the treatment is dependent on how it is perceived by the "IT." The term "imaginative forces" is mentioned 165 times in the Cayce readings. It is the focusing of these forces that is the "bread

Continued on page 7

Northeast Spirit

Green Pastures Farm Spiritual Retreat

By Cindy Clark

"An Invitation to Higher Ground" was the theme of a potluck dinner our SFG Mystic #1 Study Group held on a Sunday in late April 2001.

Member Peggy Rose Day shared her visions regarding evacuation from the seacoast areas to safer, higher elevations in northern New England should catastrophic earth changes become a reality.

Peggy feels strongly that she will be forewarned and wished to alert fellow members. She distributed maps to a safe destination: "Green Pastures Farm," a 175-acre, former dairy farm in Bath, NH, which she co-owns with Warren Vincent of the Boston A.R.E.

The clarity and details of Peggy's dreams evoked our group's desire to learn more about this safe haven. The possibility of a spiritual retreat weekend quickly developed into a game plan.

After three months of preparation, Peggy and Cindy had formalized a schedule of events, created a simple registration form, set a fee, found a guest speaker, planned a nature scavenger hunt with prizes for the children, planned meals, created songbooks, and obtained a local permit for the campfire.

A beautiful, sunny, July weekend found our New Hampshire spiritual retreat had become reality. Spouses, children and grandchildren swelled our group to 20 participants, ranging in age from 2 to 74! A sense of harmony and camaraderie were quickly felt as we became acquainted.

Nancy Oates of Gales Ferry, CT, was our inspirational speaker. Although Nancy, long-time member of A.R.E. and student of the Cayce readings, lives within a few miles of us in Connecticut, none of us knew her except for Peggy. She and her 16-year-old daughter, Kate, traveled the five hours north to Bath, NH to join us. Nancy held everyone's attention as she told how personal encounters with Jesus had enlightened, comforted, inspired and guided her to create of a life-size oil painting of



From left to right: Kate Oates, Peggy Day, Warren Vincent and Nancy Oates.

Christ, followed by three full-size portraits of angels.

The beauty and significance of Nancy's sacred art are further magnified by the ecumenical mission they sparked. Nancy loans these dynamic works of art to churches in surrounding communities in New London County, CT, where they grace the altars of diverse houses of worship.

Other features of our spiritual retreat included a nature walk, scavenger hunt, an amazingly moist "trash can" turkey dinner, demonstration of fire lighting with bow and drill, songs and s'mores around a campfire, pre-sleep meditation, sunrise worship service, yoga stretches, a blueberry pancake breakfast and a visit to Lake Groton in Vermont, about 30 minutes away.

All in all, an upbeat, joyful, loving mood permeated the weekend. A circle with prayer and song created a meaningful closing ceremony on Sunday afternoon. Six-year old Kelly Nelson led us in the hand gestures and words of His banner over me is Love, which we all agreed to adopt as "OUR song."

SFG Mystic #1 meets Thursday evenings 6:45-8:45 p.m. at the Waterford Public Library, Waterford, CT, and has been meeting since May 1998.

Members of Mystic #1: Cindy Clark, Peggy Day, Zita Kachadourian, Kay Weston, Grace Zazzaro and Hilda Zeigler. Emeritus: Bob Nelson.

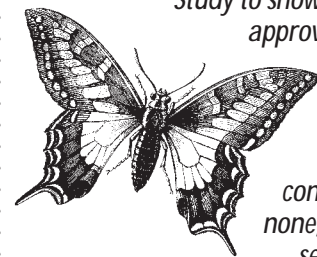
PROBLEMS *Cont'd from page 6*

and butter" of the healing arts.

"For know that all healing comes from within. And the application of vibrations, of medicinal properties, mechanical applications or massages only attune the vibrations of the body in such measure as to awaken them to the divine within." 1198-11

"... It means little unless the body MAGNIFIES same within it's own imaginative forces." 279-006

Once we understand the expressions of the "IT," the hypnotherapist's job is to persuade the "IT" to express itself in a more appropriate or less destructive manner. I am not the first to say that the job of the hypnotherapist is not so much putting the client into a trance as getting them out of the trance they are presently in.



"Study to show thyself approved unto that ideal,

condemning none, not even self; but

keeping self unspotted from the condemnation of others. Do not that in secret that would be questioned in the open."

(2813-1)



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Join Our Region Meditation on the first Sunday of each month at 9 a.m. or 9 p.m.

Our Region Affirmation:

Be still and know that I am one with God, the source of unconditional love, wisdom and harmony, as I express these in all that I do.

them "pardoning" us for our lifestyles, our freedoms, our opinions, our system of government, our need for retaliation, our uncovered women, our ample food and employment, our standard of living and our faith.

I'm thinking about the future, when the dust has settled. How will the Taliban judge what they have done to others and to themselves? Will they be able to forgive themselves when they find out that a life review awaits them instead of paradise, or that those who were killed await them, rather than glory?

"Let me see in my brother that I see in Him..." can also mean picturing the Taliban whole and healed. Imagine them turning their attention to themselves to figure out what kind of a life would truly glorify God.

Let's keep the Taliban in our prayers. Let's pray for healing for their troubled souls. And let's pray that God will plant the seed of forgiveness in our hearts.