



A.R.E.[®]
THE NEWSLETTER OF THE



Northeast Spirit
NORTHEAST REGION OF EDGAR CAYCE'S
ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC.

Fall
2004

WONDER WHY YOU GOT THIS NEWSLETTER?

The *Northeast Spirit* is a membership benefit of Edgar Cayce's A.R.E. In addition to receiving *Venture Inward magazine*, a specialty newsletter of your choice, and access to the membership pages on www.edgarcayce.org, you are welcome to participate in the Cayce community in the northeast region of the U.S. Members sponsor local programs, social gatherings to facilitate networking among like-minded individuals. The *Northeast Spirit* and our web page are dedicated to this end. Check us out at www.are-northeast.org

REGION ROUNDUP

As volunteer coordinator of the Northeast Region, I'm happy to say "Hi" and share some of the goings-on.

NEW EDITOR: We welcome susan gale, new editor of the *Northeast Spirit*. Please send her your literary pieces, comments, and news items.

STATE LEVEL PROGRAMS: Currently Massachusetts and RI are wonderfully active as is Mid Hudson Valley, NY and the study group in Germantown. A group near Sterling CT has sponsored its first event, a book signing. The study group in Rochester, NH is incubating the idea of inviting speakers to accommodate NH and southern Maine. Our goal is to set up an area team in each State to coordinate programs in that State. Please contact me if this is something you'd like to become involved with.

EXPO's and FAIRS: The Northeast Region has not been represented at holistic expos in recent years. We'd like to develop this activity. We will assist any member or study group who volunteers to set up a table at an appropriate venue. Supplies, books, and give-away packets are available.

Actually we'd welcome a chairperson who is willing coordinate this activity. Our first undertaking will be in Auburn Massachusetts May 25, 2005 at a conference geared to meeting the needs of intuitive children entitled "Making Connections to Shape our Spiritual Visions". Let me know if you'd like to serve at the Cayce Information table. For more information about the conference www.aplaceoflight.net

REGION MAP: Would any creative person like to prepare a map (or individual state maps) of the Northeast Region showing where the study groups are located? We'd supply the list of groups. You'd design the layout and help us keep it up-to-date.

HANDBOOK FOR A.R.E. GROWTH GROUPS: Outreach Services, A.R.E. in Virginia Beach, has published a Handbook, compiled by Jim Dixon. The Region will gladly send a copy to any Study Group who requests one. Additional copies are available @ \$10.00 donation.

CORE TEAM MEETING: The next meeting of the Core Team is in November in Enfield CT. Any member is welcome to attend. Hopefully you will be inspired to step forward and become actively involved.

Please contact me at any time
Win Howie, Region Coordinator
1-800-369-4314pin 2292

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The Story of the Stone

by Charles T. "Skip" Weatherford, CtH, OM

During meditation I had a clear vision of a large flat stone, roughly triangular in shape and very smooth. The stone was leaning against the side of a brick wall. The meditation revealed nothing else of the meaning.

As is often the case I can get clarification of messages I receive by asking for a dream. On the third night I asked I was dreaming of searching for a place and being confused about the direction when the dream became lucid. I immediately brought to mind the stone and once again saw it from a slightly different angle leaning against the inside wall of a stone fire place.

As I moved closer it too seemed to move and the thought crossed my mind that perhaps it was alive. I asked the stone to tell me its story. I don't know why I phrased my question in that manner as the question in my mind was, "What does this symbol mean?" The Stone began to speak in such a soft voice that I went and sat on the hearth beside it in order to hear. I ran my hand over the smooth warm surface of the stone. Then everything was dark and there was the sensation of movement. The Stone began to explain that this was a very long time ago and that the stone had recently cooled. It told of long periods of time between the times it could feel movement. One time when the movement was strong and stone saw light and become aware of the cycles of day and night.

It became colder and colder and the stone was encased in ice. The ice began to move and the stone was dragged along with many other stones. As it was dragged slowly along it lost pieces of itself and became smaller for it was very large to begin with. After another long time the ice began to melt and the stone found itself in a torrent of water.

The voice of the stone said, "I was there with the water rushing by and it was very exiting for as the water moved around me I made it sing. Once, the flow of the water became very strong. I was rolled over several times and landed on my other side. Sometimes part of me was above the water and those wer the times when the water's singing was the best. Over a long time the water smoothed my surface. On day I found myself being lifted from the water and was placed, with many other stones on a mound of fresh dug earth. I learned that this was the grave of a small child that had died and whose spirit lingered here for a while until the others stopped visiting the grave. We stones had been placed here to prevent animals from digging up the young girl's body. Another long time passed during which I became aware of the wind and the rain and the cold snow. The sun warmed us by day and the moss and grasses grew up on us and around us. Another time I was lifted once again and piled with many other

stones to make a wall. A farmer's children came often to walk on the wall and play hiding games in the tall grass. I was a part of that wall for a very long time but I had learned patience and waited contentedly for what was to come.

The wall began to slip and the freezing and thawing of the yearly cycle took its toll. Soon we were all just scattered about and one could hardly tell that we had been a wall. One day a young man stopped his wagon and came and brushed the dirt off me. He said I was a fine smooth stone and he had just the place for me. He took me to a rough cottage with a lovely warm fire place which is where you first saw me. During the winter days I would sit close to the fire storing up its heat. In the evening I would be slipped into a canvas bag and carried to one of the beds and placed under the covers. Sometimes the clothing for the next morning would be founded neatly underneath me so as to be comfortably warm when put on in the early morning. Now, only the two sons and their father are left.

I have had a blessed life. Although I waited a long time I was blessed with the chore of making the water sing. I served as protection for the body of a dead child and thus brought some comfort to the grieving men and women who knew her. I have been the foundation of a wall which served to avoid conflict and spread stability. I have warmed the feet of the blessed children and been honored by the family I served.

It is service that pleases the Creator and it is not only humans who serve. Every element of nature sings the glory of the Creator. When you serve you join with all of creation. Service is the entrance fee for joining with the universe. Each service, no matter how small, becomes a part of the song sung to the glory of God. Be grateful for the opportunity to serve”.

I awoke from the dream with the thought, “Perhaps we spend too much time looking out into the world to see what it can give us and not enough looking within to see what it is we can give the world.”

Being a Part of the Next Northeast Spirit



- Tell us about your study group
- Participate in our “What Does this Reading Mean to You?” feature found on page 3
- Write a story, poem, book review or feature that relates to the teachings of the Cayce Readings
- Tell us about events your study group will be sponsoring
- Comment on these readings...

1739-06 Know self is right, and then go straight ahead. So live each and every day that you may look any man in the face and tell him to go to hell!

2936-2 Think well of others, and if ye cannot speak well of them don't speak! but don't think it either!

How do you reconcile these two Readings in your life? They seem to oppose each other philosophically, yet we are asked to live by both. Please send your replies to and they will be considered for publication in the next newsletter.

Book Review
by Cindy Clark

In March 1998, I attended my first A.R.E. program in Fishkill, NY. Before John Van Auken began his presentation on Karma, I commented to the woman seated next to me that I wished A.R.E. were more available in southeastern CT. As a Search for God study group member from Agawam, MA, she suggested that I begin a SFG group in my area. This long-time A.R.E. member offered to introduce me to Betsy Barberi. She said Betsy would be helpful to me in how to proceed. Just moments later Betsy approached and selected the empty seat directly in front of mine! We were immediately introduced and later that morning Betsy introduced me to Sherrill McGill, the Northeast Region's coordinator. Both Betsy and Sherrill guided and inspired me throughout the next few months. In May, 1998, the new SFG group began meeting at the public library in Waterford, CT. To help promote our new group, Betsy presented a program on psychic abilities. Our group members put our lessons in "Cooperation" into practice to sponsor and promote this special public event. The Mystic #1 SFG group continued to meet weekly until December, 2003.

This affinity between Betsy and myself made me very excited and eager to read *Matter of Spirit* as soon as I learned of its publication.

In *Matter of Spirit* the author succeeds in sharing her spiritual journey in basic, layperson terms. This short narrative is smooth, easy reading yet filled with deep spiritual questions and personal insights. Early in the book Barberi says, "I have spent years fitting together the pieces of the jigsaw puzzle." The reader is assisted with his own integration of knowledge and experiences because of the author's clarity and simplicity in explaining her path toward wholeness.

To illustrate Oneness and individuality a delightful metaphor is used: cosmic pasta maker! An entire chapter is devoted to numerous diagrams, which are presented to provide a deeper understanding of spiritual concepts. There is a progression that leads from spiritual awakening to the full interpenetration of spirit and body, symbolized by two interlacing equilateral triangles. The full interpenetration of spirit and matter is the principle that underlies creation; it is an eternal law.

Barberi writes, "I think that unifying body and spirit is the greatest challenge and most enjoyable experience a soul can have. This is what Christ Consciousness is all about. Jesus was aware of his oneness with God. And he lived it out. His deeds were demonstrations of God's spirit. Christ Consciousness becomes fact when it is lived, when it solidifies into words and deeds."

Guidance, comfort, reassurance, and inspiration are all found in *Matter of Spirit*. This book serves equally well as a beginner's guide and as a helpful handbook for those who are already consciously walking a spiritual path. "Being merciful, God meets each of us where we are," Barberi assures the reader.

Barberi describes herself as a "freelance mystic" similar to Edgar Cayce, who was willing to explore "the extent of his non-physical abilities without a prepared lesson plan." In a straight forward manner she shares her experiences of visions, dreams, healing prayers, intuition, psychic abilities, fasting, meditation, setting ideals and spiritual disciplines, and her personal, interactive relationship with God. The reader is richly rewarded with the fruits of the author's lifetime research and personal application of her spiritual beliefs.

Personally, this reader was deeply impacted with the following significant reminders:

- (1) Free will is a God-given gift. He awaits our request for help because He respects our choices. Empowerment from God is available to each of us if we ask. "The ability to make choices is a gift from God and is what makes me individual. I have learned to claim this ability and I try to use it spiritually," shares Barberi.
- (2) In setting a spiritual discipline for oneself it is most helpful to view it as making a commitment to God. Aha! Much more meaningful than thinking of it as simply a "homework assignment" as a study group member!
- (3) Keeping our bodies healthy is emphasized. "I consider my body to be a temple of God, and so I treat it with respect and try to keep it clean...I try not to trash my body in any way. If I did, I would be showing disrespect for myself as well as for God, and who would benefit from that?" A spiritual approach to weight loss has greater power to work for me.
- (4) Developing attitudes of humility and gratitude assist us in moving closer to God. Be aware of spiritual pride. In the last chapter entitled "Balance" Barberi writes, "I am willing to be a channel of healing, but not a source of it. God is the source. I am an expression of God, I am a part of God, but I am not God, the infinite source. I am an individual part of the Oneness. But I can't confuse my individuality with my existence in the Oneness."

Morning Study Group for Parents of Young Children



"I wonder if anyone in the Hamden, CT area would want to lead a group in the morning for at-home parents with babies and toddlers. I find myself craving the deeper interconnections that comes from sharing the spiritual journey with others.... I'd appreciate suggestions for how to put time into my own spiritual growth while taking care of children 24/7"

If you would like to be put in contact with this Mom or if you are interested in starting a similar study group contact our study group mentor, Charles L. Davidson.

BE A NORTHEAST REGION ANGEL...

PRAYER SERVICE



If you or someone you know is in need of the light of prayer, please contact Zita Kachadourian who chairs the Northeast Region Prayer Network at 860-739-1843. Prayers will be extended for as long as necessary. Let her know once a month if you wish the prayers to continue. Volunteers wishing to join the team are welcome.

DONATIONS

The Northeast Region sincerely appreciates the prayers and financial contributions we receive from area teams, study groups and individuals. Donations are payable to A.R. E. Northeast Region and should be mailed to Dolly Turpin, Treasurer.



From our Readers

This piece was inspired on the morning of June 14, 2000, when Clarence A. Graham, Jr., an A.R.E. member in Virginia, MN, awoke hearing the word *WRITE*. This is the result.

In Thy Making

O Holy Lord O Holy Lord
Thou art marvelous in thy making
Thou wert with me at my birthing

O Holy Lord O Holy Lord
Thou art wondrous in thy making
Thou art with me each morn of my waking

O Holy Lord O Holy Lord
Thou art divine in thy making
Who has created all creation with perfecting

O Holy Lord O Holy Lord
Thou art loving in thy making
Who has made man to love and be loved

O Holy Lord O Holy Lord
Thou art helpful in thy making
Whose Angels and Saints are ever helping
man

O Holy Lord O Holy Lord
Thou art magnificent in thy making
Who has created man in Thy Image

O Holy Lord O Holy Lord
Thou art marvelous in thy making
Who, at life's end, will greet us

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Lighten up...

I'm sure we've all heard of the New Age movement and alternative treatments to those of modern medicine. We've probably all heard of holistic treatment, magnetic therapy and other treatments. To this I would like to add, "light treatment." Hoisting one's mind like a sail into the light to catch its power... Using the cast "net" to catch the force to feed your energy body... Using your consciousness like a magnifying lens to focus the energy of the light, especially the sun! I hope everyone will be soaking up the sun to lighten his or her load to ohm aiming to om in the mindstuff of the Godhead.

Peter Kelly
Framingham, MA

Recognizing the Intuitive Child

Ellie was terrified of her teacher, for when he became angry, he turned into a flame of red fire. Damon frequently spent whole days under his desk screaming, eventually causing his mother to have him hospitalized.

Yet neither of these children was mentally ill, but rather intuitively gifted. Ellie could see auras, and Damon could see people who were in spirit; but neither understood their gifts. They are two of a growing number of children who are connected to the world beyond the physical senses.

Who are these children and how can we know them? More importantly, how can we help them understand their gifts so as to function in the physical world?

Some of the signs that a child has intuitive gifts include having imaginary friends, seeing lights, colors or energy around people (particularly their hands or heads), knowing what people are going to say before they say it, knowing things are going to happen before they happen, having vivid dreams, or being very sensitive to other people's feelings.

One of the key skills that must be taught to the intuitive child is meditation. Through meditation, the child will learn to hear guidance from the highest good. Insights will be made known to help guide the child through every day life. Another important skill for the child to develop is how to protect one self. By learning how to screen out psychic input, the child will be protected from any negative input from any dimension.

As with all children, listening is very important when working with a intuitive child. When the gifted child says something does not feel right, it is a signal for the educator to take the time to discuss why and help the child sort out these feelings. Being aware does not imply that the child automatically has the wisdom or maturity to sort out what is being received as being helpful or harmful.

The intuitive children are coming into the world in ever increasing numbers. It is important that they are welcomed, understood and assisted in understanding and using their gifts in ways that bring goodness and peace to us all.

susan gale
Worcester, MA study group

WHO IS MALCOLM SMITH and WHY IS HE COMING TO MASSACHUSETTS?

For over 20 years Malcolm Smith's incredible healing gifts have relieved pain, suffering and disease for thousands of people. Known as "an ordinary man with an extraordinary gift", Malcolm discovered his healing ability through a spiritualist medium who told him he had "healing hands". When he expressed doubt, the medium told him to put his hands on his wife, Catherine, who suffered from a chronic, painful kidney ailment. When he did, her pain went completely away and has never returned.

A native of Yorkshire, England, Malcolm's unique gift has restored sight and hearing, cured cancer and other debilitating diseases. The list of problems presented include virtually every physical, emotional, mental and spiritual condition a person could suffer, even those considered "incurable"

"God does the healing, not me says Malcolm. He emphasizes that slow progress is the norm and spiritual healing should not replace orthodox medical treatment. Many A.R.E. members in California, Detroit, Chicago, Houston and New York have benefited from Malcolm's healing gift as he travels the U.S.

Sponsored by the Massachusetts Area Team, his 30-minute private healing sessions will be offered at \$70 in Newton MA, which is centrally located just off the Mass Pike not far from Lexington, where A. R.E. conferences are usually held.

Malcolm Smith will be offering sessions by appointment only, February 12 - 14, then returning every two months for a total of five visits. Each visit will be three days long. He will be giving an introductory lecture at 7:00 PM on February 12 at St. Paul's Church in Newton Center, MA. This is a wonderful opportunity for us all.



To make an appointment (required) or for more information, CONTACT:

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CONGRESS 2005

It's never too early to begin planning to attend Congress, so here is an update on our next gathering! The energetic and enthusiastic planning team for Congress 2005 consists of members from coast to coast:

Team Coordinator:	Merci Martinez	(Florida)
Asst. Team Coordinator:	Joy Quinn Blum	(Rhode Island)
Activities Coordinator:	Rita Schafer	(South Carolina)
Financial Coordinator:	Susan Mackintosh	(California)
Youth Congress Coord.:	Daniel Davis	(Kentucky)
Asst. Youth Congress Coord.:	Laney Kaydan	(Ohio)

The team has decided to change the length of Congress from 6 days to four, so the tentative planned dates for 2005 are Tuesday, June 21st through Friday June 24th. There will still be the usual reports from the administration, the Board, and the regions, plus popular speakers, workshops and opportunities for social gathering, with added surprises as always! The theme has not yet been formally chosen, but will revolve around the idea of our oneness with the Christ Consciousness.

Congress offers a wonderful opportunity to meet and share with A.R.E. members and friends from around the country, and indeed around the world (there were members at the 2004 Congress from as far away as Sri Lanka, Indonesia, and Trinidad!). Come to the Beach for Congress 2005, and experience opportunities for spiritual inspiration, physical rejuvenation, and just plain fun!!

If you have any questions or ideas/suggestions for what you would like to see happen at Congress 2005, please contact **Joy Quinn Blum** in RI .

RHODE ISLAND EVENTS

Providence

A.R.E. Video Forum - Every 3rd Sunday evening

Nov. 21 - *Entering the Temple Within* -

John Van Auken

Dec. 19 - *The Story of Revelation* -

Shane Miller

All are welcome for discussion and socialization

Massachusetts Calendar of Events

October 16: Gregg Unterberger, M.ED.
Psychotherapist/ Past-Life Regressionist
"Cayce on Mysteries of Your Mind."

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November 20: James Kyle: "Edgar Cayce
Material and Dreams" James has been
associated with the ARE for 30 years and has
written a book on dream interpretation. He
holds a M.Ed. And has worked in the fields of
youth counseling and chronic disease
prevention.

December 16: No meeting. Instead, for
December, we will be having our
annual *Fun and Joy at Christmas Party*.
Everyone is invited. Bring your favorite dish
and a smile.

February 12 - 14: Malcolm Smith:
Introductory Lecture 7:00 PM at St. Paul's
Church, Newton Center, MA, Healing sessions
by appointment only. See article on page 7.

Note: All e-mail addresses have been removed for security and privacy protection.
