



LAST PRINTED ISSUE OF THIS YEAR

The *Northeast Spirit* is a membership benefit of Edgar Cayce's A.R.E.

It costs about \$4,000 to print and mail the newsletters, so you can understand why it needs to be a yearly event!

Don't miss the Spring issue!

AN OPEN INVITATION

The Northeast Region invites YOU to a unique and very important "Member Gathering" **Saturday, APRIL 9th from 10 a.m. to 3 p.m.**

**UU Church of Worcester
90 Holden St
Worcester, Massachusetts**

Come prepared to learn about possible ways to become involved in the work of Edgar Cayce. Bring a box lunch. Beverages and snacks will be provided.

We are especially looking forward to meeting new folks who have recently become members of A.R.E. who have not joined a group or attended a program.

Toni Romano, Outreach Services Manager, and Region Liaison from A.R.E. Headquarters will be here to facilitate the gathering.

Knowing, as we do, that people are spiritually "hungry", looking for like-minded people to connect with, our goal is to enlist representatives from each State to serve as contacts, willing to assist with local programs, activities, and outreach.

In addition, the Northeast Region is looking for a new Region Coordinator. Win Howie has stepped down after serving in this capacity for the past three years. Several key positions are just waiting for the right person to manifest! We are looking for volunteers with skills in financial management, book sales, web development, and program coordination. With the wonders of technology, lots of the Region's work can be done electronically so don't let distance deter you.

Toni Romano will be assisting with our revitalization and transition. If you would like to learn in advance about the leadership needs of the Northeast Region you may contact Toni at _____ or 757-457-7185.

The church is located at 90 Holden Street, Worcester, MA **PLEASE RSVP** so we know how many tables and chairs to set up. We value you and your participation. Contact Deanna Jackson at _____ or Win Howie _____

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Directions to 90 Holden Street: Take Mass Pike to Exit 10 and get on 290 E to 190N. After getting on 190 N, take Exit 1 to Gold Star Blvd. IMMEDIATELY get in the inside left lane as if getting back on 190, (left ramp) but do not get on 190. Instead bear to the right where the very small sign says Shore Drive. At the first light take a left. The church parking lot is a half mile down the road on the right.

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). The views and opinions of contributing writers do not necessarily represent the views of the editor or the A.R.E. Contributions of less than 400 words are invited. Send letters, photos and articles to the managing editor: susan gale, 374 Main Street, Cherry Valley, MA 01611 or, Phone 508-892-8928. **NOTE: Email addresses have been removed for security and privacy.** The editor reserves the right to edit or refuse submissions. All materials submitted become the property of the A.R.E. Northeast Region Newsletter. Edgar Cayce Reading Copyright (c) 1971, 1993 by the Edgar Cayce Foundation. All rights reserved

Understanding the Readings

In the last edition of *Northeast Spirit*, we asked readers to submit how they understood and reconciled the following two 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!

Below are two readers' interpretations:

Lisa Fagan writes, "I truly love Edgar Cayce's influence in my life and appreciate reading through the newsletters and many A.R.E books, but it's not often in my day-to-day life I can share and converse directly about these readings and beliefs. I have grown up with Edgar Cayce and feel honored to have such insight in my life." She shares the following.

On 1739-06 If you live your life by your own ideals, then acting independently from others' opinions that are not congruent with one's own ideals is not wrong. If what you decide to be best for yourself based on Godliness and purposeful ideals and with intent on growth, learning and truth, it cannot be wrong to oppose the advice of those around you even if well intended. One should not act on impulse without knowing the consequences, good or bad, easy or hard, convenient or inconvenient. One should trust oneself, know one's self and ask of oneself with God what might be the better way.

To tell a man to "go to hell" is merely saying that looking into the face of another that may persuade you to take a course of action not befitting your ideal journey and saying that they stand no chance over your belief of what is best. That when you know something to be wrong or an imbalance of consciousness you have the right to stand strong in the face of adversity.

On 2936-2 The golden rule to treat others as you would like to be treated is discussed in depth throughout Edgar Cayce's Readings and teachings. Thoughts are deeds. They impact other souls as much as handing someone a flower might make them smile or hitting someone upside the head may make them bleed. Not only must we abstain from physically harming another, we stop thinking derogatory thoughts about another. We have the ability to send negative vibrations to another soul as we do the ability to send joyous and loving thoughts. In Cayce's readings he warned us over and over of the harm we do onto others and ourselves by casting negative thoughts. The Akashic Records contain all we think, all we are, all we do in the light and in the dark. A true believer of the Law of One would

understand this to mean when we think ill thoughts of another and find reason to dislike them, we are truly finding fault in ourselves and not liking our own self. A better way to be would make peace and vibrate love as Jesus has shown, even to thy enemy. We are charged to find the good in all, even when we might be on the receiving end of a hurtful comment, hateful look or cruel intention.

Bill Clark, a member of the Coventry, CT Study Group, wrote the following:

It seems to me that, in light of the fact that each of us is an individual with unique tendencies and proclivities, that different people should have different approaches and different ways of relating to others. It occurs to me that a person who tends to let others use him/her as a doormat is well advised to set boundaries, determine "thus far and no further," and with strong language admonish the one who would infringe upon and squelch his/her exercise of conscience. For such a person to do otherwise is to be an enabler and perpetuate a condition that is problematical.

On the other hand, a person who is spiritually insecure and tends to be overbearing and to dominate others, i.e. a control freak, is well advised to practice being more considerate and to cultivate the skill of thinking well of others. In short, all cannot be remedied with the same cure; and so, different approaches are necessary. It is my belief that most all of us are a mix of these two kinds of people and that there are times when we can be meek and at other times be excessively willful. And so, I believe that, given varying conditions and circumstances (internal and external) either response may be appropriate. I just cannot conceive of trying to be both at once.



Thinking of Good at Times of Stress

by Rev. Doris Pratt, Ph.D., O.M.

When life is running smoothly and we have relatively small, manageable challenges, we easily think of God. We thank our Creator for our smooth sailing and the "good times." It's a whole other story when crises hit us and we often misplace our Source in the struggle.

The morning of my birthday in October, I was lying in bed, easing into the happy thoughts of my birthday, when my husband rushed up the stairs and burst into the bedroom. "Get up, something's wrong with the Bear!" he said. I ran down the stairs with him, and there on the floor was our fifteen year old Himalayan kitty, Bootie Bear, at the end of a seizure. Our cat had never seemed

sick a day in his adult life, so we thought the worst was coming. We rushed him to the vet and found out he had kidney disease, which had come on undiagnosed over the summer.

Thus started the long process of adjusting to and treating an elderly cat with daily fluid shots, vitamins and supplements and lots of love and appreciation. He's doing well now months later with holistic care, and his prognosis is encouraging.

During those early days I shed many tears, made "bargains" with God, and generally had no hope. All I could see at the time was the horror of change, and life without my sidekick, my feline son. Euthanasia, which was initially considered by the Bear's former vet, would not have been appropriate for him, as he has since charmed even more new people in his life, who have clearly fallen in love with him. He clearly has a bit more work to do.

I think our challenge at times of crisis is to put aside our negative thoughts and stay in the moment to accept what life gives us; and at the same, continuing to be open to receive our preferred good outcomes. Obviously, the Creator and our spirit guides know at least the short-term future for us, what's best for us, better than what we are currently knowing. It's easy to forget Edgar Cayce's quote "For all prayer is answered. Don't tell God how to answer it."

This recent challenge has already taught me many things about being willing to ask for help, about limitations (both animal and human), about blessings in disguise, the power of love, trust, and acceptance. It has taken me a while to understand the birthday present I received this year, the "wake up call" that life is beyond precious and never to be taken for granted.

The ultimate Good of course, is God. To remain connected to and trusting God during times of stress is the greatest task for me, as one who has openly committed her life to one of Love. And to be thankful for the larger challenges and the eventual understanding they facilitate.

Thank you Bootie Bear.

Editor's Note: Since the writing of this article, Bootie Bear did decide to go home; but he left a wealth of riches in the life of Doris and others who knew him.

The Northeast Region works because of its membership... that is each of us! We are at an exciting time when programs are beginning to return to CT, thanks to Bill Clark, and hopefully to other areas as well.

We are also at an exciting time in the unfolding of the Northeast Region because new opportunities are opening up to us in terms of leadership and growth. What will be our part? Will we make the commitment to join a study group? Participate in a study conducted by A.R.E.? Volunteer to help bring programs into the area by helping do a mailing, take registrations at the table or encourage friends to attend?

The April 9 meeting is very important. We will be able to have a voice in the future of the Northeast Region of A.R.E. We will be able to make a difference by practicing cooperation, faith, oneness and the other good things made known to us by the Readings and the first Study Group... We can.



A Lesson from Radar

I often think about faith and our right to ask for what we need. The other day my dog, Radar, showed me the perfect spirit in which we are to ask for what we need. I was busy at the computer, as usual, when I heard a clunk at my feet. I glanced down and there was her water dish, dry as a bone. When I looked at her, the expectation of her needs being met was so clear that I was compelled to think "this is the faith with which we need to be asking!" To tell the truth, there was a shade of annoyance in her eyes that she should even have had to ask!

This is not something that she was taught, to bring the water dish, but rather something she reasoned out for herself. I am the middle woman in the supply of food and water for her. She has absolute faith that this will be done, even if she does have to occasionally remind me!

Do we ask with such faith? Do we absolutely expect that our needs will be met? Are we as wise as Radar to be able to correctly identify our needs? Many times I think that it is best if we just pray that our needs be met, as I am not always sure we can discern between needs and wants... but, we can trust with the absoluteness of Radar that we will be heard and answered.

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.

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,



I am Bill Clark and recently volunteered to serve the NE Core team. Well, now I have a "mission," and I need your help. I am to coordinate two events in CT each year so that we can once again have local events! I am real excited about this and need people to help with the mailing for and staffing of the events. Please contact me if you are interested at all, even if just to inquire further; even if just to share ideas, offer suggestions, or bring up considerations. "To know the good is to do it." (Socrates)

Love and light to all – Bill

POWER VS FORCE FOR NE SPIRIT by Rachel Chevalier

In the most recent NE Spirit, we were asked how to reconcile seemingly contradictory statements from the Cayce readings. I immediately thought of an amazing book I had just read, *Power vs. Force*, by Dr. David Hawkins.

Dr. Hawkins, a practicing psychiatrist, has devoted 20 years of research into human behavior; and the result is his calibrated scale of Relative Truth, also referred to as a map of consciousness. As described in the preface, the scale, a symbolic ladder of spiritual enlightenment, is comprised of 17 emotional states that register from 1 to 1000 on the log. At the bottom of the scale, in the 20 to 50 range, are shame, guilt and apathy. At the top are love (500), joy (540), peace (600) and enlightenment (700-1000).

In the 1970's, Dr. Hawkins discovered the work of another psychiatrist, Dr. John Diamond. Using kinesiology, or muscle testing, Dr. Diamond demonstrated that muscles would become strong or weak when exposed to specific emotional or intellectual stimuli. For example, all bodies test weak when exposed to fluorescent lighting, artificial sweetener or someone lying, even if the person sounds truthful and convincing. Once you experience muscle testing you will never be the same. It is very empowering to know that your body will give you an unequivocal yes or no response to a specific stimulus.

Dr. Hawkins immediately recognized the potential of this muscle reaction. He states, "It was the wormhole between two universes – the physical, the mind and the spirit – an interface between dimensions." Muscle testing is amazingly simple, almost anyone can do it with a partner but it should be mentioned that there are some precautions to follow in order to insure the accuracy of the response. Once you become familiar with your muscle reaction, you can then use the calibrated scale of Truth to determine the level for any book, ideology, organization, statement, etc.

The critical turning point on the scale is level 200. Below 200 all attitudes, emotions, associations, historical figures make the body go weak, above 200 the body is strong. He states, "The collective level of consciousness of mankind remained at 190 for many centuries and, curiously, only jumped to its current level of 207 within the last decade."

So how does this tie in with the Cayce readings? We can see very clearly with this scale that we are all on spiritual paths but we are not all on the same level. For someone living in a state of shame, guilt or apathy, it would be beneficial for that person to demonstrate some anger. Anger would move that person up the "spiritual ladder." On the contrary, anger would be detrimental to someone already in the state of love.

We have to remember that the Cayce readings were directed to specific individuals meeting specific obstacles at a specific point in their lives. Many spiritual teachings contain contradictions because we evolve as we grow older. We need to learn how to listen to our heart (the most important muscle of all!) to determine what is best for us at any given moment.

Power vs. Force definitely corroborates the teachings of Edgar Cayce. In the preface, Dr. Hawkins describes his personal spiritual journey and the importance of discipline "to act with constant and universal forgiveness and gentleness, *without exception*". One has to be compassionate toward *everything**, including one's own self and thoughts." I think Dr. Hawkins has given us a very powerful tool to encourage spiritual development individually and collectively.

*Italicized in the original

According to a conversation between Raymon Grace, who has worked with A.R.E., and the editor, most people register around 250 on this scale. (Grace is the author of *The Future is Yours: Do Something about It!* and determines levels of consciousness by dowsing.) He has, however, lately discovered newly born children with a consciousness as high as 800, further confirming Cayce's prediction of the new root race appearing in these times.

MAP OF CONSCIOUSNESS	POWER VS FORCE By Dr. David Hawkins	A Hay House publication
LEVEL	LOG	EMOTION
Enlightenment	700-1,000	Ineffable
Peace	600	Bliss
Joy	540	Serenity
Love	500	Reverence
Reason	400	Understanding
Acceptance	350	Forgiveness
Willingness	310	Optimism
Neutrality	250	Trust
Courage	200	Affirmation
Pride	175	Scorn
Anger	150	Hate
Desire	125	Craving
Fear	100	Anxiety
Grief	75	Regret
Apathy	50	Despair
Guilt	30	Blame
Shame	20	Humiliation

Massachusetts Area Team Calendar of Events

March 19: **Robert Babine**, "Who is your God?" Past chairperson of Boston Council for A.R.E. will speak on how our understanding and reflection of God can bring peace or conflict.

April 16: **Shirley Andrews**, "Atlantis and Lemuria," author and popular speaker on this topic, Andrews will speak on what we can learn and our heritage, both cultural and genetic, from these times.

April 25: **Healing with Malcolm Smith**

May 21: **Patty McCarthy**, "Experiencing the ENEAGRAM, What is your Type?" Life long student of the Readings, McCarthy will speak on the Eneagram and the 9 personality types that comprise it.

June: **ARE Congress Week**

July 16: Annual Picnic

August 20: **Elena Allen**: "Edgar Cayce on our Egyptian Heritage" Allen will explore how the Readings show the connections between events in Egypt and the present time.

We hope the newsletter reaches you in time to let you know about...

MARCH 12, 2005 FAIRFIELD, NJ

Hypnosis & Regression: Creating your own Future
Henry Bolduc

IMPORTANT NOTICE

AN ALL MEMBER MEETING LED BY TONI ROMANO OF A.R.E. OUTREACH WILL BE HELD SATURDAY, APRIL 9 FROM 10 AM to 3 PM AT 90 HIDDEN ST. in WORCESTER, MA. PLEASE ATTEND TO HELP FORMULATE THE FUTURE EVENTS OF THE NORTHEAST REGION.

ARE Northeast Programs

Call 888-273-0020 to register for these programs.

APRIL 2, 2005 HARTFORD, CT

Edgar Cayce on the Akashic Records and Relationships
with Kevin Todeschi

APRIL 23, 2005 LEXINGTON, MA

Spiritual Initiation in the Modern World

Dr. Michael Mirdad, author,

MAY 19, 2005 WINDSOR, CT

Edgar Cayce on: TBA