



# The Golden Gateway

" To heal the sense of separation by building community through the creative forces "

Vol. XXI

A.R.E. Newsletter for the Northern California/Northern Nevada Area Team

Summer 2009

Region webpage: [www.caycegoldengate.org](http://www.caycegoldengate.org)



## ASILOMAR: BE THERE !



**A MESSAGE FROM HUGH LYNN CAYCE**

Years ago Hugh Lynn Cayce wrote this beautiful timeless truth, which is just as relevant today as it was then.

DEAR VOLUNTEER,

Would it surprise you if I call you one of the vertebrae in the backbone of the A.R.E.? There is a good precedent for using the body as a symbol. It has to have a head that is planning, directing, and guiding the work. It has to have hands busily cooking, writing, and shaping things. It actually has to have a voice to talk, to lecture, and to teach. But important to this body, to hold it together is the backbone. I think of all the volunteers who work for the A.R.E. as the backbone. Without you we simply could not function. We might be able to think we might be able to talk and make a noise now and then, to organize all kinds of things, but it is the backbone that holds it all together and makes a total job of sharing tools found in the Edgar Cayce readings, tools that heal and change people's lives. The backbone makes it all possible.

You help us share the information

in the Edgar Cayce readings with those who seek. Many are sick in body and mind, with emotional tensions and pressures. Don't underestimate the smallest job. One never knows, when you fold a letter, stamp an envelope, or collate a program, how much your caring and your love go into that envelope and the strange effect they may have on someone (out there) who is searching. Your decision to serve as a volunteer with the A.R.E. is a welcome and precious gift to our organization, staff and members. Volunteers are our greatest resource. The skills, talents and life experiences that are shared here at the A.R.E. are an amazing gift of love. Your reasons for volunteering are as individual as you are, but no matter what your reasons, there are rewards in volunteering. You can learn about self, learn about others, and meet interesting people by volunteering. You can help others as you help yourself. Welcome to the Association for Research and Enlightenment's Volunteer Program! We hope to have many years to get to know you as we work together to share the work of Edgar Cayce across the globe. With your gift of time, energy, and yourself, we earnestly wish that your time volunteering



**Hugh Lynn Cayce**

here will bring growth and knowledge and abundance to you

*For local volunteer opportunities please contact: Julie Hilt 707-451-7466 or Pat Lange 530-902-3788, volunteer@caycegoldengate.com.*



**EDGAR CAYCE'S A.R.E. TO LAUNCH INTERNET RADIO PROGRAM WITH CBS RADIO!**

by Kevin Todeschi, A.R.E. CEO, Virginia Beach, VA

Edgar Cayce's A.R.E. is pleased to announce our new internet radio program "Reflections, The Wisdom of Edgar Cayce." The program will feature show host personality Jon Michael Zapf and include expert guest speakers and authors. Debuting on May 3, with Kevin Todeschi, the Executive Director and CEO of A.R.E., each program will delve deeply into concepts from the Edgar Cayce readings including ancient mysteries, perspectives on the after life, reincarnation, personal health, intuition, psychic development, mysteries, perspectives on the afterlife, reincarnation, personal health, intuition, psychic development, and much, much more. The show will broadcast

Sundays from 9 a.m. - 11 a.m. EST on the CBS Psychic Radio network (www.PsychicOnair.com), which is dedicated to world wide news and information regarding all things mind, body, and spirit.

As the host, Jon Michael Zapf will draw from his work with the Edgar Cayce materials, his own journey of spiritual development, and his prior work as producer for DennyRadio on Clear Channel station 1370 WSPD in Toledo, Ohio. Jon has also been bringing the message of hope and health to individuals while helping them to achieve their personal goals.

The mission statement of the program is to introduce listeners to the vast array of information from the Cayce readings which complements the overall mission of our nonprofit organization to provide individuals from all walks of life, levels of education, and religious backgrounds with tools for personal empowerment and healing at all levels - body, mind, and spirit. To learn more, visit [www.EdgarCayce.org/radio](http://www.EdgarCayce.org/radio).



**Kevin Todeschi**

## TO BE NOTED



**Yuene Shure**

**Bookstore Changes.** The Northern Area bookstore is in transition. **Yuene Shure** has joined the team and currently is storing most of the books and products at her home in Davis. She brings a selection to each program. Call Yuene (530-758-8055) if you see something on the Sale Book list on the website. She will ship the items to you. We don't ship the products from the sale list.

Request them to be brought to the next program you will be attending. **Ginny Winblad** is still the major bookseller at programs. She displays the items, sells them, deposits the money and prepares the report for the sales at each program. **Meg Linden** is still involved in placing orders for books and products, both new items and restocking of the "classics". She also is still providing the suggested list to take to each program.

A small selection of books, especially regarding the Cayce health recommendation., and some of the basic health products remain at Grethe Tedrick's home in Point Richmond. (510-234-0415). This is primarily for the convenience of those who have healing appointments with Malcolm Smith. As things evolve we will keep you posted.

**What Prayer Can Do!** Maybe you saw **Donna Sturm** on the TV news recently. Here's her story: "I had taken photos of our neighbor's pine tree the day before it came down on our roof.

"The night before it fell I went over to the tree and talked to it, Hey, you dear old pine tree, if you are going to come down would you do it tonight and miss as much of our house as you can and the house next door with the children. Ron and I are moving out and we won't be able to come back once you are down, because I'm having surgery. Thanks for all your years of shade. Good bye." Once in bed I said a prayer asking that the tree come down that night.



**Donna Sturm**

"At 1:00 am I heard it fall. It sounded like a truck had run into our house. I knew it was the pine tree and ran to the kitchen, turning on the backyard lights. I went out back and could see that the tree was lying on our kitchen roof and had torn out the fence. It missed the house with the children. I was very excited and ran in the house and woke Ron. As he was walking around the back yard and taking in the size of the tree, he looked at me and said "Man can you ever pray!"

"I smiled at the tree and said thank you. "For a few years now it looked like it was your turn to come down; thanks for

doing it at night while the children slept." Ron walked on into the house as I was talking to the tree, shaking his head.

"The damage is not that bad; we get a new fence, which was needed. The roof had a hole or two in it and the gutters have to be replaced in the back of the house. The man who owns the house is paying for it all."

**Cayce Reilly Massage Therapist New To Region. Sean Roe, CMT NCBTMB,** offers his client's a relaxing and healing Holistic massage in the calming atmosphere of " 2nd Youth" located on beautiful Lake Tahoe in Incline Village, Nevada. Sean is a graduate of the Cayce-Reilly School of Massotherapy in Virginia Beach, Virginia. He has been blind/visually impaired since his birth some 35 years ago. He has recently moved to Tahoe City from Norfolk/Virginia Beach, Virginia where he had lived for the past 20 years.



**Sean Roe**

Sean's disability has given him the strength and resolve to continue pursuing knowledge, art/music, spirituality, & sport. His God-given sense of touch & compassion can give your mind, body & spirit a rebirth.

Sean specializes in the Cayce-Reilly method, which is a Swedish massage with additional moves to enable the body to reach equilibrium in the digestive, blood/lymph circulatory, and nervous (spinal) systems. It also improves joint mobility, muscle tone, and most importantly skin health. He also can incorporate or do entire sessions of Reflexology, Acupressure, Energy Work, Deep Tissue techniques. In conjunction with the massage he includes Cayce remedies, nutrition, and fitness to the session in order to achieve balance in your Mind, Body, & Spirit. For more information contact Sean Roe at 530-863-3427.

**Finding Her Way.** If

you recall the inspiring talk by **Sydney Reuben** given at Asilomar many years ago to a standing ovation you will be interested to know that she is now an author. Her book "Finding Her Way: A Woman's Journey" is just that, and is receiving enthusiastic feedback from those who have read it. It is available on Amazon.com and other on-line bookstores.



**Sydney Reuben**

# CALENDAR

Date/Location	Event/Time	Speakers	Contact/Telephone
<b>May 2009</b>			
Sat., May 30- Sun., May 31 CONCORD	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Linda&Jim Mahoney 925-672-7721
<b>JUNE 2009</b>			
Mon., June 1 Tues., June 2 POINT RICHMOND	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Grethe Tedrick 510-234-0415
Thurs., June 4- Sun., June 7 SANTA MONICA	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Wilma Jackson 310-829-1425
Sat., June 20 - Thurs., June 25 VIRGINIA BEACH	A.R.E. INTERNATIONAL MEMBERS CONGRESS/ A.R.E. YOUTH CONGRESS		confregistrar@edgarcayce.com HQ 888-273-0020
Sun., June 28 MARINA DEL REY	“AWAKENING COURAGE FOR LIFE’S TRANSFORMATION” 1:00 pm - 5:00 pm	MARY ELIZABETH LYNCH WILMA JACKSON	Wilma Jackson 310-829-1425
<b>JULY 2009</b>			
Thurs., July 9 - Sun., July 12 MONTEREY PENINSULA	ASILOMAR RETREAT AND YOUTH CAMP “SACRED GIFTS: DISCOVERING	KEVIN TODESCHI MARY ROACH	<b>Registrar:</b> Julie Reckard 707-416-6271 Maridel Barr 415-924-7566 <b>Youth:</b> Jennie Moe jmoe@caycegoldengate.org Alisha Keller 916-346-7216
Sat., July 25 ALAMO	NORTHERN AREA TEAM MEETING (9:30am - 3:30 pm)		Pat Lange 530-753-3543
<b>AUGUST 2009</b>			
Sat., Aug. 22- Sun., Aug. 23 CONCORD	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Linda&Jim Mahoney 925-672-7721
Mon., Aug. 24 Tues., Aug. 25 POINT RICHMOND	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Grethe Tedrick 510-234-0415

Date/Location	Event/Time	Speakers	Contact/Telephone
Thurs., Aug. 27- Sun., Aug. 30 SANTA MONICA	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Wilma Jackson 310-829-1452
<b>SEPTEMBER 2009</b>			
Sat., Sept. 12 EL CERRITO	“THE NOT SO ‘SECRET’ LAWS TO LIVE BY” 9:00 am - 4:30 pm	BETTY RILEY	Maridel Barr 415-924-7566
Sat., Sept. 19 KENWOOD(Sonoma)	“AURAS” 9:00 am - 4:30 pm	BETTY RILEY	Julie Hilt 707-451-7466
Sat., Sept 19 MARINA DEL REY	“ 2012 PROPHECY:UNDERSTANDING THE TIMES”	JOHN VAN AUKEN	Wilma Jackson 866-720-9128 wilm77j@aol.com
<b>OCTOBER 2009</b>			
Sat., Oct. 17 ALAMO	NORTHERN AREA TEAM MEETING 9:30am - 3:30 pm		Pat Lange 530-753-3543
Sat., Oct. 24 SAN JOSE	“PSYCHIC INTELLIGENCE” 9:00 am - 4:30 pm	LINDA SCHILLER-HANNA	ARE HQ 800-273-0020 Margie&Lowell Gresham 408-978-8882 margie2444@yahoo.com
<b>NOVEMBER 2009</b>			
Fri., Nov. 13- Sun., Nov. 15 MONTEREY PENINSULA	ASILOMAR RETREAT	ROB GRANT ISTVAN FAZEKAS	<b>Information:</b> Maridel Barr 415-924-7566 asilomarinfo:@ caycegoldengate.org
Sat., Nov. 21- Sun., Nov. 22 CONCORD	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Linda&Jim Mahoney 925-672-7721
Mon., Nov. 23- Tues., Nov. 24 POINT RICHMOND	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Grethe Tedrick 510-234-0415
Thurs., Nov. 26- Sun., Nov. 29 SANTA MONICA	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Wilma Jackson 310-829-1425

For updates on events see the Region website [www.caycegoldengate.org](http://www.caycegoldengate.org)  
Deadline for Fall Issue: July 15, 2009

## WHO IS MALCOLM SMITH?

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, Kathleen, 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 to Malcolm include virtually every physical, emotional, mental, and spiritual condition a person could suffer. "God does the healing, not me," says Malcolm.

Sometimes the healing he gives results in instant cures. More often several sessions over several weeks are required for results to manifest physically. He has restored sight and hearing, cured "incurable" diseases, including cancer, and changed hundreds of lives. He emphasizes that slow progress is the norm and spiritual healing should not replace orthodox medical treatment. Malcolm will be offering 30-minute private healing sessions. Many A.R.E. Members in Philadelphia, Boston, Chicago, and St Louis, as well as California, have already benefited from Malcolm's healing gift and prayers.

## MALCOLM SMITH SPIRIT HEALING

**APPOINTMENTS: Concord and Point Richmond May 30-June 2 and Aug. 22-25.**

Malcolm Smith will again offer private spiritual healing appointments in our Region in May/June and August.

Concord appointments can be made by calling Linda and Jim Mahoney at 925-672-7721. Those dates are Sat., May 30-Sun., May 31 and Sat., Aug. 22 - Sun. Aug 23.

Call Grethe Tedrick at 510-234-0415 for Point Richmond appointments on Mon., June 1-Tues., June 2 and Mon. Aug 24 and Tues. Aug. 25.

The charge for the 30-minute private spirit-healing appointments is \$75. Please make your check for \$75 per person to: N. Calif./N. Nev. Region A.R.E. and send to Grethe Tedrick, 348 Western Drive and Casey, Point Richmond 94801 for Point Richmond appointments, or: Linda and Jim Mahoney, 5508 Michigan Blvd., Concord CA 94521, for Concord healing sessions.

Mail no later than 14 days before your appointment occurs. Please arrive promptly as appointments are scheduled back-to-back. There will be a charge for appointments cancelled or broken without 24 hours advance notice.

## MALCOLM IN SANTA MONICA

Malcolm Smith is offering healing sessions in Santa Monica from Thursday, June 4 thru Sunday, June 7 and Thurs., Aug. 27-Sun., Aug. 30. To book an appointment call Wilma Jackson at 310-829-1425. Arrangements and schedules are the same as in Concord and Point Richmond.

Malcolm's only other current healing sessions in the west are in Scottsdale, AZ, from Tues., June 9 thru Thurs., June 11. The contact person is Lynn Carlucci (480-661-8000.)



## THE HEALING HILTS

A reminder that Julie and Grayland Hilt are also available for spirit healing at their home in Vacaville, where they have a dedicated healing room, or for distance healing, by pre-arrangement. Call them at 707-469-6272.

## A MULTIPLE HEALING

by Trish G.,

Subsequent to a car accident in 2003, I endured chronic pain to my shoulders, neck, head and nerve damage to my face. The nerve damage to my face and temple was so severe it could only be described as a searing, sharp, numbing pain at its worst. To complicate matters I was diagnosed with fibromyalgia and experienced severe vomiting fits from October 2005 to April of 2006. I came to see Malcolm Smith in April of 2006. It was a particularly difficult week and I nearly didn't make the trip to Walnut Creek. I'm very grateful I did. After seeing Malcolm, from that point on, I no longer experienced any of the vomiting that had plagued my existence.

The night I returned from my trip to Walnut Creek, I had an amazing, uplifting, spiritual experience that stays with me to this day. I had the most vivid presence standing before me in a long white gown that emanated such a brilliant illumination that words could not describe. The arms were outstretched and I was told I would be OK. I never saw a face, just a figure of a being with long, brown hair and got the sense the presence was a "male." The feeling of comfort and peace surrounded me in this most awesome experience.

Since my healing, the pain has diminished significantly. The need to take any form of pain relievers is almost extinguished. I have many days in which I am free of pain. I have had two sessions with Malcolm and look forward to my third. Life is wonderful! And so is Malcolm Smith!

## MEET THE AREA TEAM: ALLAN VAN LEHN, IT'S ONLY ME

by Allan Van Lehn, Livermore, CA

Sometime in 1961, as a Philosophy/Psychology major at San Jose State University, I attended a lecture given by Hugh Lynn Cayce at the college. HLC was a friend of Fredrick Dommeyer, then Head of the Philosophy Department. HLC was a captivating speaker. I remember he was promoting the Tom Sugrue book "There Is a River." Ten years later, my sister loaned me her copy of a paperback book by Jess Stern, "The Sleeping Prophet." I was quite taken with Jess Stern's book and was soon looking into the A.R.E.

In the early 70's I was heavily involved in computer programming at the "Livermore Lab". On a return trip from one of their conferences I attended a week-long conference on "meditation" at Virginia Beach HQ, stayed and ate at the Marshall's Hotel and had a number of extraordinary experiences while there. It was a week with such folks a HLC, Gladys Davis, Herbert Bruce Puryear, Meridith Ann Puryear, Mark Allen Thurston, Everett Irion, Shirley Winston, Bob Clapp and others active at HQ at that time.

When I returned to Livermore, I soon found a local study group, and joined. Mae Spivack was the leader, After a year I took over the hosting and leading role. I'm sorry to say the group eventually dwindled and then ended. But years later, I steered a Spiritual Growth group at my local Methodist church into a study which was similar to A Search For God. This group continued on for quite a few years and Edgar Cayce was a welcome topic and the materials and source of ideas. One of the people who revived the local study group was Gorgiana Alonzo, a fellow employee at the Lab. this group also fell by the wayside, but Gorg and I often got together at noon for meditation.

In 1973 I joined the A.R.E. and in 1996 became a life member.

I had a "heart warming" experience as a child, growing up in the Montclair district of Oakland, CA. One morning, I had a John Wesley type experience, when I felt a warmth in and around my heart as I realized that God had given me a scientific



mind, which I could use to help others. I feel I am still using that gift to help A.R.E. with my work on the Web Site and Audio Visual support.

I got involved with the A/V systems when attending the Asilomar Conference in June 1997. Meg Linden got up near the end of the conference and made an appeal for someone to "help" with the recordings. I thought to myself, I can help someone make these recordings. Only later did I find out that she meant she needed someone to do the

recordings, copy and distribute them!

I've essentially taught myself the in's and out's of the A/V systems. Web design and maintenance is another story. A beautiful lady visited my church and then joined my folk choir. The church's first website had a theme "Get A Life" which didn't resonate with me. I must have complained around the choir and the next thing I know, Eve Christian said she had experience with web design and would be glad to teach anyone (me included) what to do to make a new web-site. The lessons began at her apartment. A new web-site was designed. Eve and I showed it to the church council and it was approved with accolades. Working with Eve in choir and on web development came at a time when I was ready to make some major changes in my life. We have been happily together ever since.

I have long been interested in many things of a scientific or technological nature, building or modifying radios, working with wood, plastic, and metal. I also have numerous hobbies: music, singing, playing several instruments, composing and arranging, photography, writing water exercise, and camping. For over 25 years I organized and led a folk choir at my church, again without formal training. I have an interest in genealogy, science fiction, metaphysics and religion.

One day at HQ, I was walking with Gladys Davis and she asked me what it was about the Cayce material that most attracted me. I answered without hesitation, the great wealth of religious information. She seemed quite pleased with my answer and surprised me with what I consider one of the headlighth of my life: a kiss on the cheek

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## CALLING ALL DREAMERS

by Adair MacEachern

ARE has a fairly new My Space and Face Book, online, dream interpretation/discussion group. I noticed it back in December 2008 and started helping out with interpreting posted dreams because no one else seemed to be giving any input. As I posted my interpretations, I noticed a person called Dream Weaver started posting his interpretations. His interpretations were excellent, and he had a wonderful gentleness and sensitivity in his posts. He also appeared to be well read on the Cayce readings and inserted Cayce's suggestions in his interpretations whenever he could. In time, we started emailing each other regarding our various interpretations on some seemingly very sensitive dreams, how to better spread the Cayce philosophy through dream work, guiding of members to learn how to better spread the Cayce philosophy through dream work, guiding of members to learn how to interpret their own dreams, and, in general, support the ARE's mission through the online dream study group.

Lately, the group has been growing, and the lovely part of this growth is that many of the dreamers are in their teens and early twenties. It has been an excellent opportunity to spread the Cayce work through our youths. ARE's goal it to encourage the members to do their own interpretations... "Where two or more are gathered..." So far, it is only Dream Weaver and I who post possible interpretations on My Space, and we just started giving input on Face Book.

If you are an ARE member who is interested in dreams and have an ability towards interpretation, maybe you would be willing to help with the growing number of posted dreams at [edgarcayce.org/dreams/freedreaminterpretation.asp](http://edgarcayce.org/dreams/freedreaminterpretation.asp). This may be an opportunity for a younger and on older generation to interconnect in what the Cayce readings refer to as the coming of the changing consciousness. Working with this group has been a most rewarding experience for Dream Weaver and me. Amanda Neives at [Amanda.neives@edgarcayce.org](mailto:Amanda.neives@edgarcayce.org) will gladly help with any tech/site questions you may have.

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## ASK ISHTIBABA

Dear Istibaba,

What have you found regarding the health effects of smoking marijuana?

E. Johnson

Dear E. Johnson,

The Cayce readings do not specifically mention marijuana. The subject of smoking cigarettes, however, came up hundreds of times. Surprisingly the Cayce source told most people that "smoking in moderation was OK. Keep in mind that this was well before the advent of modern cigarettes and all the many chemicals and carcinogens that are now inherent in them. In those days they smoked a purer form of tobacco, one virtually extinct today.

As far as cannabis goes, there are two major considerations. Some sects of the worshippers of Shiva in India have smoked a form of cannabis, hashish, for many decades. The great yogis, swamis and paramahansas advocate against this. They insist that cannabis eventually weakens one's will power, creating perpetual indolence. Secondly, British researchers have been increasingly studying for the past decade the effect of cannabis on the brain. The British Medical Journal published



two studies showing that frequent cannabis usage could create "psychotic symptoms" later in life (2004) and that it may cause a young person to be more prone to stroke (2005.) Cardiff University (2007) published a paper claiming that cannabis usage could "increase risks of psychotic illness later in life by 40%." A 2008 study in the Archives of General Psychiatry stated that long-term, heavy usage of cannabis may cause "structural abnormalities in ...the hippocampus and amygdala" portions of the brain. (Just don't tell Cheech and Chong.)

On the other hand, there is also research validating the use of cannabis for increasing appetite in cancer patients and helping manage chronic pain. The key with the latter research is moderate use. The previously mentioned studies were examining heavy use, especially over longer periods.

*What spiritual or health-oriented questions would you like answered by a deep student of the Edgar Cayce readings and other sources? You may send your questions to Ishtibaba % Grethe Tedrick, 348 Western Dr. Pt. Richmond CA 94801.*