



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

Fall 09

Region webpage: www.caycegoldengate.org

SPIRITUAL REBIRTH: UNDERSTANDING THE NEW AWAKENING

by M. Barr

You are invited to join the California-Nevada Region of the A.R.E., November 13-15, 2009 at our Fall Asilomar retreat. At this very special retreat, two of the most popular presenters of the Cayce readings, Robert J. Grant and Istvan Fazekas, will join forces for their first forum together to present a brand new program about the new "awakening," a shift in consciousness that is sweeping the planet.

What is this shift in consciousness all about? In the world today, there seems to be great instability and uncertainty, yet these changes also offer an opportunity for spiritual awakening. Rob and Istvan suggest that these changes are part of a shift, born of a desire, a yearning from deep in the heart and soul of

humanity to become consciously aware of the presence of the Divine in our everyday lives. Rob and Istvan will discuss the effects that "awakening" has on humanity today and suggest methods-tools for us to use to expand our mind and spirit to embrace the new awakening.

Robert J. Grant is the author of five books based on the Cayce readings including *Edgar Cayce on Angels; Archangels and the Unseen Forces; Universe of Worlds, The Place We Call Home* and *The Magdalene Diaries*, a novel based on his attunement to the spirit of Mary Magdalene. Rob spent more than 25 years studying the psychic readings of the famed seer, Edgar Cayce. He was one of the five-member team tasked to

computerize the entire collection of 14,306 psychic readings. As a result of that five-year undertaking, he has emerged as a leading authority and lecturer on Edgar Cayce's life and work

Istvan Fazekas is the author of, *"The Alkalinizing Diet: Your Life is in the Balance,"* a bestselling book of A.R.E. Press. His latest book, *"Edgar Cayce and The Yoga Sutras: Uniting Body, Mind & Spirit,"* correlates the mystical Eastern traditions and the truths in the Cayce

readings. Istvan writes for *Venture Inward* magazine and numerous regional publications. He studied with Asian teachers for over eighteen years, from Japanese Zen to Indian Raja Yoga. He conducts workshops and seminars nationally for the A.R.E. on the Cayce health



Istvan Fazekas

remedies, metaphysical traditions, spiritual wisdom of the masters, and applying holistic principles.

The Fall Asilomar Retreat is a chance to reunite with old friends and meet new friends as we come together in community. We have many exciting activities planned including Sufi dancing with our lovely leader, Ilona Marshall. We will offer a healing circle, daily meditation and exercise, the silent auction and a raffle of exciting prizes. Cayce-related books and health products will be sold in our bookstore. Cayce-based astrology reports will also be available.

Our High School and Young Adult Track is for youth 15-21 years of age. Youth are invited to attend the main

program, but also have special sessions over meals and from 1:00 to 4:00 on Saturday. For more information contact Jenny Moe at jmoe@caycegoldengate.org or call (916) 346-7216. There is no program for children under 15 years of age.

Registration for our Asilomar retreat is a two-step process. Room and board registration (your room and meals) should be sent directly to the Asilomar conference grounds using the Asilomar housing form. The Asilomar housing form will be available on our website at www.caycegoldngate.org only after the



Rob Grant

brochures have been mailed out in August. Tuition payments will be made out to the California/Nevada Region of the A.R.E. and mailed to our Registrar, Julie Reckard. This requires two separate mailings to make your reservations.

The Fall Asilomar Retreat will run Friday, November 13 through Sunday, November 15, 2009 at the beautiful Asilomar Conference Grounds on the Monterey Peninsula. Register by the early registration date of September 12th for the best rates. After September 12 rooms may be sold out. Call the Registrar Julie Reckard at (707) 410-0271 for more information. Flyers will be mailed out in August to A.R.E. members and some others in California, Nevada and Arizona and will be posted to the Region website at www.caycegoldengate.org. Look for more information and updates on the retreat in the CayceE-gram e-newsletter.

REGION REPORT: A.R.E. Of California And Nevada

by Julie Hilt, Vacaville, CA

We recently completed yet another fabulous Summer Asilomar retreat. Once again our Asilomar Coordinator, Maridel Barr, led a team of committed, hardworking individuals willing to do what it takes to produce a seamless event. Kudos to all the hard working volunteers who contributed to the enormous success of this event. Our speakers, Kevin Todeschi and Mary Roach, were entertaining as well as enlightening and we look forward to their return.



Kevin Todeschi

requires. As a result of taking advantage of the use of the internet, some really exciting things are happening. Kevin shared the following statistics with us:

- 1) Today, we have more fans and subscribers on our social networking pages (MySpace, Facebook, etc.) than the number of people who received readings from Edgar Cayce in his entire lifetime!
- 2) More individuals have watched one of our video programs on YouTube in the last 6 months (more than 200,000) than who have come to an ARE HQ Conference in the last 50 years.
- 3) More individuals have viewed pages on our website

The Northern California Area Team took advantage of the opportunity of having the A.R.E. CEO here to meet with him privately. Kevin shared with us some of the economic challenges that Headquarters had to face that necessitated a staff reduction of approximately 24 employees. The A.R.E., like most individuals and organizations, is reinventing how they do things to meet the constant demands that change

at EdgarCayce.org in a single day than have come to the A.R.E. Congress since 1931, when A.R.E. was founded.

These are amazing statistics! It is gratifying to know that the legacy Edgar Cayce left us is now widely available and that so many are taking advantage of the research tools available on the internet. The numbers more than support the wise investment A.R.E. has made in utilizing state-of-the-art information technology.



Julie Hilt

In his book *Sensing Your Hidden Presence*, Ignacio Larranaga quotes a poem that goes- "I said to the almond tree speak to me of God, and the almond tree blossomed". I think this aptly describes what is happening with A.R.E.'s global outreach. We are speaking to the global community of the wisdom of the Divine Creator that flowed through Edgar Cayce, and the interest has blossomed exponentially.

The merger of the Northern California Region and the Pacific South West Region is now complete. Our official name is A.R.E. of California and Nevada. The Northern California Region is now known as the Northern California Area Team (NAT) and the Pacific South West Region is now known as the Southern California Area Team (SCAT). The Region team is made up of myself, Julie Hilt, Field Director, Kelly Johnson, Treasurer, Laura Moe, Secretary, Nancy Eubel and Karyn Kleinman, Northern Area Team Representatives, Dorothea Smothermon and Keith Johnson, Southern California Area Team Representatives. We all look forward to working together and serving the A.R.E. and it's membership to the best of our abilities.

REMEMBERING EILEEN RUE: 4-3-1914-7-19-2009

by Grethe Tedrick, Point Richmond, CA

Another California A.R.E. pioneer has moved to the other side. Eileen Rue died peacefully on July 19, 2009, shortly after celebrating her 95th birthday with her daughters, Lyn Medaris and Ellen Scher, and their families, Eileen said it was the best birthday she had ever had, and also let them know that she was ready to pass on.

Along with her friend Lillian

Bennett, Eileen became interested in Edgar Cayce in the early 1950's, attending lectures and conferences in Northern California. In 1957 Eileen and Lillian were among the 18 conferees who attended the first A.R.E. Asilomar conference.



**Eileen Rue
and Lillian Bennett**

of the Cayce work, helping to arrange lectures in Stockton for Hugh Lynn Cayce, Elsie Sechrist, Herb Puryear, Charles

Thomas Cayce, Ren Rosewood and others. She also hosted an "A Search For God" study group in her home. Hugh Lynn encouraged her to become a speaker for A.R.E., but her responsibilities as the wife of Stockton's mayor, Arnold Rue, kept her too busy for that.

Eileen also participated in her first A.R.E. trip to Egypt along with Hugh Lynn Cayce and Gladys and Bill McGarey, and others.

Eileen's graciousness and steady commitment will long be remembered by those who knew her. She was indeed a remarkable woman, both an inspiration and a joy.

TO BE NOTED

Networking With IONS. Pat Lange reports that plans are well underway to network with the Sacramento IONS (Institute Of Noetic Sciences) group in bringing a weekend of programs to the area. On Friday Sept. 25 from 7:00 - 9:30 pm **Marilyn Mandala Schlitz's** lecture title is "Toward A Global Shift." All day Saturday, Sept. 26, she will discuss "Navigating Change in the 21st Century".

This is a special opportunity to meet Marilyn Mandala, Ph.D., the new president and CEO of the Institute of Noetic Sciences in Petaluma. A veteran of many years of scientific research at IONS, she is co-author of *Living Deeply: The Art and Science of Transformation in Everyday Life*. She takes on the leadership of IONS at a critical point in human history, when our way of thinking can either save the planet or lead us to massive social and ecological destruction.

Hear her discuss recent breakthroughs in consciousness research. Learn how to live a worldview that recognizes the basic interconnectedness and interdependence of all beings. Explore ways to combine heart wisdom, deep knowing, scientific clarity and technological know-how to create a positive future for the whole planet.

Call Ruth Kenney (916-364-0718) for further information.



Thurston Talks to Benefit Region. A favorite A.R.E. speaker **Mark Thurston**, Ph.D., will offer 2 identical afternoon programs on Sat., Sept. 19 in San Jose and on Sun., Sept. 20 in Pleasant Hill. His topic "How To Jump-Start Your Spiritual Growth" should be a welcome opportunity for all of us who feel a bit bogged down on our spiritual journey. Space is limited so pre-registration is recommended. Email mthurston@atlanticuniv.edu or call Mark

at 757-437-7200 and leave a call back number.

"Tree Spirits" What an awesome accomplishment is local member **Heather Preston's** newly published book *"Tree Spirits: Tales and Encounters"*. The artwork (hers) alone leads one to approach it with respect, perhaps even reverence, and what an inspiring ode to nature it is at a time when that is so much needed. Her website is www.HeatherPrestonArt.com. "Tree Spirits" is available on Amazon.com. and sometimes thru the Region bookstore.

In Monterey At Last! There is local excitement among A.R.E. members in the Monterey Area at the news that a new "A Search For God" Study Group is being formed there. Anyone interested in more information can contact **Michele Long** at 831-899-1122.

AN AWE-INSPIRING HEALING

by N.D.

This spring, I attended a silent meditation retreat for the first time in many years. I alternated between reasonably good meditations and my frequent state of "monkey mind," in which I find it difficult to settle down.

During the final mediation session, I stopped trying to meditate and began thinking about how difficult it is for me to open my heart. I began to theorize that it results from my feeling that people have not been there for me when I'm in emotional pain.

In my mind's eye, I soon found myself on a path, with gloomy, blue-gray clouds and fog closing in. As I looked down the path, a light become gradually visible. Suddenly, Yogananda and Babaji were there, reassuring me that they were there for me and that I could always call on them. Each sat cross-legged on the ground next to me, with their knees partially merging into each other. They each held one of my hands, which were so warm that I brought them up to my chest to feel the warmth and healing. I spoke with Yogananda telepathically while we remained there, holding hands.

As the vision began to fade, I didn't want to let it go, and asked for more time with them. They stayed firmly planted as long as I wanted them to stay. It was healing, comforting, and beautiful.

Since that day, I have been able to call them and return to that setting. It remains an incredible gift.

VOLUNTEER HELP NEEDED BY MALCOLM

Linda and Jim Mahoney of Concord will not be available to host Malcolm Smith in 2010. The British healer has been coming to Northern California 5 times a year for 4 days each time usually 2 in Concord and 2 in Point Richmond.

In order not to disappoint the 36 or so people who benefit from Malcolm's spiritual healings in Concord we are looking for another host home for him in the Bay Area/Sacramento area.

Malcolm's healing sessions are 30 minutes long and appointments are scheduled from 9:00 am - 9:00 pm. For more details please call Grethe Tedrick at 510-234-0415.

It is rewarding form of service.

CALENDAR

Date/Location	Event/Time	Speakers	Contact/Telephone
AUGUST 2009			
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
Thurs., Aug. 27- Sun., Aug. 30 SANTA MONICA	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6)	MALCOLM SMITH	Wilma Jackson 310-829-1425
Sat., Aug 29 SAN DIEGO	"EXPLORING SOUL GROUPS AND SOUL MATES"	LINDA SCHILLER-HANNAH	ARE-HQ 888-273-0020
SEPTEMBER 2009			
Sat., Sept. 12 EL CERRITO	"THE NOT SO 'SECRET' LAWS TO LIVE BY" 9:00 am - 4:00 pm	BETTY RILEY	Mary Jordan 415-884-0421
Sat., Sept. 19 KENWOOD(Sonoma)	"AURAS" 9:00 am - 4:00 pm	BETTY RILEY	Tish Kronin-Gluck 415-753-1624 415-519-3634
Sat., Sept 19 MARINA DEL REY	" 2012 PROPHECY:UNDERSTANDING THE TIMES"	JOHN VAN AUKEN	Wilma Jackson 866-720-9128 wilm77j@aol.com
Sat., Sept. 19 SAN JOSE	"HOW TO JUMP-START YOUR SPIRITUAL GROWTH 1:00 - 5:00 pm (see page 3)	MARK THURSTON	mthurston@atlanticuniv.edu 757-437-7200
Sun., Sept. 20 PLEASANT HILL	"HOW TO JUMP-START YOUR SPIRITUAL GROWTH 1:00 - 5:00 pm (see page 3)	MARK THURSTON	mthurston@atlanticuniv.edu 757-437-7200
Fri., Sept. 25 SACRAMENTO	"TOWARD A GLOBAL SHIFT" 7:00-9:30 pm	MARILYN MANDALA SCHLITZ, PhD	Ruth Kenney 916-364-0718
Sat., Sept. 26 SACRAMENTO	"NAVIGATING CHANGE IN THE 21ST CENTURY" 9:00 am - 1:00 pm	MARILYN MANDALA SCHLITZ, PhD	Ruth Kenny 916-364-0718

Date/Location	Event/Time	Speakers	Contact/Telephone
---------------	------------	----------	-------------------

OCTOBER 2009

Sat., Oct. 17 PLEASANT HILL	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 888-273-0020 Margie&Lowell Gresham 408-978-8882 margie2444@yahoo.com
---------------------------	---	----------------------	--

NOVEMBER 2009

Fri., Nov. 13- Sun., Nov. 15 MONTEREY PENINSULA	ASILOMAR RETREAT "SPIRITUAL REBIRTH: UNDERSTANDING THE NEW AWAKENING"	ROB GRANT ISTVAN FAZEKAS	Information: 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
---	---	---------------	-------------------------------

JANUARY 2010

Sat., Jan 16 SACRAMENTO		JOHN VAN AUKEN	www.edgarcayce.org/ fieldconferences hq 888-273-0020
----------------------------	--	----------------	--

JULY 2010

Wed., July 14 - Sun., July 18 MONTEREY PENINSULA	ASILOMAR RETREAT		Julie Hilt 707-451-7466 juliehilt@ caycegoldengate.org
--	------------------	--	---

For updates on events see the Region website www.caycegoldengate.org
Deadline for Spring Issue Jan. 2, 2010.



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 Aug. 22-25, and Nov. 21-24

Malcolm Smith will again offer private spiritual healing appointments in our Region in August and November.

Concord appointments can be made by calling Linda and Jim Mahoney at 925-672-7721. Those dates are Sat., Aug. 22 - Sun. Aug 23 and Sat., Nov. 21 - Sun Nov. 22.

Call Grethe Tedrick at 510-234-0415 for Point Richmond appointments on Mon. Aug 24 and Tues. Aug. 25, and Mon., Nov. 23 - Tues, Nov. 24.

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.

ANOTHER "MIRACLE" HEALING

Dear Malcolm,

Words cannot express enough "Thank You's" for the healing you did for my friend Lisa's mother-in-law!

Friday, April 3, 2009 you performed a remote healing for Donalee who was in an ICU at Redlands Community Hospital in California. Doni had been in the ICU with a systemic staph infection for 3 weeks when you did the healing. Sunday morning, April 5, 2009, I talked to Lisa on the phone. She and her husband had just come from a meeting with Doni's doctors. The doctors said that they didn't know what had happened during the past 24 hours but a miracle had occurred. They had all but given up on Doni when she rallied. While I talked to Lisa the doctors were removing all the tubes that had been connected to Doni to keep her alive. She was even eating ice chips, the first intake of any oral substance in 21 days!

Lisa and her family have been thanking you and thanking God over and over for this miracle.

We are all blessed by your willingness to be a channel of healing.

With Love and Gratitude, Eileen J., La Verne CA

MALCOLM IN SANTA MONICA

Malcolm Smith is offering healing sessions in Santa Monica from Thurs., Aug. 27-Sun., Aug. 30, and Thurs Nov. 26 - Sun., Nov. 29. 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., Sept. 1 thru Thurs., Sept. 3. The contact person is Lynnne Carlucci (480-661-8000.)

Malcolm will return to the area as usual in 2010, approximately every 2 1/2 months.



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.



WHY STUDY GROUP

by Gladys McGarey, MD,
Scottsdale, AZ

I have had a Search For God study group in my home since 1957. We have met weekly except for two years when life circumstances made it impossible for this to happen. I don't know how many times we have been

through A Search For God Book I, and I know there was one time when we completed Book II. Currently our study group is working on the chapter on Fellowship. At our meeting this last week one of the members of the group who has been struggling with chemical sensitivity and severe environmental problems for years shared a story with us which was relevant to what we were studying in the chapter on Fellowship.

Her story was that she had called one of the therapists with whom she worked because she was having some reactions to chemicals which had been sprayed around her home. The therapist's response was, "It's time for you to get your shovel out." My study group members' response was, "You're right. I need to get my shovel out and with the help of others dig myself out of this hole." The therapist's response was, "No, you've got it wrong. You need to get help to bury yourself and get away from things."

What the study group member realized was that study group work had given her a different understanding of how to use the tools which are available to her in her life. In other words, the shovel which her therapist was using was one and

the same as her shovel but how they used it and the intention with which they moved the earth was as different as night and day. Her therapists' idea (and this is typical of many people with chronic illnesses) was to withdraw, get farther and farther away and bury themselves, whereas what my study group member had learned was that with the same tools she could dig herself out of the quicksand which was burying her.

This is an example of the help that I and other members of study group have been able to develop through the years. We have learned that the lessons gathered from the A Search for God book are so timely that seldom a week goes by when some member of the group has not had a specific experience that enhances their understanding of life and our approach to life. For me personally it doesn't seem to matter how many times I go over the same material, there's always something new and something which is relevant to my life right at this time. There are times when members understand and interpret the material differently and lively discussions can ensue but out of the discussions comes understanding of the depth and importance of the material which is presented. Other times we just share our meditation and dreams. Through the years a deep spiritual bond can be created with the members of the group.

My study group work has been essential to my growth and understanding this lifetime. It has helped me through the difficult times in my life and has been there for the most joyful times. My study group has been a blessing so profound that I can't imagine going through this life without the support and love and wisdom of my study group.

MEMBERSHIPS AND VOLUNTEERS CREATE OUR FUTURE

(adapted from an article by Lynne Solomon Miceli, former A.R.E. of New York Center Director, in "The Open Door")

Memberships have always been an important source of support for the A.R.E.

Who would NOT want to receive discounts on A.R.E. Press books, free subscriptions to "Venture Inward" and "The Golden Gateway" and other membership benefits while at the same time helping to sustain an ancient legacy of Light and Healing that is part of the process of bringing a new, uplifted consciousness to the Earth? This is what an A.R.E. membership offers you.

Why do I call this an "ancient legacy"? Of course, the Association for Research and Enlightenment is one of the oldest, most respected and most seminal of New Age metaphysical organizations but according to the Cayce readings, the "soul group" involved in this Work has been working for the uplift of humanity since the earliest times in ancient Persia and Egypt and even further back in prehistory in the days of Atlantis and still beyond that to those times when "the morning stars sang together."

To me, being part of this organization and this Work has

always been a privilege. It means being part of something so much bigger than myself and so much more meaningful than worldly success or personal gain. This is why I have volunteered for A.R.E. of NY for over twenty years — and served as full-time center Director on a volunteer basis for the last five years.

To be truly a part of this legacy requires a commitment. And over the years, so many people have generously made commitments to this Work, at varying levels — giving hundreds of thousands of dedicated volunteer hours, donating generously from their personal resources — and becoming members, to help keep this life-changing, consciousness-lifting legacy thriving and growing.

If you are not already a member of A.R.E. you can join by calling 800-333-4499 or thru the website at www.edgarcayce.org

You can further this Work directly thru volunteering your time and talents locally by contacting Region Coordinator Julie Hilt at 707-451-7466 or emailing juliehilt@caycegoldengate.org. Help to build a better future while enjoying the fellowship of other members!

A.R.E. REGION NEWSLETTER FOR NORTHERN CALIFORNIA AND NORTHERN NEVADA is published 4 times annually in conjunction with the Association for Research and Enlightenment, Inc., 215-67th Street, Virginia Beach, VA 23451. It is mailed to A.R.E. Members in the Northern California/Northern Nevada Region. All materials submitted become the property of the A.R.E. Northern California/Nevada Region Newsletter. The views and opinions of contributing writers do not necessarily represent the views of the editor or A.R.E. The editor reserves the right to edit all submissions. Contributions are invited. Send letters, photos and articles to the editor: Grethe Tedrick, 348 Western Dr. & Casey, Pt. Richmond CA 94801-3755 (510-234-0415). Layout by Dalyn Wells. **Edgar Cayce Readings Copyright ©1971, 1993,1994,1995,1996 by the Edgar Cayce Foundation. All rights reserved.** Region website (www.caycegoldengate.org) A.R.E. website (www.edgarcayce.org).

**Bay Area Councils of A.R.E.
N. Cal/N. Nevada Region
348 Western Dr.&Casey
Pt. Richmond CA 94801**



ASK ISHTIBABA

Dear Ishtibaba, What do the Cayce readings say about extraterrestrials ?
Thanks, Janine S., South Bay Area

Dear Janine,

In all my years studying the Cayce readings I have not encountered anything about E.T.s. or UFOs. I even did a search trying to find something and could not locate anything. What is presented in the readings is the idea that we are extraterrestrial beings-not in the sense of being little green men or the like, but that we are spirits who are sojourning here for a time. The earth is referred to as the "earth plane" and is considered a school to educate us about who we really are as spirits. Even within the scope of hundreds if not thousands of incarnations our time on earth is very small in comparison to our soul-age.

Ishtibaba

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