

A.R.E.® NEWS

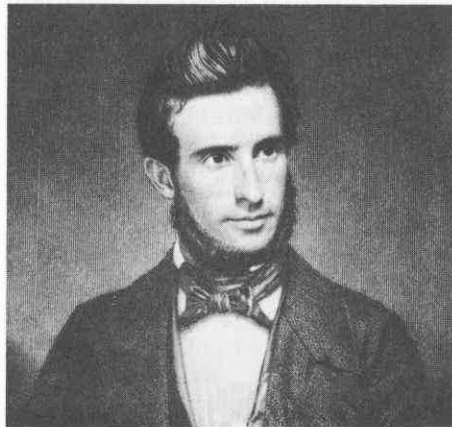
VOL. 12, NO. 7

JULY, 1977

Library Purchases A. J. Davis Collection

Thanks to the alertness of several of our members, the availability of the Andrew Jackson Davis legacy was brought to the attention of the A.R.E. Library. We are pleased to announce that the Library has purchased the 19th-century Poughkeepsie seer's books and memorabilia. This important collection includes copies of all of his writings as well as his personal library.

Those familiar with Edgar Cayce's biography, *There Is a River*, by Thomas Sugrue, may remember that several pages in Chapters 20 and 21 describe the life of Andrew Jackson



Andrew Jackson Davis

Davis (1826-1910) and its unusual parallels to Cayce's life. Davis had startled the world in the 19th century, as Cayce amazed it in the 20th. Both were seers, clairvoyants, psychic diagnosticians; both had little formal education. Even the information listed on the title page of Davis' first book, *The Principles of Nature, Her Divine Revelations, and A Voice to Mankind*, sounds as if it might have come through the sleeping Cayce. "Part first: Any theory, hypothesis, philosophy, sect, creed, or institution, that fears

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Combine Vacation with August Conference



August is an ideal time for you and your family to visit Virginia Beach. Enjoy a vacation and meet new and old friends at the A.R.E. The beach weather is usually at its best in August and some of our finest conference programs take place during this time. Wondering what to do with the children? If their ages are eight through fifteen, bring them along to attend Youth Camp. The schedule of Youth activities is timed to correspond to the adult program each week, allowing families to be

together during free time periods.

There will be five conferences during the month of August: "Choosing Our Next Lifetime," July 31-Aug. 5; "Stages Along the Spiritual Path," Aug. 7-12; "Search for God: Experiment with a Life-Style," Aug. 14-19; "Meditation: The Inner Venture," Aug. 21-26; and "Healing Through Balanced Living," Aug. 28-Sept. 2.

The first conference of the month, "Choosing Our Next Lifetime," July 31-Aug. 5, will feature Gina

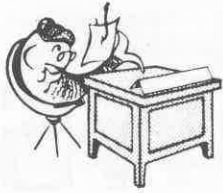
Cerminara, Ph.D., author of three of the best-known books on reincarnation—*Many Mansions*, *The World Within*, and *Many Lives, Many Loves*. This is a week to explore the theory of reincarnation and to use it in developing a practical philosophy for today's living. Dr. Cerminara will show how an understanding of past life influences can lead to insights applicable in the present.

"Stages Along the Spiritual Path," August 7-12, will feature June and Harmon Bro, a husband-wife team, both of whom are ordained ministers. Dr. Harmon Bro is also a psychotherapist in private practice. June Bro has specialized in Jungian psychology, which she uses in her

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NOTICE

In the Summer 1977 Publications Catalog which you received last month there is a typographical error on one of the order forms. The charge for postage and handling in the U.S. was mistakenly printed \$1.75 and should read 75¢. Please keep this in mind when ordering books.



feedline

How should we think of and act towards people who consistently "impose" on us, take advantage of us, or are always indifferent to our welfare?
M.B., Brandon, Miss.

To be sure, patience, long-suffering and endurance are in their respective manners urges that would lead to virtues, but they cease to be a virtue when the individual entity allows self merely to be imposed upon, and to take second place merely because someone else, of a more aggressive nature, imposes.

... while one should not be dictatorial, nor self-demanding, yet purpose and ideal is not as of self. And in the expression of self, and in the willingness to expend self, may indeed come a great deal of happiness for this entity. But let it be purposeful and not someone else's purpose! But of thine own choosing. 3029-1

All will remember how He said, as He took the little child, "Unless ye become as a little child, ye shall in no wise enter in." Unless you become as open-minded, unless you can get mad and fight and then forgive and forget. For it is the nature of man to fight, while it is the nature of God to forgive.

Hence, as has been the injunction to the entity, "As you forgive, so are ye forgiven." As ye treat thy fellow man ye are treating thy Maker. 3395-3

Too long has the entity been, as it were, under a cloud; rather timid, rather lacking in self-expression. It needs to get out in the wilds and yell, and hear its own echo back again. Not to be subdued by others who try, or have tried, to impress the entity with their importance. . . For it is the spirit with which a thing is done, it is the spirit with which ye entertain an activity, that gives it force and power, and that brings harmony in the experience of self as well as those to whom such is directed.

In Jupiter we find the great desire innate to be something that will be well spoken of, to do something in order that you would feel an uplift from that feeling ever of having been almost "stepped on" by circumstances about you at all times. This ye may do just by knowing that in the manner ye treat others, ye are treating thy Maker. Don't let that escape you. 3564-2

Send questions to Feedline, A.R.E., Box 595, Virginia Beach, VA 23451. When questions are based on specific readings, please give reading number, if possible.

Davis Continued

investigation, openly manifests its own error. Part second: Reason is a flower of the spirit, and its fragrance is liberty and knowledge. Part third: When distributive justice pervades the social world, virtue and morality will bloom with immortal beauty; while the Sun of Righteousness will arise in the horizon of universal industry, and shed its genial rays over all the fields of peace, plenty, and HUMAN HAPPINESS!"

It seems that when an important event happens, an unusual coincidence also occurs. Within minutes of the decision to buy the Davis legacy, a letter came from C.B. Wynniatt of New Zealand inquiring about the Davis book referred to



above. Mr. Wynniatt writes: "I consider that the works of Andrew Jackson Davis are very important, in that they provide nearly the only other set of psychic readings against which the Cayce readings can be compared for obtaining corroboration, and because of this I strongly recommend that the A.R.E. Library obtain copies of A.J. Davis' later works . . ."

In the collection purchased by the Library, there is at least one—in some cases several—of each of the 30 books written by Davis, many of which have not been reprinted in any form. Although we already had several of his titles in the Library,

there were still over 20 titles we had never owned or had hoped to find. One highlight from this Davis legacy is a signed copy of his autobiography, *The Magic Staff*, and the originals of his signed letters found in the book.

His correspondence includes more than 150 letters signed by Davis. Some of these date from 1847 before stamps were in use. There are also dozens of pamphlets, pictures, documents, and notes on information to be included in his books. At the age of 60, Davis earned a certificate from the U.S. Medical Institute in Massachusetts and began to practice as a medical doctor. Even that medical certificate is included in the purchased memorabilia, along with the silver medal awarded him in England for his founding of the Lyceum School for children.

In *There Is a River* Edgar Cayce asks Hugh Lynn, "How did he [Davis] diagnose his patient's trouble after he became a doctor?"

"He made the usual inquiries," Hugh Lynn said, "but he got most of his information by placing the tips of his fingers against the palm of the patient's hand. Apparently the mechanism of his clairvoyance had changed. He no longer had to go to sleep to become sensitive . . ."

"He lived to be a very old man," Hugh Lynn said. "He was eighty-four when he died. This [*The Principles of Nature* . . .] was his first book, but he wrote many more. They are out of print and their author seems to have been forgotten except by students of psychic phenomena and a small group of enthusiasts. But I understand the group is growing. Perhaps Andrew is in for a revival." Perhaps he is!

Even though the \$2500 expended for this collection almost used up the balance of the Library's yearly book allowance, the Library staff feels that because of the value of this unique collection its acquisition should receive top priority over other book purchases. A list of the Davis books available for loan will appear in a future library column.

Edgar Cayce and Andrew Jackson Davis were both tremendously gifted individuals whose aim and ideal in life was service to humanity. How fitting it is that finally the historical legacy of their service-filled lives will be housed under one roof in the archives of the A.R.E.

Tour Mexico

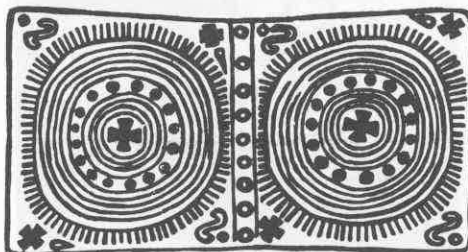


Mexico is a unique treasure house of ancient knowledge with increasing significance for today's emerging New Age consciousness. The ancient Mayans' prophecy, for example, based on their highly sophisticated calendar, long foretold coming world changes. According to Edgar Cayce, the sibling civilizations of Yucatan and Egypt were landmarks in our post-Atlantean development and today still hold the secret of a profound source of alternative energy. Opportunities are now being prepared for you to explore the mystique of Mexico, visit with her people, meditate upon the marvel of the ruins, and experience—perhaps in a glimpse of the past—a re-awakening of the activity of that ancient knowledge.

In the next 18 months, you will have three tours to choose from: an A.R.E. Wilderness Trek (one week), an Atlantic University Study Tour (three weeks), and an A.R.E. Tour (four weeks). The last named may offer you the option of contracting to receive from Old Dominion University, Norfolk, Virginia, college credit for your participation. The three tours will cover approximately similar territory in the Yucatan, but they will differ in duration, cost, style of travel, type of accommodations, and study format.

The A.R.E. Wilderness Trek, to be led by Larry Miner and Lawrence Selman, is scheduled for December 26, 1977-January 2, 1978. It will be a camping—"roughing it"—experience (see *A.R.E. News*, April, 1977 for an account of last year's trip), traveling primarily through the northern part of the Yucatan peninsula to visit the ruins of Chichén-Itzá (El Castillo), Uxmal (Pyramid of the Magician) and Tulum, the ruins along the coast of the Mexican Caribbean. The projected cost of this eight-day trek is \$375, including air fare from Houston. To enroll, write to Lawrence Selman, A.R.E. Wilderness Trek, 1239 Bay Area Blvd., Houston, TX 77058.

The 21-day Atlantic University Study Tour, "Dream Journey with the Maya," is scheduled for January 9-30, 1978. Twenty people, including as resource personnel Dr. and Mrs. Henry Reed and Mr. and Mrs. James Baraff, will journey via a classroom bus throughout the Yucatan peninsula. The balanced "family" life style and the "learning from within" philosophy of Atlantic University (see *The A.R.E. Journal*, March, 1977) will promote an attunement to the spirit of the Mayan people and to the atmosphere of their homeland. Seminar material concerning the Maya, dreams, archetypal psychology, art and mythology will provide a conceptual framework for the trip. Prayer, meditation and dream interpretation will be the daily learning tools to understand the significance of events along the journey and to appreciate better the personal and transpersonal meaning of the archaeological sites to be visited. The



itinerary will include Chichén-Itzá, Uxmal, Tulum and a visit to Kohunlich, a site currently undergoing restoration by an archaeological team from the University of Mexico. The tour will feature a stay at the magnificent ruins of Palenque, to ponder the significance of the "astronaut" motif inscribed on the tomb beneath the Temple of Inscriptions; and a boat ride to the Mayan holy island of Cozumel, in the Caribbean, to savor its fertile vibrations and participate in an overnight dream quest ceremony. The cost of the Study Tour—including tuition, air fare from Houston, travel in Mexico, approximately ten nights' hotel accommodations, camping fees, and at least one meal a day—will be \$850 maximum, based on current air fares and monetary exchange rates. A \$100 deposit is required now for registration and the balance will be due November 1, 1977. To register, send deposit to Atlantic University Study Tour, Box 595, Virginia Beach, VA 23451.



The A.R.E. Tour, sponsored by the Education Department, features—in addition to traveling in Yucatan—a visit to Mexico City and a trip to the Tikal ruins in Guatemala. The tour will be a 30-day "easy-does-it" excursion, October 1-30, 1978, for 80 people (A.R.E. members only), arranged in cooperation with a professional tour company and the Continuing Education Department of Old Dominion University. All overnight accommodations will be in the equivalent of first-class hotels (private baths will be available) and every effort will be made to provide the major meal of the day at an approved restaurant. The itinerary features five days in Mexico City, with tickets to the Ballet Folklórico, visits to the Aztec Pyramid of the Sun at Teotihuacán, as well as a guided study tour of the fabulous National Museum of Anthropology for an overview of the art and archaeological sites to be seen on the remainder of the tour. Traveling by air-conditioned motorcoach, the tour will then visit the Zapotec and Mixtec ruins of Monte Albán, City of the Gods, Mitla, El Tule, Coatzacoalcos and Palenque. Flying to Mérida, the tour will resume a motorcoach tour of Uxmal, Chichén Itzá, and then on to Cancún, a resort area on the Mexican Caribbean, where there will be three days of sightseeing to Tulum and the island of Cozumel. Flying to Guatemala City for a day of sightseeing, the tour concludes with a spectacular flight into the mountain jungles, for a three-night stay in a hotel near the sight of the splendid Tikal ruins, ceremonial center for the Maya (Temple of the Giant Jaguar, the Great Plaza and the Palace of the Nobles). Resource personnel for the

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Membership Notice

The Bicentennial Offer extended to renewing Sponsoring Members between July, 1976 and June, 1977 is over. Since the offer was so well received, however, we have now made it a policy to give first-year renewing Sponsoring Members the same choice. If you have already received a free choice in the past 12 months, please disregard the offer on your renewal form.

Business and Professional Conferences

This year at Headquarters, a Business Conference will be held October 6-9 and a Professional Conference from October 7-9. Although the two conferences will be running concurrently, conferees must enroll for one *or* the other.

The Business Conference will have as its goals: to increase one's ability to understand and apply principles from the Edgar Cayce readings in the business world; to create an awareness of individual responsibilities in ethical behavior; and to improve a person's ability to be more productive, satisfied and helpful to other people through business.

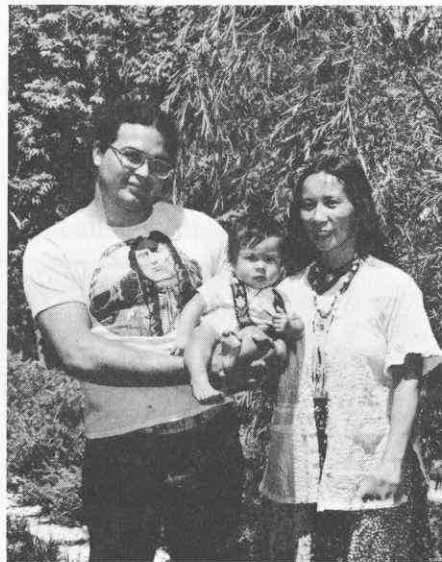
There will be a small group discussion and workshops, along with lectures on such topics as "The Spiritual Laws of Supply in Business," "Business Guidance by ESP and Dreams," and "Meditation and Creativity for Business People."

The theme of the Professional Conference is "Discovering the Whole Person Through the Professions." A holistic approach—the integration of the physical, mental and spiritual levels of each person—is possible in nearly every type of work and service. This concept will be explored during this conference. A major portion of the program will be devoted to sharing ideals and experiences within small groups according to professions (education, social sciences, philosophy and religion, arts, physical and medical sciences).

Featured speakers at the Professional Conference include Delores Krieger, Ph.D., R.N., and Mark Lehner, Egyptologist and author of *The Egyptian Heritage*. Dr. Krieger, professor of nursing at New York University, teaches techniques involving the release and direction of a therapist's healing energies for the benefit of the patient. She will speak on the "Therapeutic Touch in the Healing Process." Mark Lehner will lecture on "Psychic Archaeology in Egypt." Mark has lived in Egypt since 1973. His personal research concerns evidence for the theories on ancient Egypt expounded in the

Edgar Cayce readings. Other conference lectures include "A Holistic Approach to Service and Work," "Prayer and Meditation in Our Professional Lives," and "Working with the Readings in a New Age."

The tuition for the Professional Conference will be \$25 (full-time students with ID \$15), and \$40 for the Business Conference. The brochure for these conferences will be mailed *only* to members within a 300-mile radius of Virginia Beach. If you are interested and live at a greater distance, please write the Education Department, Box 595, Virginia Beach, VA 23451.



L. to R.: Spotted Eagle, Red Wolf and Sky

Rolling Thunder's Son Visits A.R.E.

In August 1975, Rolling Thunder, a medicine man for the Shoshone Indians, lectured at the A.R.E. This year in May, while on his vacation, Spotted Eagle, Rolling Thunder's son, joined the staff of the A.R.E. temporarily, working in the Maintenance Department.

When not on vacation, Spotted Eagle and his wife Sky head a camp named Meta Tanté in northeastern Nevada. Under the guidance of Rolling Thunder and his wife, Spotted Fawn, a clan mother, Spotted Eagle oversees the men who live and work at the camp, while Sky oversees the women.

During their stay at the A.R.E., Spotted Eagle and Sky met with interested A.R.E. staff members to talk about Meta Tanté and the Great

Spirit's way of life. They were also invited by the Atlantic University staff to speak and give suggestions to help the university in its attempts to establish a community of its own.

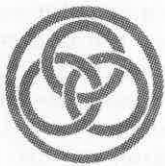
Spotted Eagle, chosen one day to follow the medicine path like his father, spoke to us of walking in balance with the earth. When you walk in balance with the earth, he explained, birds, grass and trees will speak to you and you can communicate with them. "It's like you are a part of everything and you can flow with everything. The Indians have always been taught to work with the earth and we are trying to teach people how to work with it. Don't fight it, because Mother Earth will always win in the end. If you fight her, how can the earth love you? She can only hate you. We don't want the earth to hate anyone. We want to see all the scars that are on the land taken off. We want people to work with Mother Earth and become one with her. That's why we come to places like the A.R.E., to people who want to hear us."

Spotted Eagle, Sky, and their nine-month-old baby, Red Wolf, won the hearts of all who had the opportunity to meet them, and we look forward to the time when they can return for another visit.

If you are interested in learning more about Spotted Eagle and his family, you may purchase the book *Rolling Thunder*, by Doug Boyd, through the A.R.E. Bookstore (#5292-P \$3.45).

Chiropractic Seminar Labor Day Weekend—Sept. 2—5

This compact, in-depth, two-day seminar, "Therapies That Work—Concepts to Explore," will take place from dinner, Friday, September 2 through breakfast, Monday, September 5. This is a professional conference geared primarily for chiropractors and chiropractic students, and will feature reports on chiropractic research using the Edgar Cayce readings. Labor Day weekend is a popular time at the Beach, so be sure to make reservations early at The Marshall Hotel. (Contact the hotel directly for package rates.) Further information will be given in the August issue of the *A.R.E. News* or you may obtain a brochure by writing to: Headquarters Programming, Box 595, Virginia Beach, VA 23451.



**study
group
news**

**NEW GROUPS—MAY, 1977: 11
First Groups in New Areas**

- Alameda No. 1, Ca., Elaine Wing
- Alameda No. 2, Ca., Clare Chandler
- Lewiston No. 1, Idaho, Arlene M. Mansfield (Sec.)
- Fredonia No. 1, Ky., (Prison), Bill J. Sherry 107WC
- Kalamazoo No. 1, Mi., William Hilton
- Eden Prairie No. 1, Minn., Richard Stuefer
- Goldsboro No. 1, N.C. Dodie Martin
- Goldsboro No. 2, N.C., Ms. Gini Diane Collinson
- Boring No. 1, Ore., Pamm Carlie
- Alexandria No. 1, Va., Joby Ann Phillips
- Saskatoon No. 1, Saskatchewan, Canada, Edith Farenik

August Continued

counseling and pastoral work. The Bros offer a special blend of insight that will leave you with a heightened love for life—in each of its distinct stages. Several workshops and lectures will guide you in answering such questions as, "How can I evaluate my progress with meditation?" and "How can I progress with my dream study?"

"Search for God: Experiment with a Life-Style" will be held August 14-19. This conference is specially designed for two types of people: a Study Group member who is seeking to be recharged and renewed, and the person who is interested in discovering the spiritual growth possible through Study Group work. During this week each lesson in *A Search for God*, Book I, will come alive through lectures, workshops and small group activities. These will be conducted by A.R.E. staff members, including Nell Clairmonte and Judith Stevens from the A.R.E. Study Group Department, and Elsie Sechrist, International Field Representative, who has organized numerous Study Groups overseas.

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THE A.R.E. NEWS

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*Olive Landers
Kitty Brittell*

*Editor
Associate Editor*

OVER THE WALL

The following article is a first-person account of how one Study Group member in the Lucasville, Ohio Prison Search for God Group benefited from meditation:

I am sure that we can meditate and gain from it in many ways, some very surprising. Let me tell you a real life happening that concerns meditation.

I have a history of high blood pressure (up around 200 on the top end). About four months ago my blood pressure shot up and the prison hospital couldn't control it or bring it down. All types of medical tests were made, a diet established, and so forth, but the blood pressure still remained high.

About two months ago I really dug into regular meditation procedures, meditating twice daily in a real try at reprogramming my wild subconscious. (I also attempted a process of self-observation or what the readings call "watching oneself go by," without becoming unduly hard or critical but simply watching my actions.) I might add that working with my dreams and trying to apply some of the interpretations added very positive results to my life.

Meanwhile my blood pressure had become so high that the nurse checked it weekly. Suddenly it began to come down, first to 160 over 110, then to 148 over 108, and finally to 130 over 90 where it began to "hold." (This is considered normal for me.)

At this point the nurse took me off all medication but left me on a low-salt diet. The old blood pressure maintained a 130 over 90. She inquired as to "what else" I was doing for myself, so I told her about my regular meditation periods, how I was working with my breathing and attempting a general cleansing of the whole system. Guess what? She accepted my unorthodox methods and told me to "keep up the good work."

What a valuable "experiment" this has been! For me, regular meditation helped control my blood pressure. It also activated my dream recall and helps make me more normal in all ways. If you could have known my temper of five years ago you could really appreciate the "new" me! What a wonderful fringe benefit I've found in the practice of meditation.

Bill Conard, Chairman, Lucasville #1 SFG Group

BRIEF NOTES

The 45th A.R.E. Congress met June 12-18. During the next few issues of the *News* we will publish the suggestions submitted by the 1977 Congress for the various departments.

We would like to thank all Congress members for attending this session and for giving us new perspective and insights into how the A.R.E. may better contribute to those who seek the wisdom of the Edgar Cayce readings.



As you will have noticed, the *News* has been expanded to an eight-page format. We hope that you like it! The Editorial Department welcomes your suggestions as to what you would like to see printed on these pages. We may not be able to carry out your ideas immediately, but they will be given serious consideration. We also welcome feedback on the articles that are currently in the *News*. Let us hear from you!

Youth Camp

Cultivates Creativity

The second Youth Conference, "New Age Visions of Ourselves," will be held at the A.R.E. Camp, August 21-30, with a nine-day program designed primarily for young people, 16 through 30.

Steven Schatz, our resource person, trained in Psychosynthesis and Sufi dancing, will be presenting workshops to aid in exploring our inner selves through the use of music fantasy, mandalas and writing. Join us as we gain new perspectives of ourselves, have fun and create together! If you know of a young person you'd like to introduce to A.R.E. activities, the Youth Conference and Camp are ideal.

The cost will be \$50 (inclusive of tuition, room and board). For a more detailed account of activities, please see the A.R.E. Camp brochure or request one from the Camp Registrar, Box 595, Virginia Beach, VA 23451.

A Touch of Braille

Each of us has his own special-interest area where he is most apt to give—to share his time, talents or money. The A.R.E. abounds in areas in which we can give of ourselves. For those who have so generously given to the Braille Library, for those interested in it, and those who may not be aware of this A.R.E. service, we should like to share with you a brief history of our library and what it is currently “manifesting.”

Approximately eight years ago, June Trop, an A.R.E. member and a certified brailist from Boston (see *The A.R.E. Journal*, Jan. 1971, “A Bag of Braille”), discovered that the Library of Congress had no braille books on metaphysical subjects or on Edgar Cayce. This disturbed her, as she felt that the blind should be entitled to as much spiritual literature as the sighted.

June's concern led her to the A.R.E., and she was given a room in which to work on the third floor of the Headquarters building. Soon she had several volunteers assigned to books to be put into braille, and with a sufficient donation she purchased a Thermoform machine to duplicate them. These became the lending books of the library, a library which is now the largest one of its kind on the East Coast, to handle metaphysical literature.

These books, however, only met the needs of those who could read braille; many others who would like to were unable to do so. In 1973, after the books were listed in the Library of Congress catalogue, 300 requests were received from blind people who, though they couldn't read braille, wanted information about Edgar Cayce—and that was the dawning of the cassette age for the Braille Library.

Alma Crovatt, who has been with A.R.E. for five years, now heads the library. She works with three office volunteers, one of whom is blind, and also a blind proofreader. Six braillists and six readers, residing in other states, also help furnish books and tapes.

At present there are 40 people on the waiting list, and every effort is being made to fill their requests. However, facilities and insufficient

funds limit reproduction. It takes a great deal of patience “to make haste slowly” after we receive letters, such as the following, from a totally sightless person:

“I have found this book, *Meditation—Gateway to Light*, to be the most significant book I have ever read and I have read many, being a teacher of English.

“Please send me more books from your library as soon as possible. While my new baby of five months sleeps in the morning I devote myself to your books.”

There are approximately 500,000 legally blind people in North America. We are serving 600 of them, in this country, in Canada and a few outside the U.S.—a blind Peace Corps volunteer in Tegucigalpa, Honduras; a blind man in Brazil; blind people in Spain, Iraq, and Mexico. We also hear from the blind in other parts of the world, such as India and Africa.

These people have heard about Edgar Cayce from Elsie and Bill Sechrist or some other source, and are anxious for braille material about the readings. Because of the distance and length of time (the processing

may take as long as a year for some foreign countries), we are unable to give the usual library services to these people. In such cases we send a specially prepared braille article, written by Peter Sherrill, on the highlights of Edgar Cayce's life. This is for them to keep and share with other blind persons who have an interest in the spiritual life.

You might be interested to know that among our blind readers and listeners, ranging from ages 13 to 87, we have music teachers, school teachers, chiropractors, doctors, ministers, college students, a judge and a rock star. We also have a number of physically handicapped people—those with arthritis, those who cannot hold a book or turn a page, and a man who is paralyzed from the neck down. Letters we have received indicate that in some cases the material that we send helps them to overcome the limitations of their handicap.

Many A.R.E. books, such as Dr. Reilly's *The Edgar Cayce Handbook for Health Through Drugless Therapy*, and Scott Sparrow's *Lucid*

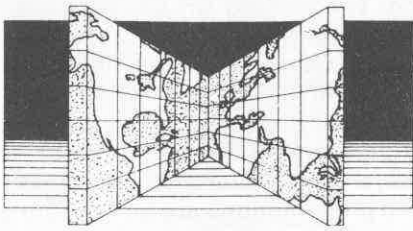
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Wilderness Retreat Welcomes Adventurers

Are you wishing that you *had* decided to go on a Wilderness Retreat, but thought you were too late to register? There is still time! A number of vacancies are still available for the trips listed below. You may register by phone or by writing the person whose address appears after the trip description. For more details concerning the trips, write the Education Department, Virginia Beach, VA 23451 for an A.R.E. Wilderness Retreats 1977 brochure.

- 1) July 10 (Sun.)—July 15 (Fri.): Canoeing on the picturesque lakes and streams of Ontario's Quetico Provincial Park. Cost: \$125. Phone: Dr. Steve Meda, 416-491-5900 (office), 416-920-8661 (home).
- 2) July 11 (Mon.)—July 20 (Wed.): Backpacking in the breathtaking and friendly Sierra Nevada Mountains of California. Cost: \$110. Contact: Doug Peterson, 318 Arizona Ave., Point Richmond, CA 94801. Phone: 415-237-2018.
- 3) July 23 (Sat.)—Aug. 1 (Mon.): A wonderful, only moderately strenuous high camp trip in the same Sierra Nevada Mountains. Cost: \$110. Contact: John Peterson, 4623 Hinson St., San Diego, CA 92115. Phone: 714-286-7830.
- 4) July 27 (Wed.)—Aug. 1 (Mon.): Backpacking in the rugged and lovely Wind River Range of Wyoming. Cost: \$110. Contact: Kathy Miner, P.O. Box 1110, New London, CT 06320. Phone: 203-739-2681.
- 5) Aug. 7 (Sun.)—Aug. 14 (Sun.): Backpacking in the wild and glaciated Olympic National Park in Washington. Cost: \$125. Contact: John Peterson (See #3 above).
- 6) Aug. 8 (Mon.)—Aug. 15 (Mon.): Sailing on the crystal blue Caribbean among the Virgin Islands. Cost: \$260. Contact: Kathy Miner (See #4 above).
- 7) Aug. 18 (Thurs.)—Aug. 22 (Mon.): Canoeing the winding, sandy Saco River in Maine. Cost: \$110. Contact: Kathy Miner (See #4 above).
- 8) Aug. 24 (Wed.)—Aug. 29 (Mon.): A Vermont Family Retreat in the White River Valley. Cost: \$80 (adults), \$55 (young adults and children). Contact: Kathy Miner (See #4 above).
- 9) Sept. 11 (Sun.)—Sept. 17 (Sat.): Bicycling down lovely Cape Cod and around Martha's Vineyard Island in Massachusetts. Cost: \$110. Contact: Kathy Miner (See #4 above).

International Corner



On May 4th the A.R.E. was paid its third visit by Mrs. Hazel Tops, a third-generation South African from Cape Town; her first visit having been made in 1968 when she attended Congress. An active member of the A.R.E. for many years, she has helped form Study Groups not only in South Africa but also in Holland and England, at times working closely with Elsie and Bill Sechrist.



Mrs. Hazel Tops

In 1973 she formed Cape Town Study Group #1 in Kalk-Bay (now in Tokai), and in 1975 she organized Cape Town #2. Group #1 has varied in size over the years from fourteen to six members, and has been composed of young and old, dedicated to the arts and sciences. Four of the original young members are now in chiropractic school in the United States. Hazel's daughter, Cheryl Kettenhofen, is a nurse at the A.R.E. Clinic in Arizona.

At present Hazel's Study Group is interested in purchasing 15 acres of land in South Africa in order to create a spiritual community where universal law will be practiced. "You have to live it before you can teach it," she commented. Plans are being made to create an art center within the community in order to aid it in becoming self-sufficient.

During lunch one day, Hazel showed slides of South Africa to a group of interested staff members, slides which emphasized the contrast between the contented, pastoral existence of the native Africans and the bustle of people in the modern, high-rise buildings found in the large cities. She stressed the enormous opportunities present in South Africa, and mentioned that Cape Town, with a population of over one million, recently rejoiced as it made history when for the first time the whites, coloreds and blacks were permitted by law to sit and eat together at a festival. She added that "A Cape Town Jungian psychologist has said that the two races have much to offer each other. The intellect of the white man and the deep intuitive wisdom of the black man when combined will make for 'wholeness.'"

South Africa has been and is now undergoing tremendous changes and, Hazel feels, it needs all the prayers we can send its way. Thank you, Hazel Tops, for making us more aware of our brothers over the great waters!



Rose Hens

A charming Belgian, Rose Hens, also interested in the arts, visited us for several weeks. She had first heard about the A.R.E. from Tina Fransen, a journalist from Holland who visited here several years ago. After Tina's return home, she wrote and lectured on her experiences. Rose met her and was impressed—so much so that Mrs. Fransen suggested that she go to the Beach and see for herself. Eventually Rose did so and became further impressed.

Rose is one who attracts to herself

the favorable and makes her place with it. While here, she took in all the events offered and was especially pleased with the sessions on dreams, and health and beauty. Her succinct comment was that from whatever point you enter the Cayce readings, you find yourself and what you need for self's good.

At home Rose lives in Louvain, a university town, and works as a practical artist with her own crafts studio, where she designs and constructs original art objects. She has a countrywide clientele whom she circularizes and tours among, displaying her latest products.

August Continued

Conferees will be arriving August 21 and will remain through the 26th for the "Meditation: The Inner Venture" conference. Like the A.R.E. Meditation Course being taught throughout the country, this conference features the physiology of meditation, ideals, the use of the affirmations, and the theory of healing prayer. However, this week will also examine contemporary research and the verbatim readings on meditation, in addition to featuring an experience of healing prayer with members of the Glad Helpers Prayer Group. A.R.E. staff members, Hugh Lynn Cayce, Herbert B. Puryear, Mark Thurston, Scott Sparrow and Shirley Winston will guide you on your inner path. For those interested, as an optional afternoon activity, Dr. I.C. Sharma will give a course on meditation based on insights from the East.

The last conference of the month, "Healing Through Balanced Living," Aug. 28-Sept. 2, will feature Dr. C. Norman Shealy, lecturing on Autogenic Training—one of the soundest and most effective approaches to self-help through suggestion. An expert in his field, Dr. Shealy will present opportunities for experiment with effective suggestion techniques. The effects that diet, posture, exercise, color, and electrical and magnetic vibrations have on the body will be discussed by Dr. Genevieve Haller. Drs. Clio Dixon and John Pagano will present concepts of application from the readings on how to maintain your body or restore it to a state of health. As an afternoon optional course, Henry Reed, Ph.D., will present

Continued on Page 8



Library Building Fund Report

Goal	\$925,000.00
Cash and Stocks to 6/1/77	\$870,534.14
Balance Needed for Completion	\$ 54,465.86

New books to borrow! This time we take special satisfaction in telling you of ten unique books for small children. These books deal with the psychological and behavioral difficulties of "exceptional" children from four to eight years of age who are frequently forgotten. They are written for the young reader himself, or may be read aloud by teachers, parents, or anyone working with young children.

Lisa and Her Soundless World gives us insight into the deaf child and the happy way serious problems in one small life are resolved.

Please Don't Say Hello—to this reviewer the most touching book in this group—deals with an autistic nine-year-old boy for whom hope and light finally unfolded. Photographs of this beautiful youngster are included. The author is the mother of an autistic child, and her plea for acceptance of exceptional children is most lovingly made.

One Little Girl. This helpful story is about a little girl, considered a slow learner, who makes the discovery that there are many areas in which she is quite as accomplished as her peers.

I Have Feelings. In one single day a child explores a wide range of feelings—jealousy, anger, love, hate, loneliness. A young reader can learn to talk and think about his own feelings through the photographs and the simple expressions found in this book.

Don't Worry, Dear demonstrates a loving parent's patience and a child's growth. It should be required reading for all who deal with children.

Billy and Our New Baby is a charming aid for teaching principles of mental health.

All Alone with Daddy. One little girl learns, with Daddy's help, that although she cannot take Mother's

place, she has a very special place of her own.

Boy with a Problem. A small boy finds his monstrous problems diminished when he discovers a sympathetic listening friend.

Things I Hate. Normal frustrations and disagreeable responsibilities vs. happy and fruitful times are presented in this rhymed story.

The Man of the House. David learns the satisfaction of being the protector of the house for a short time and, responsibilities over, the relief and comfort of being a small boy again.

These stories, from the Human Sciences Press (a division of Behavioral Publications, Inc.), are beautifully illustrated with drawings and photographs. They should have great appeal to the entire family, and have been approved by a panel of mental health experts.

These books are available on loan from the A.R.E. Library, but are not for purchase from the A.R.E. Bookstore.

August Continued

classes on dreams, inspirational writing, and the arts. This conference would be of interest to both laymen and doctors alike, and it would complement and enhance the chiropractic seminar weekend that follows. (See box, p. 4)

If you are unable to attend a full-week conference, don't forget about the weekend lecture series, Friday, Saturday and Sunday nights, at 8 p.m. in the A.R.E. Library/Conference Center. Because speakers and titles occasionally change without notice, please check with the receptionist at (804) 428-3588 for the latest information.

Also this month there will be a One-Day Special—"Reincarnation: Applicable Insights from the Edgar Cayce Readings." The lecturers will be Harmon Bro, Charles Thomas Cayce, Herbert Puryear and Violet Shelley. Lecture presentations and workshops will be held from 10 a.m. until 10 p.m. Tickets may be purchased at the door for \$15.00 per person; students, half price.

August promises to be an exciting, rewarding month at the A.R.E. and a splendid time for a vacation as well. We hope that you will be able to join us for one or more of the conferences, weekend lectures, or the One-Day Special at Virginia Beach!

Mexico Continued

tour will include Dr. and Mrs. Henry Reed, who will present lectures on Edgar Cayce and the Maya, the theme of death and rebirth in the Mexican mythology of Quetzalcoatl (Kulcucan in Mayan), dreams and Mayan art. Other resource persons and presentations are being planned, including meditation services at the various archaeological sites as well as dream incubation opportunities where possible. The total price of the tour—including air fare from Dallas, at least the dinner meal each day, hotel accommodations, travel in Mexico, scheduled attractions and tuition—will be \$1500 maximum (based on current air fares and monetary exchange rates). A complete tour itinerary, providing exact cost breakdowns and other details, will be available this fall. At this time, please do not send letters that need answering. Instead, to be placed on the mailing list for the itinerary so as to have the first opportunity to register for this tour, send a postcard to Esther McMichael, Education Department, A.R.E., Box 595, Virginia Beach, VA 23451.

Braille Continued

Dreaming, are now on tape, as are such current books as Richard Bach's *Illusions* and Fynn's *Mister God, This Is Anna*. We now have the Holy Bible (Revised Standard Version) in 18 volumes of braille, donated by a SFG Study Group in Germany. A volunteer braille service in California donated a six-volume braille edition of *A Commentary on the Book of the Revelation* from the Edgar Cayce readings; it is also available on tape, beautifully read by Raymond Owens. These special editions are on loan to readers a volume at a time.

Books may be borrowed by any blind person or physically handicapped person on a free-loan basis. Our Braille Library has no library or overdue fees, and membership in the A.R.E. is not required. Legislation has now been passed which enables us to send our literature free of postage. We send books, the receiver reverses the label and returns them to us at no cost. Anyone interested in this service or wishing to contribute to it may contact the A.R.E. Braille Library, Box 595, Virginia Beach, VA 23451.