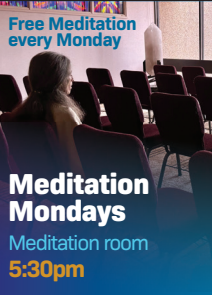


## HEADQUARTERS EVENTS & WEBINARS

12:00pm Mon–Fri  
Staff Lead Meditation

2:30pm Every Day  
Visitor Center Tour

3:30–4:30pm Every Day  
Free Daily Lecture

| SUN                                                                                                                                                                                         | MON                                                                                                                   | TUES                                                                                                                            | WED                                                                                                                                                                                                                   | THUR                                                                                                                                                                                                                                                     | FRI                                                                                                                                     | SAT                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Free Meditation every Monday</b></p>  <p><b>Meditation Mondays</b><br/>Meditation room<br/>5:30pm</p> | <p><b>1</b><br/><b>LECTURE:</b><br/>Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT 📺</p>             | <p><b>2</b><br/><b>LECTURE:</b><br/>Sacred Geometry, Donald Carroll 📺</p>                                                       | <p><b>3</b><br/><b>LECTURE:</b><br/>Our Amazing Soul Life, John Van Auken 📺</p>                                                                                                                                       | <p><b>4</b><br/><b>LECTURE:</b><br/>Edgar Cayce and the Importance of Ideals, Tyler Benson 📺</p>                                                                                                                                                         | <p><b>5</b><br/><b>LECTURE:</b><br/>Prophecy and Earth Changes, Rev. Laura Jackson Loo 📺</p>                                            | <p><b>6</b> Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m.<br/><b>ESP Demo 1 p.m.</b><br/><b>LIVE LECTURE:</b><br/>The Persian Legacy &amp; the Edgar Cayce Material, Katayoun Farah<br/><b>Understanding the Paranormal or Mystical Experiences...</b><br/>Jacob Cooper, LCSW, 2-4 p.m., 🌐<br/><b>Grand Illumination</b> (Hospital Building Lighting Ceremony), 5:30-7:30p.m. Visitor Center/Labyrinth, <b>free</b></p> |
| <p><b>7</b><br/><b>LIVE LECTURE:</b><br/>Foundations of Health: Gut Microbiome, Sheri Marshall, MD</p>                                                                                      | <p><b>8</b><br/><b>LECTURE:</b><br/>Sacred Geometry, Donald Carroll 📺</p>                                             | <p><b>9</b><br/><b>LIVE LECTURE:</b><br/>Edgar Cayce: Psychic, Medium, or Mystic, Susan Barnes, PhD</p>                         | <p><b>10</b> <b>LIVE LECTURE:</b><br/>Love and Gratitude: Masuru Emoto's Study of Water, Dick Dinges<br/><b>WEBINAR:</b> 🌐<br/>The Mystical Essenes and the Complete Lord's Prayer, Dr. JP Amonte, DC, 8-9:15p.m.</p> | <p><b>11</b><br/><b>LIVE LECTURE:</b><br/>Edgar Cayce's Near Death Experiences, Neil Helm, PhD</p>                                                                                                                                                       | <p><b>12</b><br/><b>CLOSED</b><br/>2-5 p.m.</p>                                                                                         | <p><b>13</b> Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m.<br/><b>ESP Demo 1 p.m.</b><br/><b>LIVE LECTURE:</b><br/>Group Biofield Tuning for Sagittarius Energy, Julie Ramsdell, MS 📺</p>                                                                                                                                                                                                                               |
| <p><b>14</b><br/><b>LIVE LECTURE:</b><br/>Foundations of Health: Gut Microbiome, Sheri Marshall, MD</p>                                                                                     | <p><b>15</b><br/><b>LECTURE:</b><br/>Our Amazing Soul Life, John Van Auken 📺</p>                                      | <p><b>16</b><br/><b>LIVE LECTURE:</b><br/>Awaken Well-Being: From Hard to Easy, Elizabeth Tripp</p>                             | <p><b>17</b> <b>LIVE LECTURE:</b><br/>Shamanic Drum Journey to Meet Your Animal Spirit Guide, Patricia Guerra</p>                                                                                                     | <p><b>18</b> <b>LIVE LECTURE:</b><br/>Edgar Cayce's Near Death Experiences, Neil Helm, PhD<br/><b>Holiday Sound Bath</b>, Kayce Laine, 6:30-7:30 p.m., (Main) 🔴📺</p>                                                                                     | <p><b>19</b> Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m.<br/><b>LIVE LECTURE:</b><br/>Metaphysics and the Mind, Doug Hough</p> | <p><b>20</b> Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m.<br/><b>ESP Demo 1 p.m.</b><br/><b>LECTURE:</b><br/>Our Amazing Soul Life, John Van Auken 📺<br/><b>Persian Candle Dance Workshop</b>, Katayoun Farah, 2-4 p.m., (Yoga Studio) 🔴📺</p>                                                                                                                                                                          |
| <p><b>21</b><br/><b>LECTURE:</b><br/>Cayce Remedies for Body, Mind, Spirit, J.P. Amonte, DC, BS, CMT 📺</p>                                                                                  | <p><b>22</b><br/><b>LECTURE:</b><br/>When We Meet Again: Edgar Cayce on Reincarnation, Cheryl Baer-Bernath, CHT 📺</p> | <p><b>23</b><br/><b>LECTURE:</b><br/>My Life with Edgar Cayce, June Bro with Pam Bro 📺</p>                                      | <p><b>24</b><br/><b>WEBINAR:</b> 🌐<br/>Edgar Cayce's Mind-Expanding Story of the Magi, John Van Auken, 8-9:15p.m.<br/><br/>Visitor Center <b>CLOSED</b> at 12 p.m.</p>                                                | <p><b>25</b><br/><b>CLOSED</b></p>                                                                                                                                                                                                                       | <p><b>26</b><br/><br/>Visitor Center <b>CLOSED</b><br/><b>Spa OPEN</b><br/>10 a.m.–6 p.m.</p>                                           | <p><b>27</b> Special Guest Psychic 🔴 (Bookstore) 10:30a.m.–4 p.m.<br/><b>ESP Demo 1 p.m.</b><br/><b>LECTURE:</b><br/>Sacred Geometry, Donald Carroll 📺</p>                                                                                                                                                                                                                                                                     |
| <p><b>28</b><br/><b>LECTURE:</b><br/>Our Amazing Soul Life, John Van Auken 📺</p>                                                                                                            | <p><b>29</b><br/><b>LECTURE:</b><br/>Edgar Cayce on Dreams, Cheryl Baer-Bernath, CHT 📺</p>                            | <p><b>30</b><br/><b>LIVE LECTURE:</b><br/>Echoes of the Soul: Past-Life Regression to Find Your Soul Purpose, Nadira Grubbs</p> | <p><b>31</b><br/><br/><b>CLOSED</b> at 12 p.m.<br/><b>JAN 1 CLOSED</b><br/><br/><b>The Path to Enlightenment:</b><br/>Insights from the Cayce Readings, free to Life Members, prerecorded 🌐</p>                       | <p><b>JAN 23-25, 2026</b> 🌐</p> <p><b>Opening the Gateway to the Beyond</b><br/>Experiential Training in Angels and Spirit Connections<br/>featuring Karen Noé</p>  |                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                |

## STUDY GROUPS

**A Search for God** | Book 1  
Wed, 6-7:15 p.m. 📺  
(Meditation Room)

**A Search for God** | Book 2  
Mon, 4-5 p.m. 📺 (Copeland)  
Fri, 12:30-1:30 p.m. 📺 (Wynne)

**Comparative Studies**  
Thu, 2-3 p.m. (Copeland) 📺

**Glad Helpers**  
Tue, 10 a.m.-12 p.m. 📺

**Lemuria/Atlantis**, 📺  
**Book of Revelation** 📺  
Alternating Thursdays,  
12:30-1:30 p.m. (Copeland)



For list of **all/online** study groups, please go to:  
[EdgarCayce.org/StudyGroups](https://EdgarCayce.org/StudyGroups)

## SAVE THE DATE

**Opening the Gateway to the Beyond**  
Jan 23-25, 2026 🌐

**Women's Integrative Wellness Retreat**  
Feb 12-15, 2026 📺

**Soul Writing™ Training Intensive**  
Feb 27-Mar 1, 2026 📺

**Holistic Wellness Practitioner Training**  
Mar 12-15, 2026 🌐

**Regression Hypnosis Certificate Training**  
April 13-17, 2026 🌐

**Annual Reincarnation Conference**  
May 1-3, 2026 🌐

**95th A.R.E. Members Congress**  
Jun 7-12, 2026 📺

[EdgarCayce.org/Events](https://EdgarCayce.org/Events)





## AREÖM CLASSES



### YOGA & DANCE

Mind | Body | Spirit | Community

Membership: \$69 per month

Ask about our ARE Members, Military, and Senior discounts!

#### MONDAYS

5:30–6:30 p.m. Meditation (Meditation Room, free)

6:30–7:30 p.m. Yoga & Sound Healing **NEW!**

#### TUESDAYS

12:30–1:30 p.m. Aura Flow Color Yoga

5:00–6:00 p.m. Qigong **NEW!**

6:30–7:30 p.m. Flow Yoga

#### WEDNESDAYS

10:30–11:30 a.m. Chair Yoga

12:30–1:30 p.m. Yoga for Health

5:30–6:30 p.m. Yin Yoga **NEW!**

6:30–7:30 p.m. Somatic Yoga

#### THURSDAYS

12:30–1:30 p.m. Kundalini Yoga

5:30–6:30 p.m. Belly Dance

6:30–7:30 p.m. Salsa: Joyful Steps

#### FRIDAYS

12:00–1:00 p.m. Yoga Flow with Reiki

4:00–5:00 p.m. Yoga for Health

#### SATURDAYS

11:00 a.m.–12:00 p.m. Hatha Yoga

12:30–1:30 p.m. Tai Chi **NEW!**

#### SUNDAYS

12:00–1:00 p.m. Sacred Sunday Yoga

1:30–2:30 p.m. Bachata Latin Dance



## UPCOMING EVENTS



# 2026

an A.R.E. Community Event

## Whispers Between Worlds

Connecting with Loved Ones Who Have Passed

**JAN 29, 2026** | with Nancy Laporta

**FEB 26, 2026** | with Lisa Lauderback

**APR 30, 2026** | with Nancy Laporta

### UPCOMING

## Wednesday Night Webinars



JAN 7, 2026



**Awakening Your Inner Oracle**  
with Julie Starr Parker

JAN 21 2026



**Quantum Intuition Masterclass**  
with Kim Chestney

FEB 4, 2026



**Angels of Attraction:**  
Manifesting Your Heart's Desires  
with Karen Wright, MA, MHT

FEB 18, 2026



**Sacred Partnership: Feng Shui Your Space for Romantic Connection**  
with Kim Goeltom, MA

= Online Program = In-Person Program

## AREÖM: Special Workshops!

### PAST-LIFE HYPNOSIS HEALING AND TRANCE DANCE

with Karen Wright, MA, MHT, and Katayoun Farah

**Jan. 31, 2026, 2pm–4 pm, AREÖM Studio, \$40**

Discover a therapeutic technique that utilizes hypnosis to access memories believed to originate from past lifetimes. This profound experience can bring insight into patterns in your current life and support spiritual growth.

Following the hypnosis session, expressive movement coordinator Katayoun Farah will lead you through a transformative trance dance experience. Using breathwork, scarves, and rhythmic music, you will embark on a non-verbal movement journey to expand spiritual consciousness and release emotions.



## VISITOR CENTER

(800) 333-4499 | (757) 457-7265 | [EdgarCayce.org](http://EdgarCayce.org)

**Visitor Services:** Mon-Sat: 10 a.m.–5 p.m.  
Sun 12 p.m.–5 p.m.

**Gift & Bookstore:** Mon-Sat: 10 a.m.–5 p.m.  
Sun 12 p.m.–5 p.m.

**Library:** **TEMPORARILY CLOSED**  
For online library access email  
[library@edgarcayce.org](mailto:library@edgarcayce.org)

**SEPT 21-DEC 21**

## HEALTH CENTER & SPA

(757) 457-7202 | [AREhealth.org](http://AREhealth.org)

**Mon:** 10 a.m.–6 p.m.  
**Tue:** 10 a.m.–2 p.m.  
**Wed:** 10 a.m.–2 p.m.  
**Thur:** 10 a.m.–6 p.m.  
**Fri:** 10 a.m.–6 p.m.  
**Sat:** 10 a.m.–6 p.m.  
**Sun:** 10 a.m.–5 p.m.

## CLINICAL SPA PACKAGE

Enjoy **90 minutes** of our clinical Regression therapy or Breathwork and **60 minutes** of personal/spiritual counseling a total of 2 hours and 30 minutes of relaxing your mind and spirit for a price of **\$290!**



## NOW OPEN! SESSION AT THE A|R|E CAFÉ

(757) 457-7105

Mon-Sat: 9 a.m.–3 p.m.



## CAYCE/REILLY® SCHOOL OF MASSAGE

(757) 457-7249 | [CayceReilly.edu](http://CayceReilly.edu) | [dina.blythe@caycereilly.edu](mailto:dina.blythe@caycereilly.edu)

**BOOK A STUDENT MASSAGE** (757-457-7146)

**Tue-Thur:** 1–5 p.m.  
**Sat:** 9:30 a.m.–5 p.m.

- Applications and Admissions processing must be complete by **Jan. 12, 2026**
- **FT Day class:** Feb. 23, 2026 – Sept. 6, 2026
- **PT Eve class:** Feb. 23, 2026 – Feb. 13, 2027

*Full time students are finished in 8 months;  
part-time students are finished in about one year.*



## ATLANTIC UNIVERSITY ONLINE COURSES

(757) 457-7249 | [AtlanticUniv.edu](http://AtlanticUniv.edu) | [dina.blythe@caycereilly.edu](mailto:dina.blythe@caycereilly.edu)

**Winter 2026:**

- **Semester:** Jan 5– March 29, 2026
- **All applications due:** Dec. 19, 2025



[EdgarCayce.org](http://EdgarCayce.org) | |   
215 67th Street, Virginia Beach, VA 23451  
(757) 428-3588 | (800) 333-4499