

ASK AND YOU WILL RECEIVE, SEEK AND YOU WILL FIND, KNOCK AND IT WILL BE OPENED TO YOU.



# THE OPEN DOOR

Association for  
Research and  
Enlightenment  
of New York  
Edgar Cayce  
Center

153 W. 27th Street  
Suite 702  
Intercom 33  
New York, NY 10001  
(212) 691-7690  
edgarcaycenyc.org

A non-profit  
organization

*"To Manifest the  
Love of God in  
Service to Humanity"*

## CONTENTS

- P. 2 – Skylines:  
Community News &  
Views
- P. 4 – New Psychic Skills  
Program at A.R.E.  
NY!
- P. 7 – Food as Medicine  
During Stressful  
Times - Aversano
- P. 8 – My River of Time:  
Prussia - Mellor
- P. 9 – Poetry - Krips
- P. 10 – The Revelation  
Study Group - Curtis
- P. 11 – The Edgar Cayce  
Legacy: Angels &  
Archangels - Miceli
- P. 13 – Mother Nature's  
Remedies: Stay Well  
Without the Flu  
Shot - Schneider
- P. 16 – Transitions

**CELEBRATE EDGAR CAYCE'S 140th BIRTHDAY!**

***EDGAR CAYCE REMEDIES  
AND HEALING METHODS***

***ASK THE EXPERT!*** *by Amelia Darcy  
& Michelle Smith*



**Presented by Bruce Baar, M.S., N.D.  
Founder of Baar Products, Inc.**

**Saturday, March 18<sup>th</sup>, 1 - 5 pm**

Join us for an exciting look at the health recommendations described by Edgar Cayce, the "Father of Holistic Medicine." Learn simple and effective methods that you can use at home. From reducing stress to slowing the aging process, these simple approaches to health can benefit everyone.

This afternoon workshop will cover demonstrations of the Cayce appliances, as well as explanations and instructions on many Cayce formulas and **Dr. Bruce Baar's** own products inspired by them. Dr. Baar has an in-depth

*(Cayce's 140th Birthday, Story & Coupon on page 3)*

***FOUNDING MEMBERSHIP  
OPPORTUNITY EXTENDED!***

***Your Gifts, Pledges Still Crucial for New Center!***

Our **Founding Membership** campaign—to help pay expenses of our move to our beautiful, new suite and support the increased operating expenses of our Center—has been extended until the end of April, 2017. Founding Memberships, donations and monthly pledges are major sources of support for our non-profit organization.

*"I am a Founding Member of the beautiful new ARE Center of love and light because the Prayers for Healing Group and carefully curated presentations are hopeful, uplifting and just what my soul needs." — Anne Riccitelli*

Care to see your name immortalized on a beautiful, full-color, mural-sized artwork

*(Founding Membership Opportunity Extended, continues on p. 5)*

# A.R.E. of N.Y. *Skylines* News & Views

Manhattan viewed from Liberty Park, NJ — photo by Ayako Sairenji.

## We Welcome 3 New Practitioners

The Center recently welcomed three new practitioners: **Annie Bond**, Chakra Healer; **Asuka Morii**, a Sound and Vibrational Therapy practitioner; and **Jo LaVerne Pearson**, a Reiki and Energy Medicine Healer, Axiatonal Therapist, Intuitive Reader and Hypnotist.



Gifted clairvoyant **Annie Bond** offers her **Divine Mother** modality healing technique that came to her after twenty years as an energy and sound healer.

Healers have long sought to balance male/female, yin/yang energies to birth a healed, authentic self. Divine Mother healing is designed to do this—activating your soul’s divine trinity of healed mother, father and child energies—and washes your chakras in balance and light. Annie connects to your infinite soul and holds space for this energy to clear long-held blocks and damage, increasing the flow of prana/chi. She also teaches this modality through her **Divine Mother Healer School**.

To learn what to expect in Annie’s sessions, visit: <http://www.thedivinemothercenter.com/2015/08/15/what-to-expect-divine-mother-healing/>. Annie is usually available at the Center on Thursdays. For a 90 minute healing session, her fee is \$150. You can contact Annie at [anniebbond@gmail.com](mailto:anniebbond@gmail.com) or 845-876-4252



**Asuka Morii** is trained in three variations of **Sound/Vibrational Therapy** known as **CymaSonic**, **Sonotherapy** and **Cymatic Therapy**. Asuka explains that, while there are small differences between the three modalities, they are all

*(Welcome 3 New Practitioners continues on p. 15)*

## A.R.E. of NY Board Elections

At the January 24th meeting of the A.R.E. of NY Board of Trustees, the three Board Officers who have served for the past year were re-elected to their offices: **Sylvia Chappell** as Board Chair, **Rev. Kev O’Kane** as Secretary, and **Betty DeCandia** as Treasurer.

**Anton Baraschi** was elected as Vice Chair—a position that had remained open for the past year.

The bylaws of the A.R.E. of NY Board call for Board officers to be elected yearly at the first Board meeting of each year.

**Lucas Boladian** was elected to a second three-year term on the Board at the December 15, 2016 meeting. Congratulations to all of our Board Officers, and to Lucas!

Others currently serving on the Board are **Harrison Klein**, **Lynne Salomon Miceli**, **Maureen St. Germain** and **Elizabeth Tombouljian**. ✨

## New Faces at Reception

When you visit the Center, say hello and introduce yourself to two of our newer Reception Volunteers, **Sabine Rocholl** and **Sharonah Rapseik**.



**Sabine Rocholl** has been coming to the Center for more than a year, first drawn by “the wonderful Zhineng Qi Gong class.” She has since been introduced to **Edgar Cayce** and “the spiritual world” and joined the Center’s **Bioenergetic Healers Group**. Sabine started volunteering soon after connect-

ing with the Center.

Before coming to New York, Sabine was a teacher for 25

*(New Faces at Reception continues on page 17)*

Share your visions, ideas, ideals, inspirations, comments, criticisms, opinions or suggestions—or submit a poem, artwork, photograph—or life event for *Transitions*. Send to the Editor: **Lynne Salomon Miceli**, 3836 Trant Circle, Norfolk, VA 23502 or e-mail: [\[turquoisefire3836@gmail.com\]](mailto:turquoisefire3836@gmail.com).

# Cayce's 140th Birthday—Bruce Baar on the Cayce Remedies! Ask the Expert!

continued from page 1

knowledge of Cayce's healing systems and will be happy to answer your questions about them. To customize this program to your needs, we'll be asking for your feedback via Facebook (Edgar Cayce-nyc) concerning the conditions and remedies you most want to hear about.

Dr. Bruce Baar is the Founder and CEO of Baar Products, Inc., a company dedicated to providing innovative health and wellness solutions. For over forty years, Bruce has dedicated his research and study to the creation of distinctive, effective products that assist others to regain and maintain their personal health. He has a B.S. in Business and Economics, an M.S. in Health and a N.D. in Naturopathy, and has written and edited numerous health publications relating to the Cayce therapies. Bruce has lectured at many health and wellness conferences in the U.S. and throughout the world, and is an A.R.E. Life Member.

Baar Products is the worldwide, official supplier of Edgar Cayce Health Care products and uses the original formulas and instructions from the Cayce readings in manufacturing Cayce products

### Bring your questions to Bruce Baar on March 18th!

Some of the conditions Cayce readings provide solutions for include:

- |                                |                      |                 |
|--------------------------------|----------------------|-----------------|
| cancer                         | back issues          | anxiety         |
| heart conditions               | osteoporosis         | Schizophrenia   |
| Alzheimer's disease & dementia | chronic fatigue      | ADD and ADHD    |
| arthritis                      | thyroid issues       | sleep disorders |
| multiple sclerosis             | digestion issues     | addictions      |
| A.L.S (Lou Gehrig's Disease)   | IBS, Crohn's disease | infertility     |
| Bell's palsy                   | gluten intolerance   | obesity         |
| Lyme disease                   | allergies            | gum disease     |
| Eye conditions                 | asthma               | thinning hair   |
| pain                           | psoriasis            | acne            |
|                                | eczema               | anti-aging      |
|                                | depression           |                 |



**Bruce Baar, MS, ND and Kathy Baar, RDH, BS seek out botanicals from many sources to use in their products.**

Mark your calendars for this very special event. Seating is limited.

Tickets for this program are \$75; Members save 15%, or **preregister by Monday, 3/13, and pay only \$50 or only \$42.50 for Members—a 33% savings.** Use the coupon below for an additional \$5 discount! ✨

### Edgar Cayce 140th Birthday

**Open Door Special!**

**\$5 OFF**



**For online registration use code: CAYCE140**

**Edgar Cayce Remedies and Healing Methods—Ask the Expert!**

**With Dr. Bruce Baar - Mar. 18, 1 - 5 pm.**

**Can be combined with Member Discount!**

*“Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system...Hold to that KNOWLEDGE—and don't think of it as just theory—that the body CAN, the body DOES renew itself!” (Reading 1548-3)*

***“Unless those activities among men are the aid for the greater number, rather than for the class or the few, they must eventually fail.” — Edgar Cayce Reading 826-2***

# ***NEW! Psychic Skills Certification Program Offered Only at Our Center!***



Join us in April 2017 for monthly “psychic immersion weekends” through February, 2018. Register by April 16 for savings of \$250! Developed and taught by Lin

**Hunter**, founder and director of The School for Psychic Studies in Massachusetts, with co-teacher and NYC-area medium **Michael Diamond**, this is the very first Certification Program offered by our NY Edgar Cayce Center.

This new program is an ideal, holistic way to develop your psychic abilities, participate in student reading nights, and receive certification directly from the Edgar Cayce Center of NYC.

The program consists of nine “psychic immersion weekends”—one per month—that will afford you the opportunity to discover and unfold your inherent psychic abilities, as well as share a year-long learning and growing experience with other like-minded students.

Each weekend immersion experience is rich with instruction and technique, and includes an abundance of practical exercises that will help you to solidify your skills. We are excited about this new program, which now encompasses unfoldment of soul senses, from the intuitive level, through spirit communication and trance states.

This one-of-a-kind program includes take-away assignments and drills, a monthly online Q & A session with Michael and Lin, and participation in student night readings at the NYC Edgar Cayce Center. Successful candidates will obtain certification in psychic and intuitive ability from the Edgar Cayce Center.

This comprehensive training program will put you on an “inside track” to a career using these abilities, or to using them to enhance your performance in your current career, and your satisfaction in all areas of life.

Visit our website for a course schedule and description and for information on tuition and payment plans.

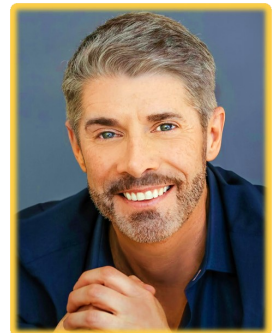
**Editor’s Note:** Due to illness, Karen Frances has canceled her original Psychic & Intuitive Development Certification Program planned to begin on March 2nd. Please join us in prayers for her recovery.

## ***Meet Our Teachers:***



**Lin Kay Hunter** has worked as a psychic and medium for over three decades. She studied psychic development, mediumship, trance, and healing in the U.S. and the U.K. In 1990, her precognitive vision of a homicide scene drew Lin to explore the field of psychic investigation. In 2010, she became certified in forensic psychic investigation. She also has certificates in advanced-level remote viewing and forensic composite art. Lin has helped law enforcement agencies, organizations, and families by providing sketches and key pieces of information that have been instrumental in pinpointing locations of interest and confirming suspects in numerous criminal investigations and missing persons cases. She is the founder and director of The School for Psychic Studies in Western Massachusetts where she teaches comprehensive classes in a variety of spiritual and metaphysical topics.

**Michael Diamond** is a New York City based Psychic Medium who has undergone extensive spiritual training with world-renowned tutors across the United States and at the Arthur Findlay College in England. As a facilitator of psychic development circles over several years, he has proved a compassionate and empathic teacher.



## **FREE INTRODUCTORY EVENING CLASS! THURSDAY, APRIL 6, 7-9 PM!**

Join us for a free introductory class where you can meet our excellent teachers Lin Hunter and Michael Diamond, and get first-hand experience of their teaching skills and styles. ✨

# Your Founding Memberships, Pledges, Donations Still Needed for New Center

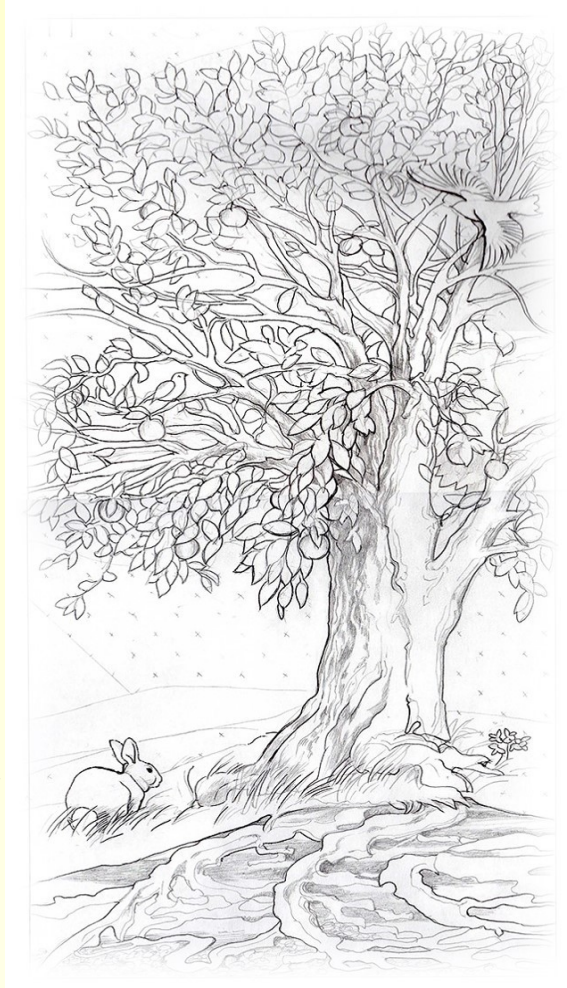
*Continued from page 1*

covering the wall of our new Center's waiting room? It's still possible to do that—and your tax-deductible founding donation will be an enormous help to our new Center!

The **Tree of Life** painting acknowledging our Center's **Founding Members** will be created by noted A.R.E. artist, **Carol Hicks** whose work has been featured several times in *Venture Inward*, the magazine of the national A.R.E. (See her artwork at <http://www.art-worlds.com/>.)

Our Abundance-raising Committee has been working with Carol to customize her design for this artwork, which will acknowledge various levels of donors on leaves, fruits and creatures such as birds and butterflies. At right is a detail from Carol's sketch of the design. We will have a color version of the whole composition to share with you soon.

See **page 6** for information on all the **Founding Membership** levels and the benefits that come with each. We set the basic level **Founding Membership** at **\$500**—a generous donation and yet an amount that is doable for many—to make **Founding Memberships** accessible to the greatest number of people, not just to the wealthy. **Founding Members** at all levels will have their names inscribed on the **Tree of Life** and will receive at least one year of Center Membership benefits. (If you're already a member, your membership will be extended for a year when you become a Founder.) There are currently twenty-two amazing, generous Founding Members of our new Center—and we hope they will soon be joined by many more contributors, whose names will all appear on the **Tree of Life**!



## **Donations and Pledges are also Gratefully Received!**

*“Three years ago I arrived in New York knowing no one. The A.R.E. has been wonderful with its many practitioners offering excellent spiritual support and guidance in their particular fields....The teaching and help given in various workshops has left me far more confident of my own psychic abilities. The staff are so welcoming and friendly; as a stranger to the city I immediately felt very much at home. I owe the ARE so much and have been delighted to give back by financially supporting this incredible organization.” — Hilary Ohrstrand (Pledger)*

Your tax-deductible donation or monthly pledge *of any size* is also still much needed and will be received with our profound gratitude. While our rent in our new Center is less than we would have paid had we stayed at 30th Street, *it is still a midtown rent*. To keep our Center thriving, we must generate close to **\$40,000** per month. We currently earn most of the funds required to pay our expenses via program tuitions, bookstore sales, membership dues and practitioner rentals—but *as a non-profit organization, we will continue to need your contributions*. Keeping our Center thriving and growing will require an ongoing commitment from our Community.

**Monthly pledges** are a wonderful way to give generously without stressing your budget. You can use the form on page 4 to donate, make a pledge or become a **Founding Member**. You can also do all three via our website.

*We are profoundly grateful* to all who donated to our fundraising drive. We've received your donations not only from the tri-state area and upstate New York, but also from contributors in Delaware, Florida, Georgia, Maryland, Massachusetts, North Carolina, Pennsylvania, Texas, Washington State and recently, the U.K! **Thank you!** ☀

# Become a Founding Member

We've priced the basic Founding Membership at an amount (\$500) that will allow the greatest number of our Members and Friends to be Founders and be permanently recognized in our new Center on the **Tree of Life**. Each donor's name at each giving level will be incorporated into the artwork in keeping with the artist's inspiration. Donors also receive these benefits:

**\$500 Founding Member:** 1 year of Center membership, your name permanently inscribed on our Tree of Life.

**\$1,000 Founding Member:** 1 year of membership, your name permanently inscribed on our Tree of Life, Golden Heart Invitation.

**\$2,500 Founding Member:** 1 year of membership, your name permanently inscribed on our Tree of Life, Golden Heart Invitation, 2 tickets to a workshop of your choice at 50% discount.

**\$5,000 Founding Member:** Membership for the life of the Center, your name permanently inscribed on our Tree of Life, Golden Heart Invitation, 2 free tickets to a workshop of your choice.

**\$10,000 Founding Member:** Membership for the life of the Center, your name permanently inscribed on our Tree of Life, Golden Heart Invitation, 4 free tickets to a workshop of your choice.

**\$50,000 Founding Member:** Membership for the life of the Center, your name permanently inscribed on our Tree of Life, name permanently inscribed on a fountain, water wall or other water feature, Golden Heart Invitation, 4 free tickets to a workshop of your choice.

Founding Memberships are tax-deductible less the value of gifts received in acknowledgement. If you are already a member, your membership will be extended by the appropriate amount of time.

**To Give Back to You:** Additionally, *all* who donate \$100 or more each month are entered into a drawing for a valuable prize.

Use the form below to make a **Founding Member** gift or go to **Become a Member** on our website. The **Founding Membership** opportunity continues through April, 2017, but your gift now would be especially helpful. You can also donate or pledge any amount on our site. **Thank you so much!** ☀



## Founding Membership or Donation Form

A.R.E. of New York Edgar Cayce Center  
MAIL TO: 153 W. 27th St, #702, New York, NY 10001

**Founding Memberships** are \*tax-deductible less the value of benefits given. *If you are already a Member, we'll renew your membership for free for one year or for the life of the Center, depending on your Founding Member level. Founding Membership Benefits include the benefits of regular Membership including: Discounts on most workshops, classes & many health/wellness/intuitive services • 10% discount on bookstore purchases • Library privileges • Free Astrology Chart for first-time Members • & the special benefits listed above.*

**Yes, I want to be a Founding Member to help our Center grow and evolve. I will join as a**

\$500 Founding Member   
  \$2,500 Founding Member   
  \$10,000 Founding Member  
 \$1,000 Founding Member   
  \$5,000 Founding Member   
  \$50,000 Founding Member

Please note: *It may take 3 to 4 weeks to process your Membership. If you have an active e-mail address, your Membership packet will be sent to you by e-mail. Please keep an eye out for it!*

**I can't become a Founding Member right now, but I am donating \$\_\_\_\_\_.**

**I would like to make a monthly pledge of \$\_\_\_\_\_ for \_\_\_\_\_ months.** (Credit card information is necessary for monthly pledges. You can change or cancel your pledge at any time by contacting the Center.)

Method of Payment:  Check/Money Order made payable to A.R.E. of N.Y.  
 Credit Card: VISA  MASTERCARD  AMERICAN EXPRESS  DISCOVER   
 Card Number: \_\_\_\_\_  
 Expiration Date: Month \_\_\_\_\_ Year \_\_\_\_\_ Security Code: \_\_\_\_\_  
 Signature (If paying by credit card): \_\_\_\_\_  
 Name (Print): \_\_\_\_\_ Phone: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 Zip Code \_\_\_\_\_ E-mail: \_\_\_\_\_

Donations to A.R.E. of NY are tax-deductible. A copy of our most recent IRS financial report is available on request - or contact the Office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271.

# Food as Medicine During Stressful Times

by Laura Aversano



The human body is amazing, with its various frequencies associated with every cell, tissue, muscle, organ, gland, body system and so on. Each system works cohesively to support the other, both dependent and interdependent on thought, emotion, experience, trauma, environment, ancestry, and genetics. Each frequency has a unique signature that can define the ‘life story’ of any part of you, your existence, the ancestors who have come before you and those who will come after you. Why is it that trackers in indigenous cultures can look at a footprint of an animal or human and know everything there is to know about it?

Different conditions require different foods to heal and balance. Many traditions consider food to be as sacred as we are. It is medicine. As often as our moods change, the food we eat needs to change so we can support the shifts taking place both internally and externally. If we believe that real food has a life-force, what we consume becomes a prayer ritual. It becomes as important to us as the relationships in our lives. It has the potential to heal us in ways we could have never imagined.

I continue to observe themes in my practice. On an emotional level, there have been a surprising number of deaths and relationship upheavals in the last month. Physically, many of my clients have taken ill with the “usual” upper respiratory issues and allergies. Energetically and psychically, people have become extremely sensitive to their surroundings; so much so that irritability is setting in, as well as depression and anxiety.

Do you find yourself having less patience these days? How are your sleeping patterns? Do you feel scattered and overwhelmed by things more than you usually do? Are you wanting to make large scale changes in your life because you are finding that you simply want to take a new path? You are not alone.

Some supportive foods to help you through this time:

Foods rich in essential fatty acids help support body systems such as our cardiovascular and neurological. They are essential in managing inflammation and I suggest them when people are struggling with depression and anxiety, as well as for those who are sleep deprived. Eating various seeds and nuts, as well as fish, can help calm a heightened nervous system down when it’s in overdrive. Some examples of cold water fish (high in EFAs) are salmon and mackerel. Vegetar-

ian sources of EFAs are flax, walnuts, hemp, avocados.

When working through grief, such as the loss of a loved one or a relationship, foods high in EFAs will certainly be beneficial. Also foods rich in B Vitamins and Folic acid can help with emotions. B Vitamins are found in many foods—i.e. meat, poultry, brewers’ yeast, wheat germ. Folate is plentiful in whole grains and dark leafy greens.

For those who are overwhelmed easily and feel more vulnerable to their surroundings, I suggest strengthening your energy field with foods that nourish the earth element. Root vegetables grow under the soil, hence their capability of absorbing more nutrients. Yams, carrots, turnips etc, are immune-boosting and disease-fighting—and in my experience, also help strengthen one’s energy field to make it less susceptible to external energies.

And for those who are struggling with upper respiratory issues and allergies, whether caused by an environmental toxin, viral, bacterial, or another allergen source, I usually recommend foods that will help alleviate the heat from the liver and lungs. Dark leafy greens are my favorite. They are considered superfoods by many, as they are packed with phytonutrients, vitamins and minerals, which can be depleted as the body fights illness and inflammation. These leafy vegetables are a rich source of magnesium, potassium and iron to name a few. The phytonutrients protect cells from free radicals and are immune boosters. I also recommend berries such as blueberries which are high in antioxidants, and gogi berries which are used in Chinese medicine to clear heat and promote liver and lung health among many other things.

I have given only a few examples above, but if you begin to cultivate a relationship with food, you will find that what you eat can help you overcome many obstacles. I always recommend, if possible, to buy local, organic, grass-fed and sustainable. Try eating your way to health—and enjoy! ✨

Medical intuitive and author **Laura Aversano** presents workshops at the A.R.E. NY Center on **Medical Intuition: Group Readings & Healing for Spiritual, Ancestral and Physical Repatterning**. See our website for her next events. For more about Laura, visit <http://lauraaversano.com>.

# My River of Time *by Linda Sugrue Mellor*

## **A Lesson About Love from 18th Century Prussia**

*In previous issues of TOD, Linda shared dream-visions of her soul's journey through a life as an American pioneer—then, chronologically, lives in Atlantis, Egypt, Persia, Greece, Jerusalem, Iron Age Britain, India, Medieval Ireland and Renaissance Spain.*

*Her story continues with a lifetime in 18th Center Prussia.*



My dream-vision begins in an established town in Prussia. I believe the time period is early 1700s. The main road is cobbled and runs from east to west on the north side of the town green. The local inn faces south overlooking the green. The owner of the inn runs a trading business and general store besides offering lodging and food for weary travelers. He's a gruff man, standing five feet ten inches tall with a strong, barrel-chested build. He has the strength of two men for I've seen him lift 200 pound barrels off the end of a supply wagon. His face is broad and somewhat flat with small eyes. He's clean shaven with a chiseled jaw line and a crop of white-blond hair. I recognize his spirit as a man I know in this lifetime.

I sense I'm a respected Councilwoman in the town, with self-sustaining wealth inherited from my parents. People consider me an exotic. My father was Russian and my mother Chinese. I have Asian features like my mother with straight black hair that flows down to my waist. I'm close to six feet tall and slender like my father. Somehow I know my age to be in my thirties.

A scullery woman who works at the inn has asked me to mediate on behalf of her illegitimate children. The inn's owner is the father. She wants me to promote a marriage between him and herself, to legitimize their offspring. She asks me to come to the inn after the

evening meal. I agree to come but promise nothing.

It's winter and the night air has a bone-gnawing chill. It's begun to snow as I arrive at the inn, driving my own hack. I'm wearing a full-length deep red, hooded cape lined with mink. As I enter the inn I have to duck slightly to clear the door frame. The scullery maid and a female co-worker greet me and thank me for coming. They move off to the kitchen, located to my right in front of the building, to finish cleaning up the remainder of the evening meal. I recognize their spirits as two women who are close friends in this lifetime.

The inn is lighted with oil lamps and candles. A massive fireplace is on the far wall across the main room. It heats the room adequately. The mantle is shoulder height and the opening is wide enough to take six foot logs. There is a turning spit for roasting meat that can support a full dressed deer.

The owner is sitting in a wingback chair smoking a pipe at the right of the fireplace. Behind him stands his oldest son, age twelve. On his knee sits his younger son, age six. These are the living children of the scullery maid. There were four pregnancies but two of the babies died in infancy. A few travelers using the inn are sitting around conversing and having an after dinner brandy and a smoke.

*(My River of Time continues on page 9)*



## A Soul's Way . . . to overcome is to heal

If my enemy could only see the truth  
of misguided feelings and efforts.  
If my enemy could but know her truth  
is sufficient only to her and no one else.  
If my enemy would dream another dream  
where she is not the center of the world.  
If my enemy healed her misconceptions,  
the wiring in her head,  
the mismanagement of her heart.  
If my enemy realized her faults  
are mere reflections of mine  
serving me well by exposing burdensome wounds  
so my healing causes my enemy  
to disappear.

by Lawrence J. Krips

From  
Lawrence J. Krips'  
book,  
*A Soul's Way*,  
available from  
Amazon in print and  
CD format.  
Contact him at  
[illuminationcoaching  
@aol.com](mailto:illuminationcoaching@aol.com)



### *(My River of Time, Prussia, continued from p. 8)*

I approach the innkeeper with the purpose of convincing him it would be in his best interests and the best interests of his living heirs if they were legitimized through marriage. As bastards, the

children have neither rights nor a future, and would be left destitute if something happened to him. His other living relatives would have first claim to his properties and money.

At first he scoffed at the idea, and then became angry because he didn't want to marry the scullery maid. I continued to point out the benefits of claiming his sons as his rightful heirs through the marriage. They would be able to work with him in his enterprises and eventually take over the businesses. He'd have them to care for him in his dotage. After much persuasion he agreed to the marriage because as harsh as he was, he loved his sons.

As I stated earlier, I've known these people in this lifetime. They are still working out their karmic drama—

living together then breaking up, living together again, breaking up again—but staying connected. Thankfully, they've had no children together this time. The woman and her friend tried to enlist me again to persuade the man to marry her in this lifetime. I don't believe you can force someone to love you. I declined to get involved and stepped away.

Unfortunately, too many couples go through this type of scenario through many lifetimes. I've known several couples with very similar, if not the same, issues. I've found that no matter what, one or both of the parties redirect their anger toward me for not taking sides. It still doesn't change my stance of non-involvement... The old adage is, "You're damned if you do and damned if you don't." I'll stick with "Don't!" ✨

*Linda Sugrue Mellor is a long-time student of the Cayce readings and the Bible. Her series of extraordinary past-life recollections, My River of Time, continues in the next issue of The Open Door.*



# THE REVELATION STUDY GROUP

by Elyse Curtis, Ph.D.



On March 24, 1930 Edgar Cayce gave a reading (2501-6) for a 20-year old girl with thyroid deficiency who was suffering from a severe case of nervous instability. He recommended that it would be very good if the doctor would read the Biblical book of *The Revelation* and understand it especially in reference to that body.

Three years later, members of the Norfolk (Virginia) Study Group #1 began taking a series of readings on *The Revelation*.

In all, Edgar Cayce gave twenty-three readings on *The Revelation* over a ten-year period 1933-1943 in the #281 series (Reading numbers 281-16-63). The first four years were on *The Revelation* text and the next six years were on the glands.

Following the prime directive of the organization to research the work, members of the first New York A.R.E. affiliate Center in the Chelsea area of Manhattan, which included **Nell Clairmonte** and **Shane Miller**, began a seven-year study of the twenty-three Revelation readings. The results were first published in a loose-leaf folder as *A Commentary on the Book of The Revelation Based on a Study of Twenty-Four Psychic Discourses by Edgar Cayce*—and later published by A.R.E. Press.

In the evolutionary process, Shane Miller produced a series of slides based on the “Commentary,” **Edward Irion** began a study group at A.R.E. Headquarters and wrote a book—and I began a study group at the early version of the A.R.E. Center on 16<sup>th</sup> Street that studied the *Commentary*.

When that early A.R.E. Center moved to 35<sup>th</sup> Street, I moved into the space it had previously occupied on 16<sup>th</sup> Street. There I “received” a musical on *The Revelation*,

including thirty-five songs, in three days accompanied by a “blue light,” and wrote a booklet, *Ballad of the Revelation* that explained *The Revelation* in verse. I also “received” a system of worship, Revelation Theology, in 1971, which became the foundation of my ministry many years later, and began another study group at the second A.R.E. affiliate Center on 28<sup>th</sup> Street as a spiritual outreach part of Science of Light, a Transpersonal Arts organization I created after receiving my MA degree at Atlantic University. (Atlantic University is an accredited University affiliated with the national A.R.E.)

**The Revelation Study Group** resumed meeting at the Center on 30<sup>th</sup> Street as an A.R.E. Study Group because of a vivid dream I had in which I was told to plant a tree for Nell and a tree for Shane, both of whom worked on the “Commentary” and were the first and second Directors of the early New York Center before moving to the Beach.

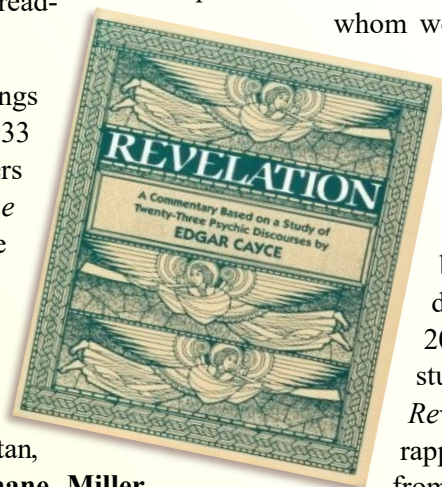
Sadly, the great research contribution of the first NY A.R.E. was discontinued by the ARE Press in 2008. Happily, it is replaced in our study group by the *Ballad of the Revelation*, which the group has fun rapping as they follow the injunction from the readings on this most

difficult book of the Bible:

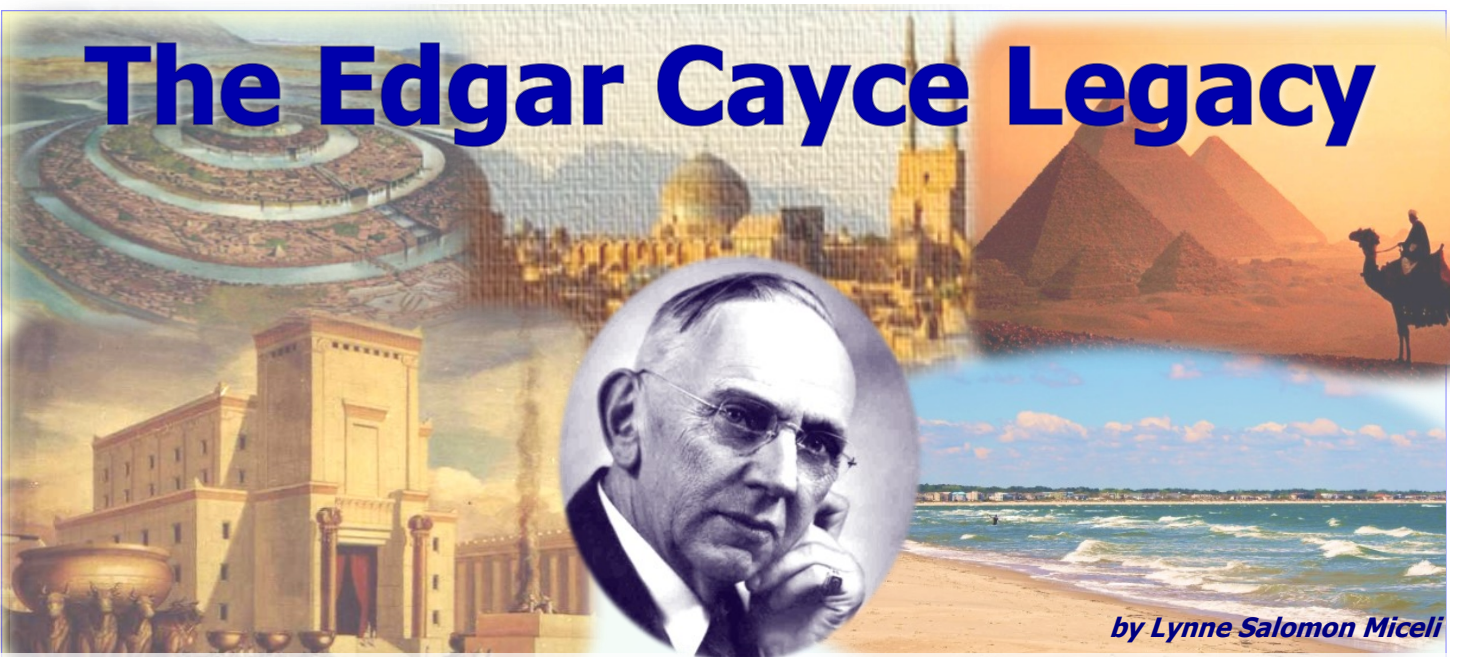
“For if you will read the Book of Revelation with the idea of the body as the interpretation, you will understand yourself and learn to really analyze, psychoanalyze, mentally analyze others. But you will have to learn to apply it in self first.” (Reading 4083-001)

**The Revelation Study Group** now meets at the A.R.E. NY Center, Saturdays at 7 pm, followed by Science of Light Transpersonal Arts. ✨

*Parts of this article were excerpted from an article by Elyse Curtis, Ph.D. published in Venture Inward Magazine Nov/Dec. 1996, ©Copyright 2006, Elyse Curtis, Used by permission.*



# The Edgar Cayce Legacy



by Lynne Salomon Miceli

Pictured above, left to right: Atlantis; Persia; Egypt; The Temple of Solomon in Israel; Edgar Cayce; Virginia Beach, site of the present A.R.E. international Headquarters.

## Angels, Archangels & Spirit Guides

*This series explores the key concepts, activities and individuals that comprise the Cayce Legacy—ancient and contemporary.*

*“Be not weary in well-doing. Be not unmindful that He hath given His angels charge concerning thee, and thy angel is ever before His face. Love ye the Lord and His ways.”*

— Edgar Cayce Reading 307-17

Angels appear often in the Edgar Cayce readings, sometimes as a topic of the text and, at other times, as the messenger imparting the information.

It seems clear from the readings that angels were created as a different kind of being from humanity. We do not become angels when we “cross over.”

“...Man was made a little lower than the angels,” says Cayce Reading 900-16, “Yet with that power to become one with God, while the angel remains the angel.”

Reading 792-1 puts it this way: “...He hath made thee a little lower than the angels, yet at no time hath He said to the angel, ‘Sit thou on my right side.’” The gist is that human beings, although created lower than the angels, have the capacity to grow spiritually to be companions and co-creators with God—and in fact to transform into something more glorious than an angel.

Although some readings make it clear that angels and humans were created with different potentials and destinies, the distinction between angels and human souls on the “other side” is sometimes blurry when the readings discuss guardian angels.

The good news is that we all have a guardian angel (perhaps more than one)—but as is sometimes the

case, the readings raise as many questions as they answer about our guardians and guides.

In reading 1646-1, the seeker asked if the guardian angel was a healing force. The Source responded: “The guardian angel—that is the companion of each soul as it enters into a material experience—is ever an influence for the keeping of that attunement between creative energies or forces of the soul-entity AND health, life, light and immortality. Thus, to be sure, it is a portion of that influence for HEALING forces.”

The same seeker asked, “Is it through the guardian angel that God speaks to the individual?” The answer was more complex than a simple “Yes”:

“As the guardian influence or angel is ever before the face of the Father, through same may that influence ever speak, but only by the...attunement to that which is thy ideal. What then is thy ideal?...Yes, through thy angel, through thy SELF that IS the angel does the self speak with thy ideal!”

So when we attune ourselves to a spiritual Ideal—an important concept in the Cayce readings—we are better able to receive the guidance of our guardian angel—but

*(Angels, Archangels & Spirit Guides continues on p. 12)*



***(Angels, Archangels & Spirit Guides, continued from p. 11)***

here and in other readings, Cayce speaks of the guardian angel **as an aspect of self**.

Reading 2533-4 says: “...*Thine own angel of thyself, what thou hast been, stands ever as the evidence of thy consciousness,*

*thy awareness, thy presence in the throne of the Father.*”

Perhaps what Cayce often calls our guardian angel is what we now call our Higher Self—that aspect of our soul-self that has never left the “throne of the Father” (not a physical, material throne but a metaphor for a state of consciousness). This aspect of ourselves recalls all we have been, in this lifetime and others.

We have other guides as well. Reading 405-1 states “*The guardian angel for this entity (as may be termed) is that one, Aruel, who stood with Marcellus at the Cross.*” In this case, Aruel was a person the seeker had known intimately in a previous lifetime.

Reading 933-1 advised the seeker to seek understanding of others through music “...*and have as thy guiding force or guardian angel Saint Cecilia.*” Functioning like angels, these human souls who Cayce described guiding from “the other side” are probably what we call “spirit guides,” though Cayce did not use that term for them.

About guardian angels, Reading 2533-4 also states, “*thy Brother, thy Representative, thy Friend, stands ever ready to intercede for thee.*” This refers to Jesus, who Cayce often called our “Elder Brother.” What a reassuring thought!

Other angels mentioned in the readings—or who “came through” in the readings—were clearly not human, but “all angel.” The readings confirm that the Archangel Gabriel appeared at the temple of the Essenes at Mt. Carmel to demonstrate that Mary, a child at the time, was chosen to be the mother of the Messiah. Gabriel visited Mary again in the home of her cousin Elizabeth to announce Mary’s pregnancy, and also came to Joseph “at the time of their union.”

A mysterious and controversial angel who spoke through Cayce in some readings was Halaliel. The best-known message from Halaliel described cataclysmic Earth Changes that seemed to be imminent. Whether this information was simply mistaken, the timing was off, or the events had been mitigated by a change of consciousness in humanity, these events did not come to

pass at the time. Although described by the readings as a high source, Halaliel was evidently not the highest or most appropriate source, because the original Search For God group eventually chose not to continue to work with him. Later readings affirmed that they chose correctly. We’ll come back to Halaliel and the Earth Changes readings in a future column.

The most dramatic and transformative angelic messages to come through Edgar Cayce were those given by the Archangel Michael.

Michael identified himself when he spoke through Cayce, as “The Lord of the Way.” Reading 262-28 explained that while the Christ IS the way, “*Michael is the lord or the guard of the change that comes in every soul that seeks the way.*”

When a seeker asked if a being named *Azul* (sometimes said to be a fallen angel or demon) could be contacted through Cayce, the Source responded that this was not possible: “*There are barriers between this body [Cayce] and Azul,*” the Source said—and immediately Michael came through with a stern message that “*there is NONE that surpasses the Son of Man in His approach to HUMAN experience in the material world!*” (Reading 2897-4) Edgar Cayce was under the protection of the Lord of the Way.

When Michael spoke, usually beginning his message with, “*BOW THINE HEADS, YE CHILDREN OF MEN,*” those present felt an overwhelming energy in the room. Dishes could be heard rattling in the kitchen racks from the intense vibration. Tears flowed freely. The message could be inspiring and comforting—or a severe reprimand—but it always inspired awe.

Although the angels who came through in the readings sometimes identified themselves—and despite the awe they inspired—the readings discouraged focusing on the angels themselves.

One seeker who repeatedly asked for information about the identities of Cayce’s guides was sternly told that, “*These are all but messengers of the Most High,*” and that they were “*directed by the Lord of lords, the King of kings.*” (Reading 254-83)

Our focus then, is not meant to be on the messenger—no matter how beautiful and awesome a messenger might be—but on the message, and *on our relationship with the Source* from whom the message comes.

It is our amazing privilege and birthright to have a direct relationship with the Most High, whom the angels serve. Why settle for anything less? ✨



by Carol Schneider

# Staying Well this Winter Without the Flu Shot

For many of us in the natural healing community, there is already much compelling information that keeps us from getting any kind of vaccine. At this time of year, this particularly applies to the Flu Shot, with its reported failure rate, and for some, reportedly dire consequences.

If you're not already familiar with the issues concerning flu vaccinations, here are some things to consider when making your decisions:

According to the Centers for Disease Control and Prevention (CDC), in 2004-05 the flu vaccine was 10% effective and between 2005 and 2015 it was less than 50% effective more than 50% of the time. This year, the CDC is *not* recommending the attenuated (live) Flu Mist due to its failure to protect children for three years in a row.

According to an NBC report, Flu Mist may have contributed to more cases of flu infection than it prevented. A fundamental flaw with live vaccines is that the virus can shed and infect others around you for months after vaccination. This can affect the elderly and other severely immunosuppressed persons. Reporting on a study by the National Institutes of Health in 2005, the *Journal of American Medicine* wrote "Not only did the flu vaccine do nothing to prevent deaths from influenza among seniors, but flu mortality rates increased as a greater percentage of seniors received the shot."

Alternative medicine proponent and osteopathic physician **Dr. Joseph Mercola** says flu shots received for the five previous years compromise the effectiveness of vaccines given currently.

Besides the issues of efficacy and spreading of infection, there is the issue of vaccines reportedly causing harm. According to **Gary Null**, alternative medicine advocate and radio personality (The Toxic Science of Flu Vaccines, Progressive Radio Network, Oct. 31, 2016), victims of the various flu vaccines are living with incurable conditions such as paralysis from Guillain-Barre Syndrome, acute allergic reactions, asthma, pericarditis, congenital, genet-

ic and mitochondrial disorders, meningitis, brain injury and other conditions.

The vaccine "adjuvants," chemicals usually used to lengthen shelf life, are often the primary culprits of the adverse reactions—not the engineered antigen (the substance that causes your immune system to produce antibodies).



Taking the downsides of flu vaccines into account, my decision *for myself* is that a week in bed with the flu is a risk I'm prepared to take.

**What are some natural options?** Whether or not you choose to have the flu shot, there are natural options to help you avoid the flu—or recover speedily.

For flu or cold, **Edgar Cayce** suggested drinking plenty of liquids (especially hot) and "alkalinizing" with a teaspoon of baking soda in 6-8 ounces of water every hour until the cold backs off.

Have lots of citrus fruits. Sip grapefruit juice with a whole lemon squeezed into it (or eat the whole grapefruit), or orange juice with lime. Grapefruit is preferred to orange as being more effective.

Drink black coffee to help the adrenals produce hydrocortisone, which rids the body of inflammation. Stevia wasn't available in Cayce's day, but if you like your coffee sweetened, it's a healthy option now.

Also now available is 1% hydrocortisone cream. You can rub one teaspoon into your skin every 1-2 hours if you lack energy and feel achy. Achiness will be gone in 20 minutes.

Adrenal glands love vitamin C and utilize this vitamin more than any other organ. Stories of healing with Vitamin C abound in **Linus Pauling's** *Vitamin C and the Common Cold*. Further suggestions and testimonials about Vitamin C can be found in **Andrew Saul's** *Be*

*(Staying Well this Winter continues on page 14)*

*Your Own Doctor.* **Dr. Gary Null's** choice for Vitamin C is ascorbyl palmitate, because it is alkaline, whereas regular Vitamin C is ascorbic acid. If you get a cold or flu, remember they are caused by a virus, so do not take antibiotics (which are only for bacteria) as they will weaken the immune system.

In 2010 it was discovered that NAC (N-acetyl cysteine) provided significant protection against H5N1 influenza (bird flu), and seasonal flu as well. **Dr. Silvio de Flora** cites a large study of older high-risk adults who took 600 mg of NAC 2x daily for six months. Only 25% experienced (low-level) flu-like symptoms, compared with 79% in the placebo group who had full-blown flu. He recommends everyone use 600 mg of NAC 2x daily during the winter months.

Interestingly, every hospital emergency room stocks NAC as an antidote for acetaminophen (Tylenol) poisoning. De Flora says few natural substances appear to fight colds and flu as effectively as NAC. I take the regular dose of 600 mg daily to clear out liver toxicity—as it is vital that we assist in emptying out the trash so it doesn't back up and cause conditions we don't want.

At the first sign of cold or flu, remarkable results can occur within twelve to fourteen hours with a few drops of 3% Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>) into each ear, (as the flu breeding process can begin in the ears—sometimes with an infection in just one ear). Hydrogen Peroxide starts working within two to three minutes in killing the flu or cold; there will be some bubbling as it works, and mild stinging can occur. After this subsides (five to ten minutes) roll over and drain the H<sub>2</sub>O<sub>2</sub> into a tissue and repeat in the other ear. To cure the flu you'll need to repeat this process **2+ times at 1-2 hours apart** until no more bubbling occurs.

You can also kick infection out with oil of wild oregano, goldenseal, echinacea, olive leaf extract and vitamin C (as ascorbyl palmitate). If your vitamin D3 levels are not optimal (at least 50-70 or 70-100 if you have heart disease or cancer), use at least 5000 units. (Also vitamin K2 pushes D into bones and tissues where needed).

Zinc lozenges are soothing and helpful and more effective than capsules (but use capsules if you still have amalgam fillings in your teeth). If you have a fever, consider that a moderate fever helps rev up the immune system to get rid of the virus sooner. If your immune system is strong and healthy, you might decide not to treat a

fever up to 102 degrees. Aspirin or Tylenol can be useful in treating higher fevers. (Call a doctor if the fever persists—or for any fever in an infant under three months.)

**What should we eat when we are sick?** Mostly fruit, vegetables and...chicken soup! **Dr. Steven Reynard's** research on chicken soup found it clears up congestion, eases the flow of nasal secretions and inhibits white blood cells from producing phlegm. Dr. Mercola suggests homemade chicken soup, as chicken contains cysteine, a natural amino acid which thins the mucus in the lungs making it easy to expel. He recommends including spices, as they water down respiratory fluids.

Blend raw parsley, carrots and garlic and add them to your soup at the end to save their potency. Every vegetable in the soup delivers healing. Onions and garlic are antibiotic; bay leaf lowers sugar, seaweed is mucilaginous and stimulates white blood cells and the iodine in seaweed is probiotic for your gut flora. How delicious and comforting!



**Bone Broth—a healing food**

Even better is Bone Broth, (where the chicken carcass is cooked for 12–24 hours) according to Dr. Mercola—as it is one of the most healing of all foods, containing all the bone minerals in an easy-to-absorb form, as well as the material from cartilage and tendons broken down. This is the stuff that's in the expensive

supplements we go out and buy for osteoporosis, arthritis and joint pain.

Finally, NO processed foods. NO dairy products. NO eggs. NO meat—NO sugar, starch or nutrient-empty white flour products. All of these create a lot of mucus for virus germs to thrive in.

**May you have a Happy and Healthy flu-free 2017!! ☀**

*For recipes, google Bone Broth Dr. Mercola, or Dr Reynard's Chicken Soup recipe.*

*Information in this article came from Dr. Gary Null's The Toxic Science of Flu Vaccines (10/2016), Dr. Majid Ali, Corinne Furnari, P.A. and host of WBAI 99.5 fm's "Take Charge of Your Health," Dr. Joseph Mercola.*

**Editor's Note: We offer this article for your consideration. It is NOT intended to replace the advice and recommendations of your primary physician. If you have concerns about vaccinations, we suggest you discuss this information with your primary physician, ask questions, do additional research and make informed decisions about your care with your medical practitioner.**

*(We Welcome Three New Practitioners,  
continued from p. 2)*

based on the work of a British doctor, **Sir Peter Guy Manners**, an extraordinary pioneer in the field of sound healing. Through his research, Dr. Manners determined that each body part or organ resonates to a specific frequency. He realized the potential uses of this information in the treatment of disease and, working with other doctors, he compiled data on how sound could be effective as a healing modality he eventually called **Cymatic Therapy**.

After Manners passed away in 2009, two of his students continued the work separately, further developing and teaching the method. Their two modalities came to be called **Sonotherapy** and **Cymasonic Healing**. Asuka is a Master Cymasonic Therapist and an Advanced Sonotherapist. As far as we know, she is the only practitioner of these modalities in NYC.

**What happens in a session of Sonotherapy or Cymasonic Healing?** With the client lying comfortably on a massage table, Asuka first does a “Sound Scan,” by “applying” a sound to determine the client’s condition by the response to the sound from the client’s body and energy field. Then she selects and applies appropriate sounds and light from thousands of options—to adjust the client’s bodily condition, chakras and overall energy field. Sound/Vibrational therapy can benefit a wide variety of conditions including allergies and inflammation, sprains and injuries, back pain, circulatory problems, digestive disorders, headaches, hearing and vision problems, obesity, respiratory problems, subtle energy field balance and much more.

A total energetic tune-up session with Asuka takes 120 minutes. Her fee for this service is \$250. Contact Asuka at **646-801-5127** or e-mail her at [asuka@cymasonic.net](mailto:asuka@cymasonic.net). To learn more about Sonotherapy and Cymatic Therapy, visit [www.sonotherapy.com](http://www.sonotherapy.com) and [cymasonic.net](http://cymasonic.net).



**Jo LaVerne Pearson** is a **Reiki and Energy Medicine Healer, Axiatonal Therapist, Intuitive Reader and Hypnotist.**

She is a practitioner of Reiki, Energy Medicine, and *Axiatonal Therapy*—an energy healing modality administered along the *axiatonal meridians* in the *etheric body*. The etheric body

surrounds the whole body, linking the physical body with other subtle bodies and serving as a matrix for physical growth. The etheric body’s axiatonal meridians are a blueprint for the physical structure of the body and resemble the meridians in the physical body. Axiatonal Therapy helps correct imbalances of energy and remove blockages in the flow of energy thus preventing dis-ease on the physical level.

Jo LaVerne offers psychic/intuitive readings outlining past, present, and future life influences, as well as your life purpose and direction. She also does Hypnosis/Hypnotherapy for counterproductive thought pattern re-programming and offers Past Life Regression services.

Additionally, Jo LaVerne offers *Transformational Coaching* and *21st Century Leadership* services to help you fulfill your potential and live your ideal life.

Both programs are based on a Seven Levels of Self model she has developed over thirty years of study, professional and personal experience. “I have found through my own process and working with many people,” she says, “that living as a whole, healthy, authentic individual is achieved through the development, balance, and integration of seven core areas that support life as a human Being.” **Transformational Coaching** and **21<sup>st</sup> Century Leadership** differ from traditional models in that they work with a holistic approach, addressing the whole person, mind, body, and spirit.

Jo LaVerne has both an MBA and a Masters in Metaphysical Science. The latter was earned at the University of Metaphysics/University of Sedona, where Jo LaVerne is currently working on a Doctorate in Metaphysical Science. She has also completed coursework toward a PhD in Counseling Psychology. Before moving to New York, Jo LaVerne had a successful practice in Sedona, Arizona, for over six years—offering her varied services to a global clientele.

Fees for Jo LaVerne’s services are:

**Psychic/Intuitive Readings:** 15 minutes - \$45; 30 minutes - \$75; 1 hr.- \$125

**Energy Healing:** 1 hr, includes psychic reading - \$100

**Hypnosis/Hypnotherapy:** \$65

**Past Life Regression :** 2 hrs, includes healing treatments-\$200.

We are delighted to welcome these three new practitioners! More information and testimonials about their practices can be found on our website [www.edgarcaycenyc.org](http://www.edgarcaycenyc.org) under Wellness Services/Spiritual and Energy Healers. Future issues of *The Open Door* will carry in-depth articles on each of these practitioners and their intriguing modalities. ✨

# Transitions...

In this section, we share life events of our Community members—births, deaths, marriages, adoptions, graduations, ordinations, books published & other milestones:



Our congratulations to **Linda Mellor** and her family on the births of her twin grandchildren, **Henry** and **Josephine** in September, '16. Linda is the author of the series *My River of Time*, for *The Open Door*.

*Welcome to Planet Earth*, dear Henry

and Josephine! Blessings to you and your whole family!



Congratulations also to **Nya Gregor Fleron** on the publication of her book *Staying Happy: Personal Happiness Through Movement and Love*, in November, 2016. Nya is A.R.E. NY's Web and Print Designer.

Her self-help book is meant to give uplifting insights into what personal happiness is and suggests practices you can use to uncover your own happy self and dismantle those self-destructive patterns that stop you from enjoying your life. The book can be purchased through Amazon.com. Nya is also the author of the novel *Kali's Gift*—read more about it at [kalisgift.com](http://kalisgift.com).

Nya donated half the proceeds of her book for the month of December to our New York Edgar Cayce Center. *Many thanks, Nya!*

*“...Let thy light so shine that others might take HOPE, by the good ye accomplish in thy dealings with others! Be a light, then, to others—in darkness, in sorrow. For, if ye save a soul from sorrow, from shame, ye have covered a multitude of sins. Learn what that means in thy experience!”*

— Edgar Cayce Reading 2185-1

Medium and Psychic, **Karen Rose Slember**, moved to Sarasota, Florida on December 15th.



Karen described her feelings on moving this way: “A mix of excitement to start a new adventure and some sadness to be leaving so many people I love. I'll be serving Spirit by teaching Mediumship

and Metaphysical courses in Sarasota as well as offering private reading sessions. For my northeast clients, I will be doing Skype and phone readings.”

Karen taught classes in Mediumship and offered both private and gallery readings at our Center. She has donated several gallery reading events as fundraisers for the Center, most recently in November.

We wish you the very best in your new home, Karen Rose. You will be missed!



In the process of contacting the original **Founding Donors** who made it possible to open our 28th Street Center in 1997, we learned of the passing of the following Members who we remember with love and gratitude:

**Andelka Cek** - We found the following information: “*Andelka Cek, of Glendale, passed away on June 5th 2015 at 63 years of age. Born in Alibunar, Yugoslavia, Andelka was the beloved wife of the late Branko and loving mother of the late Vesna and Subrina Cek. Mrs. Cek was the dearest grandmother to her beautiful granddaughter, Natasa Saric. Andelka was a funny, humorous and headstrong lady who loved her garden, her girls... and was always right.*”

**Jean Horowitz** of Brooklyn, left the Earth plane on November 26, 2013 at the age of 91. Longtime members of the Center will recall Jean well as a regular participant in **Sunday Awakenings** in the 90s and 00s.

We have also learned of the passing of **Evelyn Masset** (9/5/30 - 12/20/13) of Valley Stream, and **Margaret E. Woods**, who left us in 2014.

Our love, thanks and blessings to the souls of all of these Community members. ☼



*(New Faces at Reception, continued from page 2)*

years in Hamburg, Germany. She taught students from elementary level to high school and did much of her teaching through the arts. She enjoyed working with multicultural students and students with disabilities.

Sabine used sabbatical time to travel extensively and take on projects such as developing a rescue center for wild animals in Costa Rica. She also had a career as an independent art agent, and curated many art exhibitions and performances in Hamburg. About her journey, Sabine says, “I always loved/needed nature, music, art, literature, movement, learning, cultures—for feeling balanced and happy. Now I am exploring the inner, spiritual world which fills me with joy and strength.”



**Sharonah Rapseik** loves being a “forever student” and loves all the classes and workshops offered by A.R.E. NY. She started volunteering in November and comes to our Center by way of more than 30 years in her career in the Fashion and Beauty professions—

including working as a make-up artist for film, TV, and fashion. Presently, she is the owner of SPA Holistica, a boutique skin care spa in New York City. Her passion there is helping women connect with their inner and outer beauty— *and* teaching women to connect with the awesome power of their own Feminine Intuition for fun, wellness, and freedom.

Sharonah is a board certified holistic health coach, licensed esthetician, certified aromatherapy specialist, ordained minister, intuitive reader, artist/designer, and Reiki Master. She is a graduate of Drexel University, The Institute of Integrative Nutrition, and Clayton College and can put the letters Ph.D after her name (although she rarely does). Her doctoral dissertation was entitled “Holistic Versus Conventional Skin Care.”

We are grateful to both of these impressive people for donating their time and efforts in the important role of Reception Volunteer.

Interested in volunteering? Contact **Maria Gutierrez** at [maria@edgarcayceny.org]. 🌟

**Thoughts and opinions expressed in this publication are not necessarily those of the Editor, of A.R.E. of N.Y. or the national A.R.E.**

## **ABOUT A.R.E. OF N.Y.:**

The Association for Research and Enlightenment of New York is a 501(c)(3) non-profit organization.

### **A.R.E. of N.Y. Edgar Cayce Center Ideal:**

**“To Manifest the Love of God  
in Service to Humanity.”**

**Our Mission:** *To offer the principles and information contained in the Edgar Cayce readings and related materials to all seekers as sources of spiritual growth, enlightenment and healing, and to support their application in our daily lives.*

### **The A.R.E. of New York Board of Trustees:**

**Chair,** Sylvia Chappell

**Vice Chair,** Anton Baraschi

**Secretary,** Kev O’Kane

**Treasurer,** Betty DeCandia

Lucas Boladian

Elizabeth Tombouliau

Harrison Klein

Lynne Salomon Miceli

Maureen St. Germain

### **Administrative Staff:**

**Operations Manager,** Maria Gutierrez

**Bookkeeper,** Kristan Roehrs

**Events Coordinator,** Tijana Cekic

**Bookstore Manager,** Amelia Darcy

**Bookstore Assistant,** Michelle Smith

**Web & Print Designer,** Nya Fleron

**Newsletter Editor,** Lynne Miceli

**E-newsletter Editor,** Sylvia Chappell

**Purchasing Agent,** Helen Mawn

### **Membership Services**

Elizabeth Tombouliau    Maria Rodriguez

Charles Davidson

Lynne Salomon Miceli

Catherine Outeiral

### **Abundance Raising Committee**

Lynne Salomon Miceli    Maria Gutierrez

Elizabeth Tombouliau

Harrison Klein

Sylvia Chappell

### **Operations Committee**

Sylvia Chappell

Nya Fleron

Maria Gutierrez

Helen Mawn

Kev O’Kane

Amelia Darcy

Tijana Cekic

Margarita Burke



**THE OPEN DOOR**  
Jan - Mar, 2017

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
NEW YORK, NY  
PERMIT NO. 8994

**A.R.E. OF NEW YORK EDGAR CAYCE CENTER**  
153 W. 27th St. Suite 702, Intercom 33  
New York, NY 10001  
212-691-7690 [www.edgarcaycenyc.org](http://www.edgarcaycenyc.org)  
Contact us: [info@edgarcaycenyc.org](mailto:info@edgarcaycenyc.org)

Subscribe to our free e-newsletter & Event Calendar for updates & specials at [www.edgarcaycenyc.org](http://www.edgarcaycenyc.org)



**Affiliate of the national Association  
for Research and Enlightenment**



FIND us on Facebook



TWEET us on Twitter @EdgarCayce\_ARE



MEET us on Meetup: Edgar Cayce's A.R.E. of New York

Come Celebrate  
Edgar Cayce's 140th Birthday!

with Bruce Baar presenting



**EDGAR CAYCE'S  
REMEDIES &  
HEALING  
METHODS —  
ASK THE EXPERT**

**Saturday, March 18<sup>th</sup>, 1 - 5pm**

Help us customize this program to *your* needs!

We'll be asking for feedback via Facebook about the conditions and remedies you most want to hear about.

Just respond with your requests!

For details, see story, p. 1. Discount coupon, p. 3

**AN INNER DIMENSION**

*"Darkness can not drive out darkness; only Light can do that. Hate can not drive out hate; only Love can do that."*

Dr. Martin Luther King

*(We welcome submissions of poetry and quotes for Inner Dimension.)*