



The Golden Gateway

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

Vol.XV111

A.R.E. Newsletter for the Northern California/Northern Nevada Region
Region webpage: www.caycegoldengate.com

Spring 2005

LIVING MEDICINE IN A LIVING WORLD

The annual summer conference will be held at the beautiful Asilomar Conference grounds on the Monterey Peninsula from Friday, July 15 thru Monday, July 18, and will feature Gladys McGarey, M.D., Analea McGarey, and Bruce Baar. Gladys, who has spoken at the A.R.E. Asilomar Conference dozens of times, is back by popular request. Analea and her 5 siblings grew up attending these Asilomar Retreats and she is the author of her mother's life story *Born To Heal*. We welcome Bruce Baar to our Region for the first time since his outstanding program in Vacaville in Jan. 2000.

The program, "Living Medicine in a Living World," will cover many aspects of health and healing, with a particular emphasis on energy medicine. The Edgar Cayce readings state that "All healing comes from one source," and make it clear that healing has to do with maintaining and activating the life force. Unless our primary focus is towards enhancing life rather than simply killing diseases, we will not really understand where healing comes from. This weekend workshop will focus on ways in which we can recognize and work with this life force in the process of living a more abundant life, and can understand that working with disease and pain is a part of living medicine.

In addition to exploring the many ways

living medicine can be applied to everyday life, Dr. Gladys will have recently returned from 3 months in Afghanistan, working with young women doctors in Kabul. She will share, in vivid pictures

and stories, her experience of living medicine in action on a global level, testament to the magnificence of the human spirit to be found everywhere.

Analea McGarey will offer insights into the importance of emotions and touch within the Living Medicine Paradigm. She will also lead a

community healing ritual that incorporates massage and visualization into a dream of peace and healing on a planetary scale.

Bruce Baar will address the origin of healing and how we can use it, as well as how we can slow the aging process. What was known 70 years ago about the healing powers of electricity and the human body is now considered a modern day discovery.

Bruce will look at the direction the Father of Holistic Medicine, Edgar Cayce, pointed us to and to its present day successful applications and discoveries. The secrets of these "new" therapies, and simple remedies that can be done at home can help where traditional medicine has no answer. From reducing stress to slowing the aging process these simple approaches to health can benefit everyone.

Gladys McGarey, M.D., is internation-

ally known for her pioneering work in holistic medicine, natural birthing, and the physician-patient partnership. She has practiced medicine for over fifty years, advocating a holistic approach to patient care through her worldwide lectures and writing. Her work through the Gladys Taylor McGarey Medical Foundation, Inc., has expanded the knowledge and application of holistic principles of medicine through scientific research and education within the medical profession and to the general public. Dr. McGarey co-founded the Scottsdale Holistic Medical Group, where she is a family physician.

Born and raised in India to American medical missionaries, she came to the United States at age sixteen. She was on the founding board of directors of the American Holistic Medical Association and served as its president from 1982-1984. Among the books she has authored is *The Physician Within You*.

Analea McGarey is a Registered Physical Therapist who, for the past

30 years, has been practicing natural, holistic physical therapy in and around the Sonoma and San Francisco Bay Area. She received her degree in 1971 from the School of Allied Health Sciences at the University of Texas Medical Branch in Galveston, Texas. She has had a private physical therapy practice in Glen Ellen since 1978, focusing on massage and the Cayce philosophy of healing. Analea has taught classes in Marin County for the new School of Massage; in Tucson, Arizona for the Desert Institute of the Healing Arts; at The Asilomar Conference

see page 7



Analea & Dr. Gladys McGarey



Bruce Baar

SYNCHRONICITY, GUIDANCE, AND CO-CREATIVITY



**Mark Thurston &
Mary Elizabeth Lynch**

complement to the law of cause and effect.

Your life is deeply influenced by this connecting, ordering principle that is constantly at work to help you find your way in life. This course will teach how to recognize and work with synchronicity and guidance—all in the context of an ideal that you set for your life and the spiritual laws of co-creativity and manifestation. This one-day course will explain how synchronicity can be used to help point the way toward a more balanced and purposeful life; a multiple step process for creating positive change in your life—a process that engages your ideals, the recognition of synchronicity for guidance, creative responses to the obstacles that arise when you apply the guidance, and the final co-creation (with the Spirit) of new elements in your life; as well as practical steps for how to work with spiritual guidance tools, such as the *I Ching*.

The course is designed to help you make spiritual principles and spiritual laws more immediately practical in your daily life challenges.

Mark Thurston, Ph.D. is an educator, psychologist, and author of eighteen books about spirituality and holistic living, including *Synchronicity As Spiritual Guidance* (A.R.E. Press), and his most recent publication *The Essential Edgar Cayce* (Tarcher/Penguin). He has worked with A.R.E. and Atlantic University since 1973 and is currently Director of Academic Affairs for A.U., where he also teaches courses about dream

Mark Thurston and his wife, Mary Elizabeth Lynch, will be the featured speakers at the HQ-sponsored program “Synchronicity, Guidance, and Co-Creativity” to be held Saturday, April 30 in San Jose.

Synchronicity holds a key for us to unlock the guidance that we need to shape our lives in new directions. It is the principle of “meaningful coincidence,” as Carl Jung defined it decades ago. In fact, synchronicity is at the heart of guidance methods that have been used for thousands of years. It is a spiritual law - the

psychology, life purpose, and comparative spiritual philosophies. Other book publications include *Spirituality for Busy People*, *The Edgar Cayce Handbook for Creating Your Future* (co-author), and *Discovering Your Soul's Purpose*.

Mary Elizabeth Lynch, M.A., J.D., is an educator, attorney/mediator, and conflict transformation specialist. Academically trained in philosophy and law, she maintained a private legal practice in family law and employment law for many years before transforming her career to work with mediation, peacebuilding and conflict transformation. Her teaching and training work includes courses for Atlantic University, where she also serves as chairperson of the faculty. Mary Elizabeth is also a co-founder and current president of the Personal Transformation and Courage Institute, a non-profit educational organization that offers in-depth, small group intensive courses for individuals in life transition. She and Mark have been married for twenty-four years and they have two college-age children.

The program will be held at the Divine Science Community Center, 1540 Hicks Ave., in San Jose. Flyers will be mailed in March or call Grethe Tedrick (510-234-0415) after April 1 for a copy.

EDGAR CAYCE OF THE AKASHIC RECORDS AND RELATIONSHIPS

Reno will be the setting for a HQ - sponsored program on “Edgar Cayce On The Akashic Records and Relationships” presented by Kevin Todeschi on Sat., May 21.

For more than twenty-five years, Kevin Todeschi has made an in-depth study of the Edgar Cayce readings, especially as it relates to soul growth and personal development. His book on the Akashic Records describes how, rather than being simply a record of the past, the universe’s “super-computer system” is actually an interactive source of information that draws experiences and relationships to individuals for their own soul development. This program promises to explore fascinating insights into this information. The program will provide opportunities to glimpse your own Akashic Record and discover a probable past life, insights into your present experiences, and a potential future for you right now; learn how potentially every individual in your life can assist you in becoming a better person; discover what’s at work that causes individuals to perceive

one another very differently. (For example, why does the person I like least of all still have people who love him or her, and why do people I love have their own challenging relationships?); and take part in an intuition game - one that can provide insights into any imaginable question you might have.

The program also features an in-depth look at the subject of soul mates from the

Cayce files and how these relationships are drawn to us in ways oftentimes surprisingly different than that imagined by contemporary society.

Kevin Todeschi is a spokesperson and a director for the Association for Research and Enlightenment. (A.R.E.), the educational organization founded by Edgar Cayce in 1931. He is also editor-in-chief of the organization’s membership magazine, *Venture Inward*. As both student and teacher of the Edgar Cayce material for thirty years, he has lectured on five continents in front of thousands of individuals. A prolific writer he is the author of twenty books, including *Edgar Cayce on Soul Mates*, *Edgar Cayce on the Akashic Records*, and *Mythic Troy: the Complete Story*. He is currently working on a book dealing with family karma.

A nationally recognized resource on the interpretation of dreams and symbols, Kevin has taught hundreds of students the art of dream interpretation.

In addition Kevin writes a weekly dream interpretation column for www.edgarcayce.org. Kevin often interprets dreams “live” on the air. He has also been featured on numerous media programs, including The Art Bell Show and he has been interviewed about dreams by such personalities as Shirley MacLaine.

One focus of Kevin’s work is to assist individuals in seeing how they are very much responsible for bringing about the New Age of enlightenment promised by the Aquarian Age. Known for his ability to explain complex subjects in a straight forward and easy to understand manner, Kevin is popular for his insight and his sense of humor. He lives in Virginia with his wife, Mary, and their son, Tyler.

The program will take place at the Unity Ministry of Reno, 2207 Kings Row, Reno, NV. Flyers will be mailed in April, or call Grethe Tedrick (510-234-0415) after May 1 for a copy.



Kevin Todeschi

TO BE NOTED

Key Ingredients. Vital to the functioning of the Region are two important volunteer jobs which need filling. Please do some soul searching to determine if one of them may be your opportunity to be of service while enjoying greater involvement with our local A.R.E. family.

Cheryl Taufa, who has done such an enthusiastic job as **Bookstore Manager**, needs to move on to other things. Fortunately the books and health products are in good order in their rather charming Point Richmond location and can be easily accessed. Book sales at programs are an important source of revenue for the Region as well as providing a broad range of Cayce-based information to our attendees. The Bookstore Manager is compensated by a 30% discount on her/his purchases as well as free tuition at events. A reasonably strong back is a requirement. For more information please call Grethe Tedrick (510-234-0415) or Cheryl Taufa (510-222-5419).

After years of loving supervision of the Asilomar Youth Camp **Darlene Pratt** and **Wade Skeels** are leaving that post. Wade will continue his leadership of the Pigeon Point Lighthouse Youth Retreat immediately following the July Asilomar Conference (see page 7). Experienced Asilomar counselors are available to assist a new **Camp Director** whose room-and-board and tuition at Asilomar are all covered by the Camp Fund. Working with young people in this setting is a deeply enriching experience. For more details please call Grethe Tedrick (510-234-0415). or Wade Skeels (510-290-8752).

Want an Easier Job?! Available to the Region for programs at a minimum cost are two excellent locations in **San Jose** and **Corte Madera**. However volunteers are needed in both places to set up and take down chairs and tables immediately before and after events. If you might be able to help in either location please contact: in San Jose, Margie and Lowell Gresham (408-978-8882 or margie2444@yahoo.com); for Corte Madera, Grethe Tedrick (510-234-0415). Thanks for lending a hand!

Local Author. Coming from A.R.E. Press in June will be a new Cayce-based book entitled *The Alkalizing Diet* by **Istvan Fazekas**. Istvan took on this project which was begun by his mentor Ed Rocks before Ed's untimely death in April 2004.

The Beautiful Dreamer, The Oscar Nomination committee viewed 80 films for the award in the documentary category. *The Beautiful Dreamer* landed number 13. Director of "The Sound of Music". Robert Wise, was correct when he predicted this film would make it into the top 15 of the documentary Oscar nomination list. Unfortunately, this year the Oscar Nomination Committee cut the list off at # 12. "The Beautiful Dreamer" missed it by one slot.

Nevertheless, receiving such a high rank out of the 80 films submitted still says that this is one of the best 2004 documentaries. The films that did make it into the top 12 were made by major studios and had a lot of money behind their promotions. *The Beautiful Dreamer* had no politics and no money behind it and still made it high up on the list all on its own merits. Surely the story of Edgar Cayce's life also had a lot to do with it.

This is the film shown by **Sidney Kirkpatrick** at the November Asilomar Conference to wild acclaim.

More Help Needed. Plans are under way for our A.R.E. Booth (102c) at the **San Francisco New Living Expo** to be held Fri., April 22 thru Sun., April 24. Staffing the booth for a few hours is definitely part of the fun. To find out more call **Sue Hayes** at 415-383-5368 or email suehayes44@yahoo.com

A.R.E. Expo Speaker. A featured speaker at the New Living Expo in San Francisco will be **Jim Dixon**, currently a staff member in Virginia Beach. Jim has been actively involved in the work of the A.R.E. since 1956. His talk on "Reincarnation, Karma, and Grace" will be presented on Sat., April 23 at 5:00 pm in room 5, Jim will also spend time in the A.R.E. Booth, a great opportunity to interact with him.



Jim Dixon

See calendar for Jim's Sacramento dates.

Tsunami!!! Things were tense at Laura Moe's house until she heard from her daughter Kirsten on Dec. 28 that she had survived the Dec. 26 Tsunami. Kirsten and her husband Mark Kindermann are living in the town of Phuket in Thailand where they run a cafe/bakery shop and Kirsten teaches yoga. Kirsten's descriptions of the initial trauma and subsequent recovery efforts are fascinating and you can request that her emails be forwarded to you by emailing Laura at kyrosprod@aol.com. Kirsten is eager to be of help and is compiling a list of local people for whom a small amount of money would make a big difference, and who are not otherwise being helped. The wide range of needs includes everything from food to replacing fishing boats. Anyone wishing to make a more personal donation to Tsunami relief can do so by sending a check to Laura Moe at 88 Santa Maria Drive, Novato CA 94947. Laura has found that the most expeditious method to forward money to Kirsten is thru her American Express card. Kirsten has been very moved by the outpouring of support for her neighbors already received—surely a part of the healing process.

Longtime Members, Region members listed in 'Venture Inward' Nov./Dec. 2004 included Ken Broman (since 1952), Dorothy Olson and Lillian Bennett (since 1956), Bob Segbarth, Eileen Rue (now in Carlsbad (since 1957), Herb Buss (since 1958), and Ed Edwards (now in Kingman AZ(since 1959), what a contribution they have made over the years.

A New Feature. Some study group disciplines are too good not to share. You and your study group are invited to send your favorite(s) to the editor*, perhaps including a bit about why it was particularly meaningful to you.

Here's one suggested by **Robert Hendrickson** to the **El Cerrito Study Group** during the tense times in the fall: "Pray daily that the United States fulfill its highest purpose." That's one we can all continue to apply.

*Grethe Tedrick, 348 Western Drive, Point Richmond CA 94801

CALENDAR

Date/Location	Event/Time	Speakers	Contact/Telephone
FEBRUARY 2005			
Sat., Feb. 12 POINT RICHMOND	Core Team Meeting 9:00 am - 4:00 pm		Grethe Tedrick 510-234-0415
Fri., Feb. 18 VACAVILLE	PRIVATE HEALING SESSIONS 9:00 am - 1:30 pm	Julie Hilt	Julie Hilt 707-469-6272
Sat., Feb. 19 POINT RICHMOND	PRIVATE HEALING SESSIONS 9:00 am - 5:00 pm	Grayland Hilt	Grethe Tedrick 510-234-0415
Sun., Feb. 20 WALNUT CREEK	SUNDAY AFTERNOON SERIES "The Hidden Mysticism of the 'A Search For God' material" 1:30 - 4:30 pm	Istvan Fazekas	Amber Cliff 925-679-1908
MARCH 2005			
Sun., March 6 WALNUT CREEK	SUNDAY AFTERNOON SERIES " Removing Inner Road Blocks to Christ Consciousness" 1:30 - 4:30 pm	Bob Trowbridge	Amber Cliff 925-679-1908
Sat., March 19 SANTA ROSA	"Removing Blocks to Spiritual Growth"	Bob Trowbridge	Loraine Landwehr 707-928-4692 loraine43@webtv.net
APRIL 2005			
Fri., April 1 - Sun., April 3 BURLINGAME	MERCY CENTER RETREAT "Sound Recipes: Creating Your Environment in the 21st. Century Through Music and Sound"	Laura Moe Karyn Kleinman	Nancy Malon 707-823-3603 nancylorraine@comcast.net
Sat., April 9 - Tues., April 12 POINT RICHMOND	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm	MALCOLM SMITH	Grethe Tedrick 510-234-0415
Wed., April 20 SACRAMENTO CHRIST UNITY CHURCH	EDGAR CAYCE ON REINCARNATION KARMA AND GRACE 7 - 9 pm	JIM DIXON	Nancy Hilton 916-368-3958
Fri., April 22 - Sun., April 24 SAN FRANCISCO	NEW LIVING EXPO A.R.E. BOOTH		Sue Hayes 415-383-5368 suehayes44@yahoo.com
Sat., April 23 SAN FRANCISCO	NEW LIVING EXPO EDGAR CAYCE ON REINCARNATION KARMA AND GRACE 5:00 - 6:00 pm	JIM DIXON	Grethe Tedrick 510-234-0415
Sun. April 24 SACRAMENTO CHRIST UNITY CHURCH	EDGAR CAYCE ON UNIVERSAL LAWS 1:00 - 4:00 pm	JIM DIXON	Nancy Hilton 916-368-3958

Date/Location	Event/Time	Speakers	Contact/Telephone
Sat., April 30 SAN JOSE	SYNCHRONICITY AS SPIRITUAL GUIDANCE 9:30 am - 5:00 pm	MARK THURSTON MARY ELIZABETH LYNCH	HQ 888-273-0020 Margie&Lowell Gresham 408-978-8882 margie2444@yahoo.com
Sat., May 7 POINT RICHMOND	CORE TEAM MEETING 9:00 am- 4:00 pm		Grethe Tedrick 510-234-0415
Sat., May 21 RENO NV	EDGAR CAYCE ON THE AKASHIC RECORDS AND RELATIONSHIPS 9:00 am - 5:00 pm	KEVIN TODESCHI	HQ 888-273-0020 Martin&Barbara Snodgrass 775-884-4141
Thurs., May 26 - Sun., May 29 POINT RICHMOND	PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm	MALCOLM SMITH	Grethe Tedrick 510-234-0415
JUNE 2005			
Tues., June 21 - Fri., June 24 VIRGINIA BEACH, VA	ANNUAL A.R.E. CONGRESS and YOUTH CONGRESS		HQ 888-273-0020 Grethe Tedrick 510-234-0415
JULY 2005			
Fri., July 15 - Mon., July 18 PACIFIC GROVE	LIVING MEDICINE IN A LIVING WORLD	GLADYS McGAREY MD ANALEA McGAREY BRUCE BAAR	Bonnie Suddarth 707-545-2716 bsudd@saber.net
Mon., July 18 - Sat., July 23	PIGEON POINT YOUTH CAMP		Wade Skeels 510-290-8752 skeels@pacbell.com
AUGUST 2005			
Sat., Aug.6 MILLBRAE	Psychic/Holistic Health Fair 10:00 am - 4:00 pm		Sue Hayes 415-383-5368 suehayes44@yahoo.com
Sat., Aug. 13 POINT RICHMOND	Core Team Meeting 9:00 am - 4:00 pm		Grethe Tedrick 510-234-0415
Sun., Aug. 21 MERCY CENTER BURLINGAME	“Sound Recipes:II” pre-requisite: April Retreat 9:00 am - 5:00 pm	Laura Moe Karyn Kleinman	Nancy Malon 707-823-3603 nancylorraine@comcast.net
SEPTEMBER			
Sat., Sept. 24 SAN JOSE	“THE REVELATION: A SECRET MAP TO ENLIGHTENMENT” 9:00 am - 5:00 pm	JOHN VANAUKEN	Margie & Lowell Gresham 408-978-8882 margie 2444@yahoo.com
NOVEMBER			
Fri., Nov. 11 - Sun., Nov. 13	ASILOMAR RETREAT		Bonnie Suddarth 707-545-2716 bsudd@saber.net

HEALING APPOINTMENTS WITH THE HILTS



Grayland & Julie Hilt

When Malcolm had to cancel his December appointments because of the sudden death of his son Karl, Julie and Grayland Hilt agreed to take some of his appointments. Julie did sessions in their home in Vacaville and Grayland in Point Richmond. Those who received the healings were enthusiastic about their experi-

ence.

Julie will again offer spirit healing sessions at her home in Vacaville on Friday Feb. 18 from 9:00am - 1:30 pm. For appointments call Julie at 707-469-6272.

Grayland will be in Point Richmond on Saturday Feb. 19. from 9:00 am - 5:00 pm. Those appointments can be made by calling Grethe Tedrick at 510-234-0415.

The Hilts are also available for sessions at their home in Vacaville, or for distance healings, at other times by pre-arrangement. Call 707-469-6272.

THE HEALING HILTS

Grayland and Julie Hilt are well known throughout the Northern California/Northern Nevada Region for their remarkable healing abilities. Although the Hilts have presented numerous workshops for the A.R.E., their *A Journey Toward Healing* program has been so popular that they have presented it eight times in various locations throughout the Region.

Grayland and Julie trained and developed their remarkable healing gifts in England. They have conducted private healing sessions for well over ten years throughout England, Guam and the US, and have lectured extensively throughout the same.

Julie Hilt, C. Ht. is a graduate of the Eastern Institute of Hypnotherapy and holds a B.S. in Metaphysics. Grayland holds a B.S. in Human Services. Julie and Grayland have been active members of the World Federation of Healing (WFH) since 1996 and are two of only a handful of certified member trainers in America. Julie currently serves as a trustee for the WFH.

Although they have conducted private healing sessions throughout the Region, the Hilts have a dedicated healing room in their home. As a result, the spiritual energy has built up to such a degree that it is felt as soon as one enters. They frequently get requests from people who simply wish to remain in the healing room to absorb the powerful Presence.

Those seeking spiritual healing from Grayland and Julie have experienced everything from spontaneous healings to spiritual upliftment. The Hilts have worked with a wide variety of clients to include amputees, cancer patients, people with muscle degenerative diseases, heart conditions, and brain tumors. Not all of their clients have physical manifestations; many are seeking spiritual clarity, and or emotional and mental healing to better cope with the pressures of daily life.

The Hilts frequently donate their time to the A.R.E. in a variety of ways. They have been longtime supporters of the Cayce work and believe in empowering those who seek their services, as opposed to creating a dependency. The Hilts work to restore the balance of power within the individual so that each may have a greater quality of life.



Malcolm Smith

**MALCOLM SMITH
SPIRIT HEALING
APPOINTMENTS :**
April 9-12 and May 26-29

Continuing his pattern of returning to California every other month, Malcolm Smith will again offer private spiritual healing appointments in our Region in April and May.

With the reduction in his days here, all of

Malcolm's sessions will take place in Point Richmond at the home of Grethe Tedrick.

Appointments for Sat., April 9 - Tues., April 12 and or Thurs., May 26 - Sun., May 29 may be made by calling Grethe at 510-234-0415. The charge for the 30 minute private spirit-healing appointments is \$70. Please make your check for \$ 70 per person to: N. Calif./N. Nev. Region A.R.E. and mail to Grethe Tedrick, 348 Western Drive and Casey, Point Richmond 94801. Mail no later than 14 days before your appointment, or call 510-234-0415. Your check will be held until after your appointment occurs. Please arrive promptly as appointments are scheduled back-to-back.

Tapes of Malcolm's public presentation in San Jose on July 28, 2000 are available from Allan Van Lehn. Contact Allan at 925-373-9621 or email avanlehn@comcast.net.

WHO IS MALCOLM SMITH?

For over 20 years Malcolm Smith's incredible healing gifts have relieved pain, suffering, and disease for thousands of people. Known as "an ordinary man with an extraordinary gift", Malcolm discovered his healing ability through a spiritualist medium who told him he had "healing hands". When he expressed doubt the medium told him to put his hands on his wife, Catherine, who suffered from a chronic, painful kidney ailment. When he did her pain went completely away and has never returned.

A native of Yorkshire, England, Malcolm's unique gift has restored sight and hearing, cured cancer and other debilitating diseases. The list of problems presented to Malcolm include virtually every physical, emotional, mental, and spiritual condition a person could suffer. "God does the healing, not me," says Malcolm.

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

*"It's not about killing off a disease, it's about growing a whole, well person."
Dr Gladys T. McGarey M.D.*

from page 1

Center for the A.R.E. Family Camp Program and at A.R.E. Headquarters in Virginia Beach, VA. She co-founded Jupiter Hollow, a private school for massage, in 1979 and was both Co-Director and Head Instructor of 10 years. The focus of her work has been the integration and balance of the physical, emotional and spiritual aspects of each individual and how this relates to their personal health. She is the author of *Born to Heal*, the compelling life story of her mother, Dr. Gladys Taylor McGarey.

Bruce Baar has a Masters Degree in Health. He is also finishing his Doctorate in Naturopathy. Bruce worked in the medical industry for 18 years and during that time interacted with the major clinical laboratories and medical research facilities through out the USA. He has studied and interpreted the Cayce health information for over 30 years. Inspired by the Father of Holistic Medicine and with his experience in the medical field,

Bruce created an enterprise that today brings these two worlds together. He has assembled a team of individuals, to make available a wide variety of products and systems to anyone who wishes to take control of their own health.

The usual Asilomar Youth Camp will run concurrently with the adult program and will be followed by the second Pigeon Point Lighthouse Camp Mon., July 18 - Sat., July 23. For details see below. More details will be found in the Asilomar flyer due out in March to A.R.E. Members and some others in California, Nevada, and Arizona. For extra copies call Grethe Tedrick at 510-234-0415.

As usual it promises to be a very special experience in the beautiful, peaceful Asilomar setting. Do come and share in a closer sense of community with others of like mind. You can expect to return home inspired and refreshed.



PIGEON POINT LIGHTHOUSE A.R.E. YOUTH SUMMER CAMP 2005

by Wade Skeels, Camp Director, Middletown and Abe Hopkins

Our first annual youth camp was an overwhelming success. In just one week, 25 kids and staff had the times of their lives and became a family. 2005 will be even better. Here's why you should do whatever you can to send your kids to Pigeon Point Camp this summer.

Imagine the majestic setting of summer camp at a real lighthouse on the cliffs overlooking the Pacific Ocean. Then imagine a magical retreat where joy and cooperation relax our hearts, allowing us to express who we really are: loving, thoughtful and empowered children of the Great Spirit.

Our highly experienced and trained staff provide a balance of activities designed to integrate the mind, body and spirit of each and every person in our camp family. Coming from the honored traditions of Asilomar, and brought to us by the life of Edgar Cayce, our campers favorite activities include: yoga classes, massage training, treasure hunt-"high-energy, spooky, cooperation, drumming and belly dancing, delicious organic meals and homemade ice cream, teamwork in preparing meals, Tai Chi and Chi Qung, soccer and sports on the beach, bonfires on the beach, beach clean-up, cozy wood burning stove, spontaneous outbreaks of music, friendship bracelets made in arts and crafts, day hike into nearby redwood forest, improved ability to socialize with other people.

To make next years camp even better we are going to offer more sports on the beach, familiar music, and new friends.

Some comments from last years campers:

"Dude it was awesome, you've got to go! Honestly it was an amazing experience. It was humbling for how I perceive normal everyday life. It makes me respect what I have." Chris Vantress (Camper, 17).

"Very loving people that are totally accepting of the way we all are." Nathalie Tedrick (Camper, 17).



"You'll build a close-knit community within hours of meeting them. Its like deja-vu of heaven. It sounds impossible but it's true." Jakob Tedrick (Camper, 14).

"The people I meet at camp are different than any other people on earth. I can put my hair up in weird braids and they still love me for it." Angie Griffen (Camper, 16). In a comment to Angie Chris says "Still love you, we love you more for it."

"When is nap time again?" Wade Skeels (Camp Director, 39).

"The A.R.E. summer camp is one of those unforgettable events in life that make all the rest of it worthwhile. Give yourself, or someone you love, the gift of the best that life has to offer. Go to camp. Scholarships are available. But don't wait, because we have limited space and you don't want to be left behind while everyone else is having a great time at Pigeon Point Lighthouse!

Look for more Camp information and registration coming this spring.

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

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

IT'S RENEWAL TIME

by Grethe Tedrick, Point Richmond

To help make our Region more self-supporting A.R.E. members are asked to donate \$10.00 per year for the Newsletter. We also make the Newsletter available to interested nonmembers for \$10.00. Non-members do not otherwise receive a copy.

Most of the work to produce the Newsletter is donated, but printing and mailing costs are considerable. If all A.R.E. members donated annually the Newsletter costs would be covered.

To make your donation, please fill out the form below.

Make out your check for \$10.00 to Northern California/Northern Nevada Region (A.R.E.), and mail to:

Meg Linden, Treasurer

P.O. Box 309, Point Reyes Station, CA 94956

“THE GOLDEN GATEWAY” DONATION/SUBSCRIPTION FOR 2005

Name _____ A.R.E. Member? _____

Street/Mailing Address _____

City, State, ZIP Code _____

Telephone Number(s) _____

email _____