



The Golden Gateway

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

THE DIVINE CODE OF CREATION

by Maridel Barr

Please join us for our 51st annual fall Asilomar retreat, "The Divine Code of Creation", which will be held November 14-16 at the conference grounds at Asilomar on the Monterey Peninsula. We are very excited to have New York Times best selling author Gregg Braden and Nancy Eubel, a former Executive Director of the ARE, as our speakers this year. Gregg will open our retreat on Friday night with a multi-media presentation on "The Divine Matrix: Shattering the Paradigm of False Limits."



Gregg Braden

A growing body of scientific evidence is leading to an inescapable conclusion that everything from the healing of our bodies to the peace of our world is based upon a simple code — a heart-based code that we may learn to upgrade by choice.

To tap the force of this code, we must understand how it works and speak the language that it recognizes. For more than 22 years, Gregg Braden, a former senior aerospace computer systems designer has searched for the understanding to do just that. From the remote monasteries of Egypt, Peru and Tibet, to the forgotten texts that were hidden by the early Christian Church, the secret of the Divine Matrix was left in the coded language of our most cherished traditions.

Once you understand the language of this code, you can successfully change our own Reality. Gregg

will lead us through 20 codes of Belief, which enable us to consciously create our worlds. Learn to use the power of the divine Matrix to bring peace, love and light to your life and the world.



Nancy Eubel

Nancy Eubel is a popular workshop leader, ARE tour leader and ARE egroup mentor. She will lead us on a quest to apply the practical spirituality of "The Cayce Code" to our lives. The Cayce readings state "Spirit is the Life, Mind is the builder, Physical is the result." Nancy will teach us to activate this code and transform our relationships by changing our thoughts. What are you attracting into your life right now? Learn to attract those people who will support you in your life's journey.

The final key to the Cayce Code unlocks the door to an abundant life. Multiply your blessings many times over through the act of sharing. Nancy will show us how to lift our vibrations and align ourselves to produce more positive outcomes in all our endeavors — material and spiritual alike.

Give yourself the gift of a weekend retreat that will inspire you and transform your life. Brochures will be mailed out the first week of August. For more information or to print out registration forms to mail in with your payment go to www.caycegoldengate.org or contact Maridel Barr at 415-924-7566. A program for youth aged 15-21 will also be offered. Contact Jenny Moe at Moegal@yahoo.com or Alisha Keller at alishakeller@gmail.com.

CALIFORNIA/NEVADA REGIONS MERGING

by Julie Hilt, Region Coordinator,
Vacaville, CA

It gives me the greatest pleasure to announce the merger of the Northern California/Northern Nevada and the Pacific Southwest Regions. At present the legal documents are in the process of being filed with the State of California and more information will be forthcoming as we near completion of the human side of the merger.

Rainer Maria Rilke wrote that future enters into us in order to transform us, long before it happens. The future certainly entered into my predecessor, Grethe Tedrick, 20 years ago when she was inspired to form the

years ago when I had a dream where Edgar Cayce spoke through my throat chakra. Little did I know that the future would provide me with the honor of serving as the coordinator for the Northern Region, and now the newly merging ARE of California and Nevada.

Breaking ground on a West Coast Center begins in consciousness as we break and turn the soil of the comfortable, freeing the dynamic energy that lies beneath the surface. Opening ourselves to the positive power in change, we plant the seed in faith, trusting the Creator will bring about the growth.

Change is inevitable with growth as we cannot contain the increased consciousness of God in the



Julie Hilt

creased capacity for outreach and our ARE presence will be enlarged easily through love of the Work and love for one another.

How can you partner with us to manifest amazing outcomes? The practical steps that we can take in this process are;

- Pray, meditate, visualize, and affirm the ARE of California and Nevada's expanded prosperity and service to mankind, bringing Peace to all.

- Introduce a friend to the work of the ARE. Expose them to an opportunity to learn, heal, regenerate and prosper as they grow in consciousness through the wisdom contained in the Readings.

- Contribute to this work in time, talent and treasure. Make a commitment and pledge as freely as you've received.

- Join one of the many Region area teams and serve in whatever capacity you're able.

- Study the work of the Readings to expand your spiritual nature and raise your consciousness.

- Be the first to reach out to someone you meet at a program but have yet to know. Welcome and embrace all who are drawn to this Work.

- Start locally but think globally.

- Serve where you are.



PACIFIC SOUTHWEST CORE TEAM

(see page 7)

left to right,

back row: **Keith Johnson, Dorothea Smothermon, Wilma Jackson, Sara Hoff**

front row: **Maureen Stimson, Kelly Johnson, Rummy Deksyms**

Northern California/Northern Nevada Region, and start fund-raising for a West Coast center. Transforming not only herself but the thousands of people who have been exposed to the Edgar Cayce legacy by our having a presence on the West Coast.

The future entered into me 7

old container. Expansion is a reflection of our expanded consciousness. Mind is the builder!

I would like to invite you to partner with the California/Nevada leadership in prayer and action. In doing so we will create an amazing outcome of expanded service, in-

TO BE NOTED

California to Congress. Our Region was well represented at ARE Congress in June by Region Coordinator **Julie Hilt**, meeting with the other Coordinators, and a housefull of just-for-fun attendees: **Nancy and Doug Hilton, Meg Linden, Marianne Splenda, Donna and Ron Sturm** and **Grethe Tedrick**. A good time was had by all, and plans are already brewing for next June's gathering.

Do You Remember Gladys Davis? A plea was made at Congress for those who had personal experience with **Edgar Cayce's** secretary, **Gladys Davis Turner Witmore**, to participate in an anthology of memories of and tributes to her. Gladys extended her duties as archivist and coordinator of all pertinent records for over 41 years after Edgar and **Gertrude Cayce's** deaths in 1945, keeping the records alive for the benefit of seekers of Truth. Her graciousness and warmth added to her dedication to the mission she shared with Edgar Cayce as twin souls thru eons of effort for humanity's enlightenment. To contribute to her anthology please contact **Micki Kluge** (mickluge@gmail.com) 757-427-5552. This is an opportunity to fully honor this inspiring woman.

Local Honors. The smiling face behind the bookstore cash register at Region programs, **Ginny Winblad**, was named teacher of the year for her school district at a ceremonial dinner in April. Her boss said she was the epitome of "still waters run deep," that she does everything 100% and is always willing to go the extra mile. Her fellow kindergarten teachers describe Ginny as kind, patient, fair, and uncomplaining. And we are reminded of how lucky we are that she volunteers for the ARE!

WHO IS BETTY RILEY?

Betty Riley is an Intuitive, Spiritual Awareness Consultant who has been working with Spirit for over 40 years. As a practicing intuitive, her readings touch on every aspect of a person's life. Known for her perception and ability, some have referred to her as the Irma Bombeck of the Metaphysical world! She is the author of "A Veil Too Thin: Reincarnation Out of Control."

Her program, "Astrology and Relationships" will be held on Saturday, October 4 at Unity Church of the Valley in Vacaville.

Betty will be available for private readings on October 3rd, 5th, and 6th. To register for the program or to book an appointment for a private reading call Carol Kumpu 707-435-1888 c.kumpu@aol.com. (see page 4)



Helen Ruth Schroeder

IN MEMORIAM: HELEN RUTH SCHROEDER

12-16-24—7-16-08

by Grethe Tedrick, Point Richmond, CA

Helen Ruth Schroeder, one of the giants in the ARE work, left the earth plane on July 16 in Scottsdale where she had lived in recent years. The memorial service is being held in Anaheim, her home for most of her life. Her garage there was reknowned for it's Cayce focus: a big work table in the center where teaching aids were created by the Wednesday morning volunteers, and with metaphysical books carefully organized there and throughout the house.

In 1963 Hugh Lynn Cayce asked Helen Ruth to create a youth camp at the annual Asilomar conference. She directed this camp and taught classes there for many years. With one of the counselors, David Stipes, she created the cartoon video "Many Happy Returns", still a delightful introduction to reincarnation for both children and adults.

Helen Ruth's passions were the information in the Cayce Readings and "A Search For God" Study Group work. She shared this passion and her lifelong research thru lectures and workshops throughout the country, and thru starting study groups in Southern California.

Helen Ruth initiated the Pacific Southwest Region and served as its Region Coordinator for many years.

When Helen Ruth spoke we listened. Her wisdom gleaned from years of study of the Bible and the Cayce Readings, and from living their truths, made her observations well worth attending to. One of her favorite quotes was "A half truth is worse than a whole lie for it deceiveth even the soul."

Her life was one of joy and service.

The night before he had even met her, Grayland Hilt was awakened at 4:00 am with the words "Helen Ruth walks with Jesus." Those words epitomize her life.

CALENDAR

| Date/Location | Event/Time | Speakers | Contact/Telephone |
|---|---|---------------------------------|---|
| AUGUST 2008 | | | |
| Fri., Aug. 8 - Sat., Aug. 30 Thurs.- Sat. 8:00 pm Sun.,-7:00 pm SAN FRANCISCO | “ THE BALLAD OF EDGAR CAYCE” (A Blue Grass Operetta) A Traveling Jewish Theatre 470 Florida Street | GARY AYLESWORTH PETER NEWTON | Tickets: 415-831-1943 |
| Sat., Aug. 9 WALNUT CREEK | CORE TEAM MEETING 9:30 am - 3:30 pm | | Pat Lange 530-753-3543 |
| SEPTEMBER 2008 | | | |
| Sat., Sept.6 SAN JOSE | “ANCIENT WISDOM FOR MODERN TIMES” | ISTVAN FAZEKAS | Lowell&Margie Gresham 408-978-8882 A.R.E. 888-273-0020 |
| Sat., Sept. 6- Sun., Sept.7 CONCORD CA | PRIVATE HEALING SESSIONS 9:00 am - 9:00pm (see page 6) | MALCOLM SMITH | Linda&Jim Mahoney 925-672-7721 |
| Mon., Sept. 8 - Tues., Sept. 9 POINT RICHMOND | PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6) | MALCOLM SMITH | Grethe Tedrick 510-234-0415 |
| Thurs., Sept 11- Sun., Sept. 14 SANTA MONICA | PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6) | MALCOLM SMITH | Wilma Jackson 310-829-1425 |
| OCTOBER 2008 | | | |
| Sat., Oct. 4 VACAVILLE | “ASTROLOGY AND RELATIONSHIPS” | BETTY RILEY | Carol Kumpu 707-435-1888 c.kumpu@aol.com |
| Fri., Oct. 3, Sun., Oct 5, and Mon., Oct. 6 FAIRFIELD | PRIVATE READINGS | BETTY RILEY | Carol Kumpu 707-435-1888 c.kumpu@aol.com |
| Sat., Oct. 18 WALNUT CREEK | CORE TEAM MEETING 9:30 am - 3:30 pm | | Pat Lange 530-753-3543 |
| Sat., Oct. 25 SACRAMENTO | "PSYCHIC INTELLIGENCE — TAPPING YOUR SOUL'S WISDOM" 9:00 am - 5:00 pm | LINDA SCHILLER— HANNA | confregistrar@edgarcayce.com HQ 888-273-0020 Nancy Hilton 916-363-8751 |
| NOVEMBER 2008 | | | |

| Date/Location | Event/Time | Speakers | Contact/Telephone |
|--|--|-----------------------------|---|
| Fri., Nov. 14- Sun., Nov. 16 MONTEREY PENINSULA | ASILOMAR RETREAT "THE DIVINE CODE OF CREATION" (see page 1) | GREGG BRADEN NANCY EUBEL | Registrar , Debbie Dvornik 707-528-7102 deblmd@hotmail.com Youth , Jennie Moe moegal@yahoo.com Alisha Keller 916-602-5300 |
| Sat., Nov. 15- Sun., Nov. 16 CONCORD CA | PRIVATE HEALING SESSIONS 9:00 am - 9:00pm (see page 6) | MALCOLM SMITH | Linda&Jim Mahoney 925-672-7721 |
| Mon., Nov. 17- Tues., Nov. 18 POINT RICHMOND | PRIVATE HEALING SESSIONS 9:00 am - 9:00 pm (see page 6) | MALCOLM SMITH | Grethe Tedrick 510-234-0415 |
| Thurs., Nov. 20 - Sun., Nov. 23 SANTA MONICA | HEALING SESSIONS (see page 6) | MALCOLM SMITH | Wilma Jackson 310-829-1425 |

JANUARY 2009

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|-------------------------------|---|----------------|---|
| Sat., Jan. 17 SACRAMENTO | "EDGAR CAYCE ON THE AKASHIC RECORDS AND RELATIONSHIPS" | KEVIN TODESCHI | confregistrar@edgarcayce.com HQ 888-273-0020 Nancy Hilton 916-363-8751 |
| Sat., Jan. 10 WALNUT CREEK | CORE TEAM MEETING 9:30 AM - 3:30 PM | | Pat Lange 530-753-3543 |

FEBRUARY 2009

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|-----------------------------|---|------------------------------|--|
| Sat., Feb. 21 SACRAMENTO | "THE PSYCHIC AND THE MEDIUM" 9:00 am - 4:00 pm | DONNA STURM JOHN DEVERAUS | |
|-----------------------------|---|------------------------------|--|

APRIL 2009

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| Fri Sat., April 17 - Sun., April 19 BURLINGAME | MERCY CENTER RETREAT "THE LIGHT OF CONSCIOUSNESS: EDGAR CAYCE, MEDITATION AND THE EVOLUTION OF THE MIND" | JUDITH PENNINGTON | Julie Hilt 707-451-7466 juliehilt@caycegoldengate.org |
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JUNE 2009

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| Sun., June 21 - Thurs., June 25 VIRGINIA BEACH | A.R.E. INTERNATIONAL MEMBERS CONGRESS/ A.R.E. YOUTH CONGRESS | | confregistrar@edgarcayce.com HQ 888-273-0020 Nancy Hilton 916-363-8751 |
|--|--|--|---|

JULY 2009

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|---|------------------------------------|------------------------------|---|
| Wed., July 8 - Sun., July 12 MONTEREY PENINSULA | ASILOMAR RETREAT AND YOUTH CAMP | KEVIN TODESCHI MARY ROACH | Registrar , Debbie Dvornik 707-528-7102 deblmd@hotmail.com Youth , Jennie Moe moegal@Yahoo.com Alisha Keller 916-602-5300 |
|---|------------------------------------|------------------------------|---|

*For updates on events see the Region website www.caycegoldengate.org
Deadline for Winter Issue: Oct. 15, 2008.*



Malcolm Smith

WHO IS MALCOLM SMITH?

For over 20 years Malcolm Smith's incredible healing gifts have relieved pain, suffering, and disease for thousands of people. Known as "an ordinary man with an extraordinary gift",

Malcolm discovered his healing ability through a spiritualist medium who told him he had "healing hands". When he expressed doubt the medium told him to put his hands on his wife, Kathleen, who suffered from a chronic, painful kidney ailment. When he did, her pain went completely away and has never returned.

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

Sometimes the healing he gives results in instant cures. More often several sessions over several weeks are required for results to manifest physically. He has restored sight and hearing, cured "incurable" diseases, including cancer, and changed hundreds of lives. He emphasizes that slow progress is the norm and spiritual healing should not replace orthodox medical treatment. Malcolm will be offering 30-minute private healing sessions. Many A.R.E. Members in New York, Detroit, Chicago, and Houston, as well as California, have already benefited from Malcolm's healing gift and prayers.

MALCOLM SMITH SPIRIT HEALING

APPOINTMENTS: Sept. 6-9 and Nov. 15 - 18

Malcolm Smith will again offer private spiritual healing appointments in our Region in Sept. and Nov.

Concord appointments can be made by calling Linda and Jim Mahoney at 925-672-7721. Those dates are Sat. Sept. 6 and Sun., Sept. 7, and Sat. Nov 15 - Sun., Nov. 16.

Call Grethe Tedrick at 510-234-0415 for Point Richmond appointments on Mon., Sept. 8 and Tues., Sept. 9., and Mon., Nov. 17 - Tues., Nov. 18.

The charge for the 30-minute private spirit-healing appointments, is \$75. Please make your check for \$75 per person to: N. Calif./N. Nev. Region A.R.E. and send to Grethe Tedrick, 348 Western Drive and Casey, Point Richmond 94801 for Point Richmond appointments, or: Linda and Jim Mahoney, 5508 Michigan Blvd., Concord CA 94521, for Concord healing sessions.

Mail no later than 14 days before your appointment occurs. Please arrive promptly as appointments are scheduled back-to-back. There will be a charge for appointments cancelled or broken without 24 hours advance notice.



Grayland and Julie Hilt

THE HEALING HILTS

A reminder that Julie and Grayland Hilt are also available for spirit healing at their home in Vacaville, where they have a dedicated healing room, or for distance healing, by pre-arrangement. Call them at 707-469-6272.

MALCOLM IN SANTA MONICA AND SCOTTSDALE

by Grethe Tedrick, Point Richmond, CA

With the merging of the Northern California/Northern Nevada Region with the Pacific Southwest Region "The Golden Gateway" will begin to include ARE events and activities taking place in Southern California and Southern Nevada.

Malcolm Smith is offering healing sessions in Santa Monica from Thursday, Sept. 11 thru Sunday, Sept. 14, and also from Thursday, Nov. 20 thru Sunday, Nov. 23. To book an appointment call Wilma Jackson at 310-829-1425. Arrangements and schedules are the same as in Concord and Point Richmond.

Malcolm's only other current healing sessions in the west are in Scottsdale, AZ, from Tues., Sept. 2 thru Thurs., Sept. 4, and Tues., Nov. 11 thru Thurs., Nov. 13. The contact person is Lynn Carlucci (480-661-8000.)

Malcolm will return to the area as usual in 2009, approximately every 2 1/2 months.

LET US VENTURE INWARD

by Linda Goldey, Concord, CA "A Course In Miracles" Study Group

The linear mind is not short of ideas as to the end point of an endeavor with a spiritual group, but when there is surrender to Spirit, the venture inward leads to unexpected results. This has proved true for the Concord ARE study group, which gathered for the first time in the mid-nineteen-seventies when someone was moved by the Spirit to start the group.

Thirty plus years ago, it was exciting and comforting to have a place to channel that impetus to help others, seek answers and see some change in oneself. There were the weekly meetings: surely, someone there knew something of life's meaning. There were those special one-day conferences: surely, something could be gleaned from them. There were those five day adventures at Asilomar; friends made there have lasted a lifetime.

Some things have not changed much since those long ago days. Some people have changed greatly. Some of us have researched a great deal and have our libraries of books. Some have become enlightened or sat in the presence of an Enlightened One, knowingly or unknowingly, as Edgar Cayce predicted. Some of us definitely have set the intention for God.

Some of us have fallen in love with the non-linear, that is, love, forgiveness, and being saved from what we once were. Some of us are unwilling to accept error in others and ourselves, and have joined the great crusade to correct error by listening to Christ's Voice, thus learning to undo error and acting to correct it.

What does undo error? Thinking positively of the negative and lifting it/them across the threshold to the positive? We lift them/it, the thought-form up unto the Lord by the Divinity of our own love, which is God's Love.

A prayer is now presented which can be used. Insert another's name, one's own name or a disease name in the blank, whoever or whatever occurs to you. (.) this thought of you I am not saving as a dark spot of mind, uncreative part of mind, but am giving the idea held as (. . .) to Holy Spirit, Christ, which He accepts as His, accepts as effulgent Light/Spirit, birthing that idea held as (. . .) to God Stuff, thus extending creation, expanding God's Light, expanding God's Love, fulfilling my function.

Comments from some of the group members:

"I have been coming to the Venture Inward Group, in Concord for about 12 years. It is the highlight of my week and helps keep me sane in this insane world."

"I've just started coming to the Concord group a few weeks ago, but I have kept coming back. There is a great and peaceful vibration in the group. I hope we can

keep meeting. I love the materials presented here."

"I have been coming to the class for several years. My understanding is deepening. The biggest change for me is finding the path of forgiveness."



Linda Goldey

"I tried to work on my own, but I knew I could use a teacher to help me understand. I found the Concord group. It has been extremely helpful to increase my understanding and experience of the Search for God. I have been attending class once a week, and I love connecting with like-minded students/teachers."

"This class is more. It is a window to enlightenment for sure. If you have been sick, somehow, all of a sudden you realize you are not. Not possible to be sick, especially when you already know deep inside that you are okay. The Work of Knowledge in the class takes one down to the river of Truth. There is a River."

"I have been coming to his class for eight years. I feel coming to this group has truly helped in my healing and the work of constantly living in the present and always being guided by the Holy Spirit every moment of my life. I am thankful for the wonderful group and the teaching."

"The group helps to keep me focused on what is real in life and helps bring me back when I stray. The other ladies always lend new insight into what God has meant for them and sometimes, it applies to me. The leader doesn't let us go very far off topic, and we learn a great deal."

MEET OUR PACIFIC SOUTHWEST PARTNERS

by Grethe Tedrick, Point Richmond, CA

With the merger of the two California and Nevada Regions leadership will be expanded to include the Southern California Core Team, most of whom attended the July Asilomar conference. Welcome to them all!

San Diego contact is Sara Hoff (760-436-5396) or Dorothy Smothermon, former Region Coordinator, (760-723-9080).

Los Angeles contact is Wilma Jackson (310-829-1425 or tollfree 866-720-0129).

Orange County contact is Heldegard Wiese (949-487-7245) or Maureen Stimson (915-694-8155).

Bookstore Managers and Inland Empire contacts are Kelly and Keith Johnson (909-989-3149). "Have books will travel!"

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



ASK ISHTIBABA

Dear Ishtibaba

I've heard that a person needs 8 hours of sleep a night in order for good health. I usually only get about 6 hours. I don't have excess energy and I think I may need some kind of natural energy supplement. What do you think?

Roseanne H. in Los Gatos

Dear Roseanne,

The research shows that about 1/3 of Americans are chronically sleep-deprived and suffer from insomnia. There are numerous reasons that you need enough sleep. From a physiological view, sleep repairs your glandular and nervous systems. Getting enough sleep also helps you maintain a healthy weight. Research has shown that sleep-deprived people do not produce enough of the right biochemicals that can keep fat cells from being excessive. So, besides keeping your weight down and providing more natural energy in the body, there is another important consideration . . . dreams. dreams are a crucial component to spiritual growth and sleep-deprived people often miss out on recalling dream guidance.

Well, what can you do? Here are a few things to consider: 1. Stop drinking caffeinated beverages after 11 am.

Caffeine can stay in your system for up to eight hours. 2. Stay off the computer for at least 4 hours before bedtime. The light coming into your eyes stops the production of melatonin, which your brain needs in order to help you fall asleep. Also keep lighting low in your living areas at night. 3. Try a white noise machine in your bedroom. There are numerous ones on the market that mimic oceans and rain sounds and seem to help relax many people. 4. Be very careful of taking sleeping pills. The popular drug Ambien has the very dangerous side-effects of causing sleepwalking, sleepeating and sleepdriving! The FDA issued a warning about these side-effects in 2007. Instead, you can try herbal products like valerian root, skullcap, hops and kava kava. Taking energy supplements is not the answer to low energy but instead providing the nightly opportunity for your body to be naturally rejuvenated.

We spend a 1/3 of our life in dreams as spirit's compassionate way to keep us connected to the metaphysical, which is our true heritage. Don't miss out on the nightly opportunity to know yourself and the Universe better through dreams. Plus, you will have more energy to get the most from life!

What spiritual or health-oriented questions would you like to have answered by an expert? You may submit your question via the link on our website www.caycegoldengate.org or send your questions to Ishtibaba c/o Julie Hilt, 340 Alamo Drive, Vacaville, CA 95688.