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Association for Research & Enlightenment (A.R.E.) of New York, Inc.  
241 West 30th Street, 2nd Floor  
(West of 7th Avenue. Entrance on left, Buzz #102)  
New York, NY 10001



*Dear Friends, In this time of contraction and ultimate expansion the A.R.E. of New York has decided to consolidate the printing of The Open Door by bringing you an abridged version of it here. Please find the full and complete version on line at: <http://arependoor.blogspot.com>  
*We hope to see you soon - With Love From the A.R.E. of New York**

**TRANSFORMATION THROUGH TRIGGERS**

Cayce once said that if you cleansed the mind and lived a pure life for seven years you would become a light unto the world. Today science tells us that it takes exactly this amount of time for all the cells in the human body to reproduce themselves. In seven years we actually become an entirely new human being. We don't even have to do anything. The change happens on its own. The only question that perhaps remains is - how much are we willing to give to this change? How many other parts of ourselves are we willing to transform along side it? Every seven years the cells in our body are different, but what else is?

....continued



# The Edgar Cayce

Association for Research & Enlightenment of New York

November / December 2009

## DAVID ELLZEY LEAD INTERNATIONAL TRAINER OF THE SEDONA METHOD



David Ellzey (CEO, *David Ellzey Companies, LLC*; Global Speaker, Author, Humorist, and Coach) has inspired over a quarter of a million people worldwide to celebrate being alive and guided many to move powerfully through divorce, business challenges, illness and more. As an international lead instructor of the powerful personal growth technique, *The Sedona Method*, he has guided many to use this technique to create more fulfilling lives.

In this world of radical change, *The Sedona Method* will help you to swiftly and eloquently let go of anxiety, stress, fear, anger and more. It will give you clarity of thinking and the experience of being infinitely more than any feeling or thought that has ever hindered your happiness.

David's been invited to present at the United Nations, Mother Theresa's Orphanage and Future Business Leaders of America. Dr. Christiane Northrup, Norman Cousins, Susan Jeffers, Rev. Michael Beckwith, have all endorsed David and his transformative work. Just recently, he signed on to contribute to the upcoming book, *Stepping Stones to Success*, with Dr. Deepak Chopra.

**Introductory evening talk November 24, 7-9pm**  
**Members \$15 / Non-members \$20 (deducted from course if attended)**

**Two Day Course: December 12 & 13, 9:30am - 6pm**  
**Pre-registration by October 31st \$229**  
**After October 31st Members \$239 / Non-members \$249**



# NOVEMBER/DECEMBER A.R.E. OF NEW YORK

## A.R.E. FELLOWSHIP

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## CAYCE REMEDIES & READINGS

Pg 21 E.C. Remedies Mini Workshop – Jack Rosen Nov. 22

## PERSONAL DEVELOPMENT

Cover The Sedona Method - David Ellzey Nov. 24, Dec. 12 & 13  
 Pg 18 Why Labyrinths Work As Spiritual Tools – Richard F. Anderson Nov. 5  
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 Pg 20 Intuitive Development: Level 1 & 3 – Tim Biot Nov. & Dec.

## HEALTH

Pg 4 Pangu Shengong Qigong – Master Ou Nov. 1-2  
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 Pg 5 Health Fair – Tom Eisele Nov. 14  
 Pg 6 Healing & Prophecy Events – Peter Goldbeck Nov. & Dec.  
 Pg 6 Dynamic Meditation – Sunder Ashni & Prem Neerajan Nov. & Dec.  
 Pg 7 Reflexology – Laura Norman Nov. 12  
 Pg 7 Tibetan Qigong – Master Teoh Nov. 21, Dec. 5  
 Pg 10 Past Life Healing - Joshua Bloom Dec. 2, 9, 16, 23  
 Pg 17 Reiki Classes – Peter Goldbeck Nov. & Dec.

## A.R.E. 51

Pg 11 Michael Channeled by Linda Elwel Nov. 7

## PSYCHIC & INTUITIVE

Pg 3 Gallery Readings From the Spirit – Milou Polycarpe November Fridays  
 Pg 19 Intuitive Tarot – Coni Buro Nov. 4, 11, 18, Dec. 2, 9

## MUSICAL CONCERTS & MOVIE NIGHTS

Pg 8 Sonic Immersion - Lyz Cooper Nov. 8  
 Pg 9 Sound Healing - Roger Ansanelli Dec. 6  
 Pg 11 Film – Field of Dreams Nov. 20  
 Pg 11 Film – Samsara Dec. 18

· Be a Member or Life Member for the last five years

The A.R.E. of NY Board of Trustees is now accepting nominees for the Board. Do you know someone who could bring helpful skills, expertise, experience or leadership to the Board? (We could use a C.P.A. with a spiritual bent. Other areas of expertise that could be beneficial include fund-raising, grant-writing, public relations, marketing, investments.) According to the bylaws, to qualify for election to the Board, a candidate should:

## NOMINATIONS REQUESTED FOR BOARD OF TRUSTEES by Lynne Miceli

-Zachary Feder, Center Director, ARE of New York - [www.arenyc.org](http://www.arenyc.org)

With the arrival of our 12th anniversary the A.R.E. has a further two years before its second 'cellular' change has taken place. Please consider revisiting the center today or visiting our website to support the cause of positive transformation.

When I read this quote in Sydney Kirkpatrick's sterling biography Edgar Cayce, American Prophet - it stood out as one of the most vital messages to us given by source. In the final years of Cayce's life, he asked those around him what they all ultimately wanted. Their answer was simple. Transformation. "If you want to know what you have to work on just look around you," When I first heard Kevin Todeschi say this it rang true for me. Clearly the most important question to ask oneself on the road to personal development is - what are my triggers? Who are my triggers? Under what circumstances am I losing my trust, my faith, my love? When we are triggered in daily life it is usually not an isolated incident. We have often seen the stimulus that is triggering us before. More often than not we have met with it many, many times. Jealousy, fear, insecurity. Most of us know our triggers intimately. We know where our skin is thinnest. When events trigger us today we often feel overwhelmed. A sudden rush of emotion that we find ourselves unable to navigate in. But it is perfectly normal. The wave has been building for years. What triggers us today are usually only the very last of a long line of events that have been stacked for years upon a first. Upon a single initial event that created the trauma originally. One that was never addressed, never healed, and so remained in the psyche continuing to be reinforced by the stacking of every subsequent similar trauma until a wound had been created that was so sore, and so sensitive, that even someone brushing past it could set it off. In common parlance we call these stacked triggers our buttons. In the coming months the A.R.E. will begin an enquiry into the infrastructure of the 'trigger'. A series of presentations designed to show how the revisiting of past trauma and a healing of original trauma is the only way to free oneself from the past. Above all it will attempt to provide individuals with a way to create a solid emotional foundation upon which further personal development and in particular meditation can flourish.

## TRANSFORMATION THROUGH TRIGGERS (continued from cover)



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

continued...

Wild oregano was found among the medicinal plants buried in the grave of a Mesopotamian queen carbon-dated to be 50,000 years old. Ancient clay tablets in Babylonia tell of oregano used as medicine, likewise records of the ancient Greeks and Romans. Sixteenth century Europeans hung oregano in dairies to prevent microbial growth in milk and in contaminated hospital rooms to sterilize the air. Modern medicine has not discovered it yet, or have they? We once thought antibiotics were the solution to all infections, but we know now it is only bacterial infections, and their use is limited as bacteria mutate and become resistant. Other infections are viral or fungal or parasitic and cannot be eradicated with drugs, only the symptoms reduced, but the illness may actually be prolonged: fungi at bay but not for long, and parasites forming protective cysts against the enemy to resurface when the coast is clear, as drugs further impoverish the immune system. "Oil of wild oregano is blanket protection against uncountable disorders, particularly infectious diseases." Dr. Ingram, in The Cure in the Cupboard, explains that the oil contains two natural antiseptic phenols, carvacrol and thymol, which work synergistically to make wild oregano oil infinitely more potent than commercial phenol (used in Listerine) in microbial killing power. "It is such a potent antiseptic that it sterilizes raw sewage." Unlike the culinary form of oregano, Origanum Compactum, containing from 45-65% combined phenols, Origanum Vulgare, the miraculous medicinal wild oregano, contains 90% of these oils. Dr. Ingram notes that "wild oregano is a natural mineral treasure-trove, containing a density of minerals that would rival virtually any food," and this accounts in part for its healing power.

## OIL OF WILD OREGANO TO THE RESCUE by Carol Schneider

However, by unanimous vote of the Board of Trustees, specific requirements may be waived. Trusteeship is a unique and highly rewarding opportunity for service, combining spiritual and practical energies. If you would like to serve or would like to suggest someone, contact Lyne Miceil (turquoise@fire3836@gmail.com) for an application form. Applications should be submitted by November 16, 2009. Thank you.

- Have received personal help as a result of his/her contact with the Edgar Cayce readings;
- Agree that the ideals and purposes of the Corporation are wholly acceptable to him/her;
- Not be a paid employee of A.R.E. or the spouse of a paid employee
- Have demonstrated a character and personal life acceptable to the Board;
- Have a previous background of organizational leadership experience or other specialized qualifications;

## NOMINATIONS REQUESTED FOR BOARD OF TRUSTEES (continued...)



## A.R.E. FELLOWSHIP

# ENERGIZE AT THE A.R.E.

### For Senior and not so Senior Citizens!

Every Monday, Wednesday, Friday 12:30-2pm

Members \$3 / Non-members \$5

Exercises given by Source in the Edgar Cayce Readings (Conducted daily at Virginia Beach)

Followed by:

### Energize & Revitalize with Veronica Figueroa Mondays and Fridays

Gentle energizing techniques to Open the Heart and Empower the body. You will be refreshed and empowered for the rest of your day! Veronica Figueroa is a Mystic, Teacher Spiritual counselor & Healer. Her message is one of love and compassion & she will encourage you to live your Spirit!

[www.veronicafigueroa.com](http://www.veronicafigueroa.com)



### The Alexander Technique with Mark Josefsberg Wednesdays

A practical, proven method to release tension & musculoskeletal pain. Learn to sit, stand and walk more easily. Improve balance while you increase your breathing. This is a tool you can apply to your everyday life. Mark Josefsberg is a Certified teacher of the Alexander Technique.

[www.MarkJosefsberg.com](http://www.MarkJosefsberg.com)

**Mind is the Builder – Physical the Result!**

## GALLERY READINGS FROM THE SPIRIT



With Milou Polycarpe

Fridays in November 2-4pm

Members \$10 / Non-members \$15

A third generation clairvoyant and psychic "Milou" shares the information and guidance from the world of Spirit. Messages from departed loved ones, influences that lie ahead of you on your path, and other impressions from the world of Spirit come though Milou for participants. Milou gives private readings at the A.R.E. of NYC by appointment.

# MASTER OU



**World-renowned Qigong Grandmaster and Healer  
Originator of Pangu Shengong Qigong**

**Private Healing Sessions and Workshops**

**November 1 and 2**

Pangu Shengong (PGSG) was channeled by Master Ou from “Pangu” whom the Chinese regard as the Creator. People around the world attest to the amazing healing energy of PGSG. Master Ou won three awards at the 5th International Qigong Conference in 2006 - the best papers, outstanding contribution to qigong and Qigong Master of the year. Master Ou was awarded Qigong Master Of the year at the 4th Qigong Conference. He is the Vice Chairman of the organizing committee of the First Beijing Int’l Health and Longevity Conference and the First Beijing Int’l Health Industry Expo (2007 & 2008), and a council member of the International Qigong Science Association. He was also a council member of the Int’l Medical Qigong Science Research Institute of Guangzhou University in China. Pangu Shengong is a simple and effective Qigong to bring balance, harmony, good health and peace of mind.

[www.pangu.org](http://www.pangu.org)

**Sunday, November 1**

- 9:45- 11:15am** PGSG Qigong Level 1 (Movement Form) and Overview (\$100 per person, repeating the class: \$50)
- 11:30-1pm** Energy-Healing technique Workshop (\$150 per person, repeat: \$75, Pre-requisite: PGSG Level 1)
- 2:15-3:45pm** PGSQ Qigong Level 2 (Non-movement Form) (\$100 per person, repeat: \$50, Pre-requisite: PGSG Level 1)
- 4-5pm** Guided Imagery (\$60 per person, repeat \$40, pre-requisite: PGSG Level 2)  
During this course, Master Ou will enhance our energy to open our third eyes. Many amazing experiences have resulted from this attunement, one student reported eating a peach in Paradise. Come join us, perhaps you will find what you are looking for...
- 5:15-6:30pm** PGSG Level 3 - Advanced Condensed Form (\$120 per person, Pre-requisite: PGSG Level 2)  
This form only takes 5 minutes to practice!

**Monday, November 2**

- 10am-1pm** Healing sessions (\$65)
- 2:30-3:30pm** PGSG Level One Teachers Training (\$360/person )
- 3:30-6pm** Healing sessions (\$65)

amounts of oil can be put into gelatin capsules for easier swallowing. the mucous membranes, it can be diluted in a fatty medium like olive or coconut oil. Large on the skin it may be necessary to use large amounts, so if the skin is sensitive, such as Oregano oil is very strong; only small amounts are needed, use as recommended. For rubbing

Wild oregano helps prevent cell damage caused by free radicals. Free radical damage occurs during all inflammation, for example, that of degenerative arthritis and the aging process. Oregano contains four anti-asthmatic compounds; six compounds that are expectorants; seven that lower blood pressure; and nineteen antibacterial compounds. The uses for oil of oregano are unlimited: used to relieve diarrhea, intestinal gas, and digestive problems, as well as sore throat and breathing difficulties, athlete's foot, warts, urinary infection, rosacea, dandruff, diaper rash. Oregano oil should be in everyone's first aid kit to help neutralize bee stings and many venomous bites until medical attention can be reached.

(8) A man began using oregano oil internally and found relief from his arthritis and chronic constipation. His skin grew clearer and he feels 20 years younger. He hasn't had cold or flu since incorporating oregano oil into his daily regimen.

(7) Painful, tiny splinter surfaces next day using 1 drop of Oregano.  
Oregano daily.

(6) Stomach pain suffered from parasites for 5 years cured in 4 days of taking 3 drops of Oregano applied to poison ivy! immediately relieved itching, rash & sores within 4 days. plus 3 drops oil taken 4x internally as well; within 72 hours the symptoms were gone.

(4) Tea tree oil was used to treat a spider bite and inflamed it. Emergency room couldn't help; there was extreme weakness and flu-like symptoms and the inflammation/wound grew to 4" with the center of the bite necrosing. Oregano was applied to the area and over that a covering of raw honey to keep oil from evaporating, and all covered with gauze; 6 Oregamax 4x daily (plus 3 drops oil taken 4x internally as well; within 72 hours the symptoms were gone.

(3) A chronic middle ear infection cost a man 40% hearing loss; he used a drop of Oregano diluted in each ear daily for a week and the hearing impairment and infection were entirely eliminated.

(2) An abscessed tooth was entirely healed in 3 days with Oregano on sterile cotton placed between the cheek and infected tooth, changing it twice daily.  
(1) After 6 weeks, unremittting flu was cured in 3 days with Oregamax, along with two drops of Oregano 3x daily.

Where antibiotics will not work for conditions caused by other than bacteria, this natural antiseptic will. The best reasons for using oregano oil are in the testimonials cited in The Cure is in the Cupboard.

**OIL OF WILD OREGANO TO THE RESCUE** (continued...)

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

# THE OPEN DOOR



**OIL OF WILD OREGANO TO THE RESCUE** (continued...)

Wild oregano is a natural food preservative. Used as Oregamax (the crushed leaves of wild oregano), it is delicious in foods like meat, eggs, milk and cheese, as it keeps these protein-based foods from spoiling. As Oregano Oil, a few drops in water as a cleansing wash for fruits, vegetables, and salad, will halt the growth of microbes and reduce the risk of food poisoning. The oil is highly solvent, which aids in its delivery, and makes it useful in cleaning. Add it to a mild soap solution instead of using toxic commercial cleansers for cleaning kitchen and bath. You will change the energy in the air if you put a few drops in water in a spray bottle and use anywhere in the house against molds, bacteria and viruses. It takes 100 pounds of wild oregano to make one pound of oil, but only costs \$17 for a one ounce bottle of oregano oil. This potent oil should be in everyone's survival kit, especially if CODEX is adopted by our government, and our supplements are "harmonized" into useless amounts at prescription prices. Oreganol and Oregamax, made only by North American Herb & Spice Company are available in health food stores.

Most of the above information comes from *The Cure is in the Cupboard and Supermarket Cures*, by Dr. Cass Ingram. You can reach me with any questions at: NYCarel@aol.com

**IN MEMORIAM - HELEN PANCIC**

Helen Pancic left the earth plane early in August at her daughter's home in Florida after being diagnosed with an inoperable brain tumor in November. She departed peacefully with her family around her. Known to A.R.E. of NY members as the author of *The Inquiring Reporter* column for *The Open Door*, Helen was also a mailing volunteer and helped with housecleaning the Center on special work days - as well as being a generous supporter of A.R.E. NY.



According to her son, Alex Pancic, Helen was born in 1929 and lived her whole life in Brooklyn, attending Erasmus Hall High School and Hunter College. She worked as a biochemist until she married and had a son two children. After her children left home, Helen blossomed into a new phase of life. At age 50-something she began a career as a clown. She also joined a singing group, an acting troop, and was very active in the local Brooklyn Senior Citizens' Chapter. Helen stood up for what she believed in and was not content to simply complain. She felt it was every citizen's place to fight injustices and grieve. From her involvement with Women Strike for Peace in the 1960s to the Raging Crannies only a few months ago, Helen would not be silent in standing up for what was right. Her quest for peace and spirituality led her to renew her involvement with the Rosicrucians and join the A.R.E. in the 1980s. A memorial service was held for Helen at A.R.E. of NY in August. Her son, Alex, would like to thank A.R.E. members for their prayers for Helen. And we at A.R.E. NY will be forever grateful to Helen for her loving service.

All donation to the A.R.E. of New York are tax deductible. A copy of our most recent IRS financial report is available upon request from the center - or contact the Office of the Attorney General, Charities Bureau, 120 Broadway, New York, N.Y. 10271

**HEALTH**

**MALCOLM SMITH**



**Internationally known and admired British "Spiritual Healer" returns to New York City**

**November 6-11**

**Private Healing Session (30 min) \$80**

The internationally known healer from Yorkshire, England, considers himself an ordinary person with an extraordinary gift — the ability to be a channel

for healing energy from God: "It is God who does the healing, not me."

For over 25 years, he has used his gift to relieve the pain, disease and suffering of thousands. Sometimes, the healing he gives results in instant cures. 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. For more about Malcolm, visit his website: [www.malcolmsmithhealer.com](http://www.malcolmsmithhealer.com)

**HEALTH FAIR**

**November 14 3-4pm**

**With Free lecture on Healing With Tom Eisele**

When a car breaks down / you fix the machine / not the driver.

When a human is diseased / body, mind, and spirit are lines of the same poem / to be edited accordingly.



**SHARING CIRCLE**

**Tuesdays, Nov. 24, Dec. 1, 8, 15 4-6pm**

**Free Event - All Welcome - Donations Accepted**

Allow yourself to share your challenges in a safe, helpful and healing environment. All are welcome to participate. Your trust and privacy will be honored and your openness will be welcomed.



## HEALING & PROPHECY EVENTS *With Peter Goldbeck*

### HEALING CELEBRATIONS *Saturdays, Nov. 21, Dec. 19 7-9pm \$15*

The Light that will be shared will help center, balance and unify one's sense of well being as well as open up one's awareness. This will include a group healing as well as individual healings, kind of like a personalized elixir on an energetic level....."Joyjuice," topped off with an energy activation (an ATTUNEMENT) which will empower one's own healing abilities. Those who've already received an activation will receive a booster activation (level 2, 3 or 4 attunement etc.) resulting in increased sensitivity and healing ability. Please bring one or two crystals or oils for activation. All in all, a whole lot of FUN..... A Healing Celebration!!

### HEALING WORKSHOP *Saturday, Nov. 7 7-9pm \$20*

How about healing 2 - 4 people simultaneously!! Try doing this at a distance of 10 feet or more. Try it with NO HANDS!! We will explore and practice many of the healing techniques that you've experienced and seen me use throughout the year. This will be hands on ...serious stuff but also fun!! It's time to put all of those "Attunements" to use.

### PROPHECY CELEBRATIONS

*Fridays, Nov. 27, Dec. 11 7-9pm Saturdays, Nov. 14, Dec. 26 7-9pm \$15*

### PSYCHIC ENHANCEMENT WORKSHOP *Friday, Dec. 4 7-9:30pm \$20*

What do Intuition, Psychic Ability and ESP have in common? US!! We all have these Abilities and use them or experienced them at one time or another in our daily lives. We will step into the knowing and allow ourselves to explore these untapped regions of the Mind and our Universe. Just bring a pad, pen & yourself. This experience also includes an energy activation (an attunement) which will empower your own Intuitive and Psychic abilities!!

## DYNAMIC MEDITATION



*21 Day Cycles - With Sunder Ashni and Prem Neerajan*

*Oct. 5 - 28, Nov. 2 - 22*

*\$120 for full cycle. Drop in: Member \$10 / Non-member \$12*

Dynamic Meditation lasts one hour and is in five stages. It can be done alone, and will be even more powerful if it is done with others. It is an individual experience so you should remain oblivious of others around you and keep your eyes closed throughout, preferably using a blindfold. It is best to have an empty stomach and wear loose, comfortable clothing.

"This is a meditation in which you have to be continuously alert, conscious, and aware. Remain a witness. Don't get lost. While you are breathing you can forget. You can become one with the breathing so much that you can forget the witness. But then you miss the point. Breathe as fast as possible, as deep as possible; bring your total energy to it but still remain a witness. Observe what is happening as if you are just a spectator, as if the whole thing is happening to somebody else, as if the whole thing is happening in the body and the consciousness is just centered and looking. This witnessing has to be carried in all the three steps. And when everything stops, and in the fourth step you have become completely inactive, frozen, then this alertness will come to its peak." Osho

### Health/Wellness

Michael Edan  
Polarity Therapy  
845-943-1879

Peter Goldbeck  
Reconnective Healing  
917-539-3001

Mark Josefsberg  
Alexander Technique, CranioSacral

Scott Keller, D.C.  
"Caycean Chiropractor"

Lorna Lai  
Pangu Shengong Qigong Instruction  
& Healing 917-362-6662

Pamela Markley, L.M.T.  
Swedish Massage, Shiatsu

Kenny Matthewson, L.M.T.  
Swedish Massage, Reiki

Deborah Monlux, C.C.H.  
Homeopath

Kev O'Kane, CHt  
Hypnosis, Past Life Regression  
646-338-6715

Jagna Larson, L.Ac  
Acupuncture

### Readings

Sean Barden  
Psychic Readings

Coni Buro, PhD, CHt  
Psychic & Tarot Readings

Leonard Cassara  
Intuitive Tarot Readings

T.C. Eisle  
Psychic, Astrology & Tarot

Milou Polycarpe  
Psychic, Clairvoyant Readings

Jennifer McLean  
Psychic Medium

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



An affiliate of the international Association  
for Research & Enlightenment

### 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.

DIRECTOR / EDITOR  
Zachary Feder

EVENTS COORDINATOR  
Shweta Parmar

A.R.E. OF NY is a non-profit organization largely staffed by volunteers and supported by memberships and donations

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

**Holistic Health  
Practitioners at the Center**  
Call 212-691-7690 for appointments  
(except as noted)

# COURSES & CLASSES

**WHAT IF YOU'RE PSYCHIC?**

**WHAT IF YOU'RE A HEALER?**

**WHAT IF YOU'RE DIVINELY GUIDED?**

**WHAT IF YOU'RE REINCARNATING?**

Edgar Cayce called these "soul gifts" our birthright.

We've returned to Earth school at this key time in human evolution to awaken and use these gifts for the good of all:

TRANSFORMATION U is an evolving, accessible curriculum of courses and training for transformation to a holistic, soul-centered life.

## Transformation U Program and Course Registration New Cancellation Policy:

You may cancel your program or course registration at any time before the beginning of the course or program and receive a credit for the full amount – good for another program/course within twelve months.

If you cancel 24 hours or less before a program/course and choose not to accept a credit, we will refund 50% of the tuition/admission fee.

If you cancel more than 24 hours before a program/course and choose not to

accept a credit, we will refund your tuition minus a processing fee of 15% for programs/courses with tuitions of \$100 or more; \$10 for programs/courses with tuitions less than \$100.

Should the program or course be canceled, or rescheduled, we will register you for the new date, refund your entire tuition or give you a credit – as you choose. Contact our Registrar, Leonard Cassara, with any questions!

*Thank you.*

# ONGOING GROUPS & EVENTS

• **A Course in Miracles (ACIM) Sundays, 4:30–6pm, FREE.** Facilitated by Tom Carelli. For more information, go to [TheCourse@gmail.com](mailto:TheCourse@gmail.com)

• **"A Search for God" Study Group. Mondays 7–9pm, FREE.** Study and apply Cayce's spiritual principles. Facilitated by Leonard Cassara or Norman Curtis.

• **Dream Study Group. Sundays 2-4 pm, FREE.** Apply Edgar Cayce's principles to interpret your dreams and those shared by others. Facilitated by Ken Klein.

• **Meditation Group. Tuesdays, 6-7pm, FREE.** Facilitated by Randall Okey.

• **Pangu Shengong (PGSG) Qigong Group Practice Nov. 29, Dec. 20. 11am-12:45pm.** Led by Lorna Lai in Chinese & English. \$5 donation includes Chinese brunch.

• **Prayers for Healing Group. Thursdays, 7:30–9:30 pm, FREE.** Come for Cayce inspired meditation and healing prayer or phone in prayer requests. Laying on of hands done on request. Facilitated by Norman Curtis & Paul Dorogoff.

• **Reiki Circles with Peter Goldbeck. Wednesdays, Nov. 11, 25, Dec. 16, 23. 7-9pm.** Join Peter and our Reiki students and graduates for an evening of mutual healing and light! \$5 donation.

• **Revelation Group. Saturdays, 7-8:30pm. FREE.** How Biblical Revelation relates to seven chakras. Facilitated by Elyse Curtis, Ph.D.

• **Prosperity Support Group. Sundays, 1-2pm. FREE.** Explore spiritual and practical principles of abundance and prosperity in a supportive group. Facilitated by Cathy Outeiral

• **Center Holidays.** The Center will be closed on November 27, 28 & 29, except for Peter Goldbeck's evening classes - call the center for details. Also we will be closed December 25-January 3.

Thank you and see you soon.

# HEALTH

## LAURA NORMAN REFLEXOLOGY



*Fun and Informative Hands-On Introduction  
November 12 6-9pm  
Members \$20 / Non members \$25*

Learn powerful nurturing techniques that will reduce stress, increase your energy and enhance your health and well being with the Laura Norman Method. Led by Senior Instructor Michael Edan. Take your first step toward a new career in complementary healthcare. Continue on to our Professional Reflexology Certification Training on Dec 3-6; Jan 28-31, 2010; Feb 18-21, 2010; Feb 25-28, 2010.

Register at: [www.lauranorman.com](http://www.lauranorman.com)



## MASTER TEOH

*Saturday, November 21 2-4 pm*

Come Meet Master Teoh & Learn about the Taoist Wu Tung Way of Healing. Master Teoh will share his expertise on the physical, emotional, spiritual and mental health benefits of Northern Iron Monkey Qigong for Self-Healing. Senior disciples will also share their own experience with the Wu Tung Way of Healing & demonstrate examples.

**FREE, Donations Welcome!!**

*Saturday, December 5 2-4 pm*

"Tibetan Qigong for Self-Healing" will involve focused breath work in combination with graceful but powerful Wu Tung Northern Iron Monkey Qigong moves allowing the student to cultivate new positive levels of chi. This chi is then delivered and utilized for a deep self-healing of the body, mind & spirit.

**Members \$45 / Non-members \$50**

Born in Malaysia, Master Teoh entered a prestigious monastery in Tibet at the age of 12 and by his early 20's became a Master in both Northern Iron Monkey Healing & Fighting Qigong. This form of Wu Tung Qigong is based upon the self-healing & fighting skills of the jungle monkey. Northern Iron Monkey Qigong for Self-Healing is unlike any other form of Qigong taught in the United States. Master Teoh's teachings come straight from the monastery and have never been modified or adulterated through time or misrepresentation. All ages welcome.

## SONIC IMMERSION



with **LYZ COOPER**

of *The British Academy of Sound Therapy & Soundwork*, author of *“Sounding the Mind of God”*

A sound bath with Ancient Himalayan singing bowls, voice and crystal bowls that will bathe you in transformational sound allowing for the body and mind to become still and the spirit to soar!

‘Sounding the Mind of God’ is a brand-new comprehensive book featuring a wealth of transformational and fun exercises using sound, breath, self-awareness and other techniques. Called ‘extensive and excellent’ by sound pioneer and author Jonathan Goldman, you will want to refer to it again and again.

**Sunday, November 8 11am-3pm**

**WORKSHOP:** *Sounding the Mind of God*  
Lyz Cooper assisted by Clifford Sax

Einstein famously referred to the universal energy that connects us all as the ‘mind of God’. Sound can be used to identify and help release life-limiting energy imbalances, balance the chakras and connect to the mind of God. Work with the ancient sounds of Himalayan singing bowls and your voice to accelerate self-healing and transformation. All are welcome, no experience is necessary. During the day we will set up a dialogue with these wonderful instruments and allow the levels of our being to communicate with the sound. We will work together to create a wonderful collage of sound.

**Sunday, November 8 5-7pm**

**CONCERT:** *Soundscapes*  
A transformational performance of sacred sound & music by Lyz Cooper & Clifford Sax

During this performance Lyz & Clifford will be joined by members of the workshop that took place earlier in the day.

**Workshop**  
**Members \$50 / Non-members \$60**

**Concert only**  
**Members \$15 / Non-members \$20**

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*“...do all with the expectancy of that which is desired to be accomplished with this body - and it will come to pass.” 456-1*

## CAYCE REMEDIES MINI WORKSHOP



With **Jack Rosen**, *Edgar Cayce Educator*

**Sunday, November 22 1-3pm**

**Members \$25 / Non-members \$30**

Edgar Cayce on Diet for Health. Jack Rosen explains the “normal diet” according to Edgar Cayce. He will also discuss DCA (dichloroacetate), the cancer chemical discovered in 2005 by Dr. Michelakis at the University of Alberta Medical and Dental School. This is being used at the Medicor Cancer Centers in Alberta Canada.

You will also learn about:

- The importance of the acid-alkaline balance
- Foods & food combinations to avoid
- Specialized diets: Cleansing diet, Spiritual Diet, Diet for Weight Loss
- Comparing the Cayce approach to cancer with other alternative approaches

*Take charge of your own wellness with this time-tested do-it-yourself healing lore.*

Jack has been using the Edgar Cayce remedies and teaching people how to use and make them for over forty years. He is a volunteer at the ARE of NY where he gives workshops on the Edgar Cayce remedies. He has given workshops at the Wainwright House, The Learning Annex, The New Health Expo, and has been a guest on the Gary Null show.

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## HOLIDAY PARTY DECEMBER 12TH 7PM



**Please Join us for our Annual Holiday Party.**  
**All faiths are welcome to share in the spirit of the coming new year. Resolutions will be encouraged as will the pot luck. Music, good cheer & light refreshments will be available.**



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*“...each day do a kind deed for those who are either shut-in, despondent, or who have lost hope.” 5350-1*

### INTUITIVE DEVELOPMENT & EXPLORATION OF THE HIGHER SELF



#### *With Tim Biot*

Coming to us from Belgium, Tim Biot has been educated in Western-based systems of Social Work/Psychology as well as in Eastern and shamanic energy work and healing techniques. Tim received his main spiritual and natural therapy education at the Timotheus Project and at the Magnolia Federation in Antwerp, Belgium. He also studied with Gerard De Bakker, a shaman and energy worker in Antwerp, and with Medicine Crow, a shaman and spiritual healer in Canberra, Australia. Tim has worked as a social

worker with refugees in Belgium and in a post-tsunami project in Thailand and Sri Lanka.

#### **Level 1 - The Spiritual Systems of the Body**

**Seven Week Course: Monday Nights, November 9 - December 21 7-9 pm**

**Members pre-book full course by October 31st and pay \$90 / After the 31st \$99**

**Non-members pre-book full course by October 31st and pay \$120 / After the 31st \$130**

**Individual classes Members \$15 / Non-members \$20**

According to Edgar Cayce, the physical body we have now, was created with built-in systems for spiritual attunement and development - but we did not receive an owner's manual for working with them. This experiential course is for those who want to explore the Kingdom of Heaven that lies within - starting from the Body Temple - and for seekers who wish to deal with the issues and problems we face on a daily basis in more harmonious and efficient ways. Drawing on various types of energy work, healing techniques, shamanic traditions, Tai Chi and other energy modalities, and the Edgar Cayce information, Tim introduces a variety of forms of meditation and energy work exercises, to lead to a greater understanding of yourself, reality, the universe and your place in it. Focuses of this course are:

- Grounding: your connection to the Earth, yourself and reality.
- Energy work, chakras and the human aura
- A variety of techniques of meditation
- Your relationship to the astral world, spirit guides, power animals and angels

Learn the arts of healing, meditation and how to access your higher Self and true nature - as well as the reality that lies beyond our daily awareness. This course gives you an opportunity to find the path, methods and techniques that feel most comfortable to you.

#### **Level 3: Reading & Healing and Higher Astral Explorations**

**Eight Week Course: Tuesday Nights, November 10 - December 22 7-9 pm**

**Members pre-Book full course by October 31st and pay \$105 / After the 31st \$110**

**Non-members pre-Book full course by October 31st and pay \$139 / After the 31st \$149**

**Individual classes Members \$15 / Non-members \$20**

A continuation of level 2 with the main focus on reading, healing and a further exploration of the Higher Self and higher astral reality. Techniques will be taught for personal protection against negative energy, both for healers and astral travelers. Participants will learn how to rid themselves of or transform negative energies and how to raise their level of consciousness and energy. This course is for people with some experience in energy work and meditation who wish to explore the higher dimensions of themselves and reality, and those wishing to learn how to heal themselves and others on a more advanced level.

### SOUND HEALING LEVEL I CLASS



**Master Instructor ROGER ANSELLI**

**December 6 9:30am-5:45pm**

**Sound Healing Concert,  
given by the students and Roger  
7-9pm**

**Workshop and Concert**

**Members \$129 / Non-members \$139**

**Pre-Registration by Nov. 10 - \$99**

No prior musical experience or knowledge necessary, the only things needed are an open mind and an open Heart; we will be using Crystal singing bowls, your voices and Hearts. All participants must be open to making sound with their voice; even a little grunt will be excellent and most welcomed. Please do not let any fears of singing with the voice ever stop your Heart from singing with Love.

*Light.* We are Light. When we align ourselves with this truth we are in harmony.

*Forgiveness.* By forgiving, we unlock the barriers we have created with consciousness; barriers not only to a new possibility, but to endless new possibilities.

We must forgive to change. We must forgive to heal.

*Wholeness.* Healing, at its root meaning, is movement into a state of wholeness which is Love.

Nothing is broken. No one is in need of repair.

No one is ill. When someone is experiencing a challenging journey or "learning intensive", whether physically, mentally, or emotionally, it is a movement into love for all, where compassion rules.

"All disease is the result of inhibited soul life, and that is true of all forms in all Kingdoms."  
-Esoteric Healing, Law of healing #1

*You will also learn:*

- how easy it is to listen to the Heart of Spirit we are always connected to
- to "intone" in a variety of ways using your voice with and without a crystal bowl
- to play a crystal singing bowl in several different ways
- the importance of silence and staying connected to and trusting your Heart
- the realization that when you are invited to someone else's movement into wholeness or "healing" you are being asked to shift, move, expand, and Love as well.
- the importance of being clear; of being the love in the room.

## PAST LIFE HEALING IN A QUANTUM WORLD!



*With Joshua Bloom*  
*Wednesdays in December (2, 9, 16, 23) 7-9pm*  
*Members \$25 / Non-members \$35*

“I can’t even tell you how many clients have shared with me that they have information about a past life or have been through past life regression.” In the Cayce material, past lives and reincarnation are significant subjects that were just as important during the life of Edgar Cayce as they are today.

Through self-connection within a trance-like state, Cayce discovered that Jesus and Adam were actually different incarnations of the same soul, while Eve and the Virgin Mary were also different incarnations of the same soul.

Doesn’t it make you wonder who “you” were in a past life? You may also be wondering about karma, and how you are feeling emotionally, physically and spiritually today, has been impacted by your past lives. Are you “paying” for things you may have done in a life you may not even remember?

With Past Life Quantum Healing™, not only can you change how you feel, you can change just about anything; emotional, physical, energetic, spiritual and even karmic issues can heal quickly and easily.

“I have found that just having information from a past life isn’t enough to create permanent significant change. In my effort to evolve Past Life Regression, I have combined the power of information through Past Life Regression with the effectiveness of Quantum Healing to create what I call Past Life Quantum Healing™.

Nationally recognized author, and Quantum Healing Expert, Joshua Bloom, helps you raise YOUR consciousness with innovative Past Life Quantum Healing™. Experience instant healing! Watch Joshua closely as he demonstrates his amazing healing process; Past Life Quantum Healing™.

Learn:

- the cutting edge in Quantum Science
- how to change your life through evolutionary change
- about Past Life Integration and Release
- how to heal yourself from Past Life issues

*“ ... be glad that you have the opportunity to be alive at this time.” 2376-3*

## UNCOVERING YOUR SOUL PROGRAM

**(and those of your loved ones) - Using the Human Design System**



*Four Week Course with Peter Roth:*  
*Thursday Nights, November 19, December 3, 10, 17 7-9pm*

*Members \$20 / Non-Members \$25*  
*Register before Oct. 31st: \$5 off/ class!!*

*Do you know what your true role in life is?*  
*Do you believe you’re in alignment with your soul purpose?*  
*If you believe you’ve found your soul purpose, are you ready to deepen your alignment with it?*

This is a system that knows the nuances of who you are and what you are here for. It knows your strengths and weaknesses and it will all make complete sense to you. You can live truly on your path. There are 64 hexagrams in the Chinese I’Ching. Each one represents a personality strength or weakness. This system, using your birth data, knows which hexagrams represent you and which don’t. They let you know the unique language of your soul.

Peter Roth is a certified Human Design analyst and teacher. He will make personal charts for each attendee so they can be followed during his talk. You’ll be able to understand your own design and follow the descriptions that depict your unique soul journey. Even those who have had their charts previously analyzed will find new information. There are many, many insights in anyone’s chart and Peter will focus on those that describe the higher purposes of one’s life. Other details can be learned at other talks or workshops or if one wants a private reading.

**Pre-registration required in order for Peter to have your charts ready for the 1st class!**

## INTUITIVE TAROT



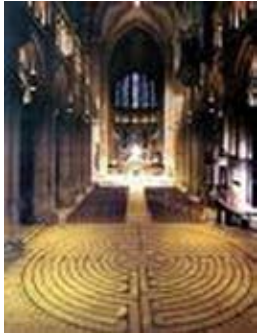
*The First Step with Coni Buro, Ph. D.*

*November 4, 11, 18, December 2, 9 7-9pm*

*\$95 if registered by November 1*  
*\$105 after (space permitting)*

Created exclusively for the ARE of New York. This popular class explores the Spiritual approach to sacred Tarot. Coni will focus on meditation with the intent of connecting to the Divine, where we gain inspiration and trust in our higher self. Coni will be doing a complete study of the Major and Minor Arcana. Practice exercises are the key part of each class beginning with simple spreads and culminating with the full ten-card Celtic spread in the last class. Coni will teach in a way that enables you to discover whatever aspect of the Tarot you desire intuitively. If you are familiar with the Tarot, this course will refresh and deepen your knowledge.

# WHY LABYRINTHS WORK AS SPIRITUAL TOOLS



*With Richard Feather Anderson*

Why do labyrinths possess the astounding ability to center, balance and recharge us; calm the mind; and re-integrate body, mind and spirit? A labyrinth is a pattern that leads you on a single path to “the Center” — of your quest, self or world. Gain deeper insights into the labyrinth as a transformative pathway for the evolution of human consciousness. Learn about the different types of labyrinths and their meanings as archetypal symbols. How is it that labyrinths stimulate meditative states and revelations about life - quickly and

easily without years of spiritual practice? Richard’s long search for answers lead to discovering connections between labyrinths and medicine wheels, the Kabala Tree of Life, the Holy Grail, Arthurian legends, the human charkas, the function of spirals and meanders in Nature, and the purifying power of water vortices. Concludes with a vision of the Classic Cretan labyrinth as a catalyst for the evolution of human consciousness, the awakening of the peacemaker within us all.

**November 5 7-9:30pm**  
**Members \$15 / Non-members \$20**  
**Special Advance Booking by October 31 - \$10**



Richard Feather Anderson, B.S. Architecture, Feng Shui Master, is an internationally recognized pioneer in the revival of geomancy, feng shui, sacred geometry, and labyrinths and is one of the longest practicing geomancers in America, with over thirty years of experience. He founded the first comprehensive training program in multi-cultural geomancy and feng shui, and has taught at Sound Consciousness Institute in San Francisco and in the EcoDwelling program at New College of California. He was feng shui advisor for Esalen Institute’s sustainability plan, the design consultant for Grace Cathedral’s labyrinths, and taught sacred geometry in their pilgrimage program at Chartres Cathedral in France. Introduced to geomantic wisdom in childhood, he continued his

studies in Feng Shui with Professor Lin Yun, Rinpoche; in sacred architecture with Dr. Keith Critchlow; and in Earth Mysteries with the world’s leading experts.

# FIVE PRINCIPLES OF HAPPINESS



*With Michael channeled by Linda Elwell*  
**Saturday, November 7 10am-3pm**  
**Members \$40 / Non-members \$45**

Spiritual, But Not Happy? Perhaps it’s time to find the missing link. Please join us as Michael returns to New York City to present The Five Principles of Happiness - a channeled workshop to help you learn how to:

- lead a simultaneously spiritual and happy life
- embrace the nature of true happiness
- connect more deeply with your divinity
- become authentically happy, from the inside-out using The Five Principles of Happiness manifest more effectively

Enjoy a happy and spiritual journey with Michael while you discover The Five Principles of Happiness and create a lifetime of happiness. Michael is a collective higher consciousness of light beings who have all lived previously in human form. Their messages are here to help people everywhere create happier, more healed and loving lives. Michael uses a practical, tools-based approach, designed to complement your personal belief system, religion or philosophy. Michael teaches that every soul shares the same path: to give and receive Perfect Love. Happy people are naturally more loving and lovable. By being happy, you automatically begin to love yourself and others more fully.

## MOVIE NIGHT:

### FIELD OF DREAMS (1989)

**Friday, November 20 7-9pm**

All his life, Iowa farmer Ray Kinsella was searching for his dreams. Then one day, his dreams came looking for him. He hears a voice in his corn field telling him, “If you build it, he will come.” He interprets this message as an instruction to build a baseball field on his farm, upon which appear the ghosts of Shoeless Joe Jackson and players. When the voices continue, Ray seeks out a reclusive author to help him understand the meaning of the messages and the purpose for his field. Lesson: If you believe the impossible, the incredible can come true.

**Suggested Donation: \$5**  
**YUMMY Ayurvedic Popcorn!!!**

### SAMSARA (2001)

**Friday, December 18 7-9pm**

Buddhist monk Tashi, emerging from years of solitary meditation, returns to his monastery where his revered for his discipleship. On his return, he finds himself experiencing a profound sexual awakening and a strong attraction to a beautiful woman. When faced with this unexpected awakening of his human desires, he questions the spiritual values of his monastic existence. Tashi realizes that life in Samsara (“endless cycle of suffering caused by birth, death and rebirth”) is far more complex than he ever imagined. What is more important - to satisfy one thousand desires or to conquer just one? The film lends itself to an interesting twist in the end.

# PURE ENERGY

## Peter Goldbeck

"Re" means "Universal" and is a general term for spirit or unseen spiritual quality, which serves as channel for "Ki" or "Life Force Energy" (some call it Chi, Qi, Prana, Love Energy, etc.).

Reiki is based on the principle that unseen energy is flows through the body and is what causes us to be alive.

Peter teaches Usui Reiki traditionally, as it was taught to him: primarily as an oral tradition; simply with no add-ons.



Peter's classes are a great foundation for students who want to go on to incorporate additional healing modalities. See back page for Peter's other Healing and Prophecy events.

"A Flexible approach will serve you best. Learn the Reiki hand positions but don't be limited by them. Learn the Reiki symbols but know that they are not the only source of healing energy."

**PETER GOLDBECK IS A CERTIFIED RECONNECTIVE HEALER AND REIKI MASTER.**

**BE PART OF THE EDGAR CAYCE LEGACY!  
BECOME A MEMBER OF THE A.R.E. OF NY CENTER!**

Receive discounts in our Bookstore, with our many Center health/wellness practitioners; and selected programs and courses. Your membership can quickly pay for itself.

### CHOOSE ONE:

**Basic Membership:** Annual Dues, \$50\_\_\_\_\_

Benefits: Discounts on many health/wellness services, selected programs & classes.

10% Bookstore discount; Free subscription to The Open Door; library privileges; invitations to Members-and-their-guests-only events; free computerized astrology or numerology chart for New Members.

**Family Membership:** Benefits, same as Basic. Covers immediate family. Annual Dues, \$75 \_\_\_\_\_

**Multi-Year Membership:** Benefits, same as Basic. 2 years, \$85 \_\_\_\_\_ 3 years, \$120 \_\_\_\_\_

**Life Member: \$2000**  
Benefits: Same as Basic, plus: One free

Method of payment:  Check/money order payable to: A.R.E. of N.Y.  
Credit Card:  VISA  MASTER CARD  AMERICAN EXPRESS  
Card Number: \_\_\_\_\_ Exp. Date: M\_\_\_\_/Y\_\_\_\_  
Signature (if paying by credit card): \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

## REIKI PROGRAMS

### Reiki 1 includes:

- 1) The History of Reiki Healing
- 2) Reiki Ethics & Precepts
- 3) Healing Hand Positions
- 4) Disease cause/effect and treatment

Students receive two attunements to increase energy flow and lots of practice opportunities!

**Tuition: \$125 early registration (2 weeks prior to date); \$150 after.**

### Reiki 2 includes:

- 1) Teaching of three symbols, their names, meanings and uses
- 2) A distance/absentee healing technique
- 3) A mental/emotional balancing technique

A third dynamic attunement further enhances energy flow.

**Tuition: \$185, early registration (2 weeks prior to date); \$200 after**

### Mastership Degree Includes:

- 1) Teaching of one additional symbol, its name, meaning and uses
- 2) Powerful self-empowerment techniques
- 3) Clinical applications of Reiki – traditional techniques
- 4) Clinical Applications – non-traditional techniques
- 5) Intuitive faculties in Reiki
- 6) How to do first level, second level and Master initiations

A fourth powerful attunement boosts healing energy flow.

**Tuition: \$450, early registration (2 weeks prior to date); \$550 after.**

**Nov. 21, 1-5pm - Reiki Level 1**  
**Nov. 22, 1-5pm - Reiki Level 2**  
**Nov. 29, 1-5pm - Reiki Master Level 3**  
**Dec. 5, 1-5pm - Reiki Level 1**  
**Dec. 13, 1-5pm - Reiki Level 2**  
**Dec. 19, 1-5pm - Reiki Master Level 3**

### SIGN UP!

Fill in this form or download one from [www.arenyc.org](http://www.arenyc.org) and mail with payment to:



Leonard Cassara, Registrar  
A.R.E. of New York  
241 W. 30th Street, 2nd Fl.  
New York, N. Y. 10001

**TO REGISTER BY PHONE:  
(212) 691-7690**

Minimum registration required for workshops to be offered.

**1** Please register (indicate # of people):

REIKI LEVEL 1 TUITION: \$125EARLY REGISTRATION;

CLASS	EARLY BIRD DEADLINE
Nov. 21	Nov. 7
Dec. 5	Nov. 21

REIKI LEVEL 2 TUITION: \$185 EARLY REGISTRATION;

CLASS	EARLY BIRD DEADLINE
Nov. 22	Nov. 7
Dec. 13	Dec. 1

MASTER TEACHERSHIP TUITION:  
\$450 EARLY REGISTRATION; \$550 AFTER

CLASS	EARLY BIRD DEADLINE
Nov. 29	Nov. 1
Dec. 19	Dec. 5

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

**2** Method of payment:

Check or Money Order  
(Payable to: A.R.E. of New York)

VISA  MASTERCARD

AMERICAN EXPRESS

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Card Number

Expiration Date: Month \_\_\_\_\_ Year \_\_\_\_\_

Signature if paying by credit card

\_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

IMPORTANT: Phone (\_\_\_\_) \_\_\_\_\_

# NOVEMBER



**2009**

## Your Feedback Is Appreciated

How do you like the new design of our Catalog / Calendar?

Your thoughts and opinions are welcome and help us to serve you better. Please send your comments to areofnyc@mind-spring.com.

Also, to help the planet, save trees, and save money in these interesting times – we are moving ASAP to a paperless “Green” catalog. If you’d like to start receiving our bimonthly catalog by e-mail, contact us at areofnyc@mind-spring.com.

Write “Green Catalog” in the subject heading and please give us your name and snail mail address in the message. Thanks for helping us to go Green!



A.R.E. OF NY IS A 501(c)(3) non-profit organization. A copy of our most recent annual financial statement is available from the NY State Charities Bureau, 120 Broadway, New York, NY 10271

SUN	MON	TUES	WEDS	THURS	FRI	SAT
1 Master Ou 9:45am-6:30pm Prosperity Group 1:00 - 2:00 pm Dream Study Group 2:00 -4:00 pm ACIM 4:30-6:00pm	2 Master Ou 10:00am-6:00pm Energize at the A.R.E. 12:30pm-2:00pm Search for God Study Group 7:00 -9:00 pm	3 Meditation Group 6:00 -7:00 pm	4 Energize at the A.R.E. 12:30pm-2:00pm Intuitive Tarot Coni Buro 7:00-9:00pm	5 Prayer for Healing Group 7:30 - 9:30 pm Richard Feather Anderson 7:00-9:30pm	6 Malcolm Smith 10:00am-10:00pm Energize at the A.R.E. 12:30pm-2:00pm Milou Polycarple 2:00pm-4:00pm	7 Malcolm Smith 10:00am-10:00pm Revelation Group 7:00 - 8:30 pm Healing Workshop Peter Goldbeck 7:00-9:00pm
8 Malcolm Smith 10:00am-10:00pm Sonic Immersion Lyz Cooper 11:00am-7:00pm Prosperity Group 1:00 - 2:00 pm Dream Study Group 2:00 -4:00 pm ACIM 4:30-6:00pm	9 Malcolm Smith 10:00am-10:00pm Energize at the A.R.E. 12:30pm-2:00pm Search for God Study Group 7:00 -9:00 pm Intuitive Development Tim Biot 7:00-9:00pm	10 Malcolm Smith 10:00am-10:00pm Meditation Group 6:00 -7:00 pm Intuitive Development Tim Biot 7:00-9:00pm	11 Malcolm Smith 10:00am-10:00pm Energize at the A.R.E. 12:30pm-2:00pm Reiki Circle Peter Goldbeck 7-9pm Intuitive Tarot Coni Buro 7:00-9:00pm	12 Prayer for Healing Group 7:30 - 9:30 pm Reflexology Laura Norman 6:00pm-9:00pm	13 Energize at the A.R.E. 12:30pm-2:00pm Milou Polycarple 2:00pm-4:00pm	14 Health Fair Tom Eisele 3:00-4:00 pm Revelation Group 7:00 - 8:30 pm Prophecy Celebration Peter Goldbeck 7:00-9:00pm
15 Prosperity Group 1:00 - 2:00 pm Dream Study Group 2:00 -4:00 pm ACIM 4:30-6:00pm	16 Energize at the A.R.E. 12:30pm-2:00pm Search for God Study Group 7:00 -9:00 pm Intuitive Development Tim Biot 7:00-9:00pm	17 Meditation Group 6:00 -7:00 pm Intuitive Development Tim Biot 7:00-9:00pm	18 Energize at the A.R.E. 12:30pm-2:00pm Intuitive Tarot Coni Buro 7:00-9:00pm	19 Prayer for Healing Group 7:30 - 9:30 pm Human Design System Peter Roth 7:00-9:00pm	20 Energize at the A.R.E. 12:30pm-2:00pm Milou Polycarple 2:00pm-4:00pm <b>MOVIE NIGHT</b> Field of Dreams 7-9pm	21 Master Teoh 2:00pm-4:00pm Revelation Group 7:00 - 8:30 pm Healing Celebration Peter Goldbeck 7:00-9:00pm
22 Cayce Remedies Jack Rosen 1:00-3:00pm Prosperity Group 1:00 - 2:00 pm Dream Study Group 2:00 -4:00 pm ACIM 4:30-6:00pm	23 Energize at the A.R.E. 12:30pm-2:00pm Search for God Study Group 7:00 -9:00 pm Intuitive Development Tim Biot 7:00-9:00pm	24 Sharing Circle 4:00-6:00 pm Meditation Group 6:00 -7:00 pm Intuitive Development Tim Biot 7:00-9:00pm	25 Energize at the A.R.E. 12:30pm-2:00pm Reiki Circle Peter Goldbeck 7-9pm	26 Prayer for Healing Group 7:30 - 9:30 pm	27 <b>CENTER CLOSED</b> except for Peter Goldbeck events Prophecy Celebration Peter Goldbeck 7:00-9:00pm	28 <b>CENTER CLOSED</b> except for Peter Goldbeck events
29 <b>CENTER CLOSED</b> except for Peter Goldbeck events	30 Energize at the A.R.E. 12:30pm-2:00pm Search for God Study Group 7:00 -9:00 pm Intuitive Development Tim Biot 7:00-9:00pm					

# DECEMBER



**2009**

## Your Feedback Is Appreciated

How do you like the new design of our Catalog/Calendar?

Your thoughts and opinions are welcome and help us to serve you better. Please send your comments to areofnyc@mind-spring.com.

Also, to help the planet, save trees, and save money in these interesting times – we are moving ASAP to a paperless “Green” catalog. If you’d like to start receiving our bimonthly catalog by e-mail, contact us at areofnyc@mind-spring.com.

Write “Green Catalog” in the subject heading and please give us your name and snail mail address in the message. Thanks for helping us to go Green!



A.R.E. OF NY IS A 501(c)(3) non-profit organization. A copy of our most recent annual financial statement is available from the NY State Charities Bureau, 120 Broadway, New York, NY 10271

**SUN MON TUES WEDS THURS FRI SAT**

SUN	MON	TUES	WEDS	THURS	FRI	SAT
		1 Sharing Circle 4:00-6:00 pm  Meditation Group 6:00 -7:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	2 Energize at the A.R.E. 12:30pm-2:00pm  Past Life Healing Joshua Bloom 7:00-9:00pm Intuitive Tarot Coni Buro 7:00-9:00pm	3 Prayer for Healing Group 7:30-9:30 pm  Human Design System Peter Roth 7:00-9:00pm	4 Energize at the A.R.E. 12:30pm-2:00pm  Psychic Enhancement Peter Goldbeck 7:00-9:30pm	5 Master Teoh 2:00pm-4:00pm  Revelation Group 7:00 - 8:30 pm
6 Sound Healing Roger Ananelli 9:30am-9:00pm  Prosperity Group 1:00 - 2:00 pm  Dream Study Group 2:00 -4:00 pm  ACIM 4:30-6:00pm	7 Energize at the A.R.E. 12:30pm-2:00pm  Search for God Study Group 7:00 -9:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	8 Sharing Circle 4:00-6:00 pm  Meditation Group 6:00 -7:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	9 Energize at the A.R.E. 12:30pm-2:00pm  Past Life Healing Joshua Bloom 7:00-9:00pm Intuitive Tarot Coni Buro 7:00-9:00pm	10 Prayer for Healing Group 7:30-9:30 pm  Human Design System Peter Roth 7:00-9:00pm	11 Energize at the A.R.E. 12:30pm-2:00pm  Prophecy Celebration Peter Goldbeck 7:00-9:00pm	12 Revelation Group 7:00 - 8:30 pm  <b>HOLIDAY PARTY</b> 7:00pm
13 Prosperity Group 1:00 - 2:00 pm  Dream Study Group 2:00 -4:00 pm  ACIM 4:30-6:00pm	14 Energize at the A.R.E. 12:30pm-2:00pm  Search for God Study Group 7:00 -9:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	15 Sharing Circle 4:00-6:00 pm  Meditation Group 6:00 -7:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	16 Energize at the A.R.E. 12:30pm-2:00pm  Reiki Circle Peter Goldbeck 7-9pm  Past Life Healing Joshua Bloom 7:00-9:00pm	17 Prayer for Healing Group 7:30-9:30 pm  Human Design System Peter Roth 7:00-9:00pm	18 Energize at the A.R.E. 12:30pm-2:00pm  <b>MOVIE NIGHT</b> Samsara 7-9pm	19 Revelation Group 7:00 - 8:30 pm  Healing Celebration Peter Goldbeck 7:00-9:00pm
20 PGSG Group 11:00am-12:45pm  Prosperity Group 1:00 - 2:00 pm  Dream Study Group 2:00 -4:00 pm  ACIM 4:30-6:00pm	21 Energize at the A.R.E. 12:30pm-2:00pm  Search for God Study Group 7:00 -9:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	22 Meditation Group 6:00 -7:00 pm  Intuitive Development Tim Biot 7:00-9:00pm	23 Energize at the A.R.E. 12:30pm-2:00pm  Reiki Circle Peter Goldbeck 7-9pm  Past Life Healing Joshua Bloom 7:00-9:00pm	24 Prayer for Healing Group 7:30-9:30 pm	25 <b>CENTER CLOSED</b>	26 <b>CENTER CLOSED</b>
27 <b>CENTER CLOSED</b>	28 <b>CENTER CLOSED</b>	29 <b>CENTER CLOSED</b>	30 <b>CENTER CLOSED</b>	31 <b>CENTER CLOSED</b>		