Edgar Cayce and Prophecy:
Understanding the Times We Live In
John Van Auken Returns to NYC
by Laura Fowler

An era of transformation is upon us.
What’s your role in the changes?
John Van Auken, Director of the Edgar Cayce Foundation, returns to NYC for the first time in several years to present his program exploring these imminent changes on June 1st.

Edgar Cayce and Prophecy: Understanding the Times We Live In will cover prophecies of Edgar Cayce, the Bible, the Great Pyramid timeline, the Archangel Gabriel, Jesus, the Book of Revelation, Nostradamus, the Bishop of Malachy, Mary, the mother of Jesus, and more. John will help you to understand these predictions and how they are relevant to your life in this present moment.

A best selling author, meditation expert and internationally renowned public speaker, John has studied all things Cayce since he was sixteen years old. He has worked at the Edgar Cayce Foundation for several years. John Van Auken Returns—Edgar Cayce & Prophecy continues on page 3

Adventures in Cyberspace
A.R.E. of NY Goes Digital — Our First Online Course

Do you return from every beach trip with a collection of seashells in your pocket? Are you fascinated by their beauty and diversity?
Or are you a psychic/intuitive reader or life coach who’d like to incorporate another element into your practice? Then Ocean Oracle may be for you.

Ocean Oracle is a system for understanding the messages and meanings seashells carry for us—and on June 23rd, you can learn all about it in our very

(A.R.E. of NY Goes Digital, continues on page 3)
Joseph Michael Ostermeier
Elected as Board Treasurer: Other Board Changes

by Kev O’Kane

We welcome Joseph Ostermeier of Long Island, to the Board of Trustees of the A.R.E. of New York!

Joseph was elected to the Board at the March Board meeting and elected as Board Treasurer on April 22nd.

He will bring to his Board service, degrees in both Accounting and Business Management. He has run up to eighteen corporations at a time as Controller, mostly in the automotive and music industries.

Joseph became known for his ability to analyze and correct the errors of previous controllers and for saving several companies. He has run his own company, Infinity Records, since 1990.

Joseph has also reviewed the books of most of the corporations he has worked for, even after the accountants finished with them, and found many errors over the years. He presently hires himself out to small music companies and musicians as an accountant and management consultant.

Yet, Joseph is a well rounded man. He has been an amateur musician, coached several varsity sports teams, is highly spiritual and believes that each of us creates his/her own happiness. Joseph created his happiness through a life-long search for God and the meaning of existence, a strong commitment to his family and an understanding that friendship is a daily choice and something to be worked at each day—and by being

(Joseph Ostermeier Elected continues on p. 15)

Tijana Cekic and Mehernaz Madon Are New Program/Event Coordinators; Sabrina Bozzo Joins Program Team

Tijana Cekic (Right) and Mehernaz Madon (left).

Tijana Cekic and Mehernaz Madon are our new Program and Event Coordinators, stepping into that role following Lin Hunter’s resignation from the Board and the role of Program/Event Coordinator due to health concerns. (See Other Board News, p. 15.) Sabrina Bozzo also joins our team as Social Media Coordinator

Tijana Cekic was our Events Coordinator from 2015 until

(New Event, Social Media Coordinators, continues p. 14)

Board Applications Still Welcome!

We still have openings for one or more additional members on the A.R.E. of NY Board of Trustees.

Serving on our Board of Trustees is an important way of supporting our Community—and a major opportunity to have an effect on the direction of our Community’s development.

Our bylaws state that an applicant to the Board should:

- Be an A.R.E. member for at least three years.

Membership in either the national A.R.E. or A.R.E. of

(Board Applications Welcome continues on p. 14)

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

2
John Van Auken Returns -- Edgar Cayce & Prophecy

(Continued from page 1)

A.R.E. Headquarters in Virginia Beach since the age of twenty-four. John started out in the publishing department at A.R.E. and found himself reading nearly every book straight off the presses.

John also leads a much sought-after tour of Ancient Egypt for the A.R.E. Tours and Travel Department. Despite having led the tour over thirty times, John says there is so much more to learn from the Great Pyramids: Just back from the most recent tour, in April, John commented, “More of ancient Egypt remains hidden than has been found. Each trip has new discoveries.”

Much of John’s research on the topic of ancient Egypt is in his book, 2038: The Great Pyramid Timeline Prophecy. His latest book, Prophecies Converging in Our Times, expands on the details of that timeline and includes more prophecies from Nostradamus.

By exploring the multitude of prophetic materials covered during the program, John says attendees may gain perspective on their own roles in the universe. The awareness of these prophecies, John says, has “transformed me and my consciousness. From an individual view of life I have grown to perceive a universal view. From my finite self, I have expanded into being a portion of the infinite, eternal Life Force, the River of Life that is flowing to its destiny, with or without me. I have decided to flow along with the River of Life.”

As for the current “resurrection” of the A.R.E. of NY, John recommends that our Community follow the words of Edgar Cayce: “Cooperate, seek the Still Small Voice within, work like thunder, but leave the increase to God and the heavenly forces.”

Join us on June 1st for this excellent opportunity to gain insight into the visions of Edgar Cayce and other prophetic sources and learn from a leading pioneer on the subject:

Conference Date/Time: June 1, 9:30 am - 5:00 pm.

Location: Centerpoint Anthroposophy, 138 West 15th St. New York, NY 10011.


Or Call HQ’s Conference Registrar: 800-333-4499.


A selection of John’s books will be available for purchase at the conference.

Laura Fowler is a writer and A.R.E. member based in Brooklyn, NY.

Adventures in Cyberspace: A.R.E. of NY Offers First Online Course

(Continued from page 1)

first webinar, taught by Michelle Hanson, the creator of Ocean Oracle. (Program details on p. 5.)

We expect this to be the first of many courses and events we’ll be bringing you online. To coordinate our online programs and events, Mehernaz Madon recently joined our Program and Events Team. (See article, page 2.)

Attendance at webinars is not restricted by geographic location—so offering courses and events online will help us reach a much larger potential audience. Please tell your friends about this course—even if they live outside the NYC area.

We also have plans to begin offering psychic/intuitive readings online. That is, the readings would be booked online but would typically take place via phone or Skype. This service will probably “live” in June. And, of course, we’ve also started our first online A Search For God group.

But don’t worry—even as some of our activities move into cyberspace, we’ll definitely continue to offer the face-to-face courses, study groups and fellowship events you love!
The primary purpose of stem cells is to maintain, heal and regenerate tissues wherever they are in the body—which they do continuously throughout our lifetime.

**Dr. Kristen Comella**, number one stem cell innovator for two decades, now at U.S. Stem Cell Clinic, says your stem cells are continuously promoting healing, and they do not have to be manipulated in any way. The stem cells naturally know how to home in on areas of inflammation and how to repair damaged tissue. “All we are doing is harnessing the cells from one location where they’re sitting dormant and relocating them to exactly where we need them to work.”

Our own (autologous) stem cells present a safe alternative to invasive surgery or pharmaceutical drugs. They will not induce immune reaction or rejection or allergic sensitization—and don’t require hospital stays for weeks and painful recuperation for months afterward. Best of all, there’s no bodily risk. Comella doses herself every 6-12 months to reduce inflammation. (“Inflammation is what kills us all. It’s what makes our telomeres shrink. It’s what causes us pain, discomfort and makes the tissues die.”) She reports feeling better than she did a decade ago.

Currently the U.S. only allows stem cell transplants which are completed within the same day and using cells taken from one’s own body at that time (usually a two hour procedure). Cells from other sources or taken to a lab or grown are considered drugs and come under FDA regulations, which are changing, but still quite stringent. The exception is for terminal cases, which fall under the Right to Try Bill that passed in 37 states, and for the state of Texas where they recently passed HB 810 to allow chronic patients the same services as terminal ones. Otherwise, those who can afford to travel to Panama, Europe, Japan, China, et al can get whatever stem cell treatments they desire.

Right now, the wealthy have stem cell procedures designed to replace worn-out, old cells with brand-new young ones throughout their bodies at extraordinary expense (upwards of $5,000 a pop and not covered by insurance). *New Yorker* magazine says, “This expensive new therapy works like a charm—Hollywood elites and billionaires are growing younger.”

**Stem Cells from Fat:** It’s been found that bone marrow-derived and fat-derived stem cells are both effective for regenerative therapy and both have the potential to differentiate into whatever functional tissue is needed. However, a study at University of Pennsylvania Medical School showed that stem cells taken from human fat tissue (adipose stem cells) are more stable than other kinds of stem cells being used now, and this is true even when the stem cells are extracted from the fat tissues of older folks. Stem cells from fat are 100 to 1000 times more plentiful, faster to differentiate into the tissue desired, and more stable; thus making procedures much easier to perform and leading to better clinical outcomes.

Originally, in the U.S. bone marrow stem cells were used only to combat terminal disease, cancer in particular. However, marrow has fewer stem cells and the quality declines as one ages. The ease of removing fat from under the skin using a mini-liposuction under local anesthetic is much less invasive and MUCH LESS painful than undergoing bone marrow aspiration to obtain bone marrow cells, so this is the most popular form of stem cell used in this country.

Our own stem cells will out-perform somebody else’s in our body. Recent birth mothers are storing stem cells from amniotic and placental tissue and cord blood from their child’s birth in Stem Cell Banks in case they may need them for themselves in future—or they donate.

*(All About Stem Cells, continues on p. 7)*
Upcoming A.R.E. of NY Events:
Register on our website, www.edgarcaycenyc.org or call 212-691-7690.

2019 Bioenergy Healing Certification Program with Anton Baraschi
7 two-day weekends from 10 am-6 pm, Sat-Sun: May 11-12, June 29-30, July 13-14, Aug 10-11, Sept 28-29, Oct 26-27, Nov 9-10, 2019
Location: Synergy Education, 255 W. 36th Street, Suite 1204
This unique, comprehensive Bioenergy Healing method is a synthesis of more than a dozen Bioenergetic Healing Methods from China, Tibet, Japan, Russia, Eastern Europe, United States, Philippines, Brazil and Africa that Anton learned and practiced over 17 years with various Masters and Traditions, as well as the Edgar Cayce readings.
Its purpose is to effectively improve a client’s health in the shortest possible time with lasting, measurable effects using energetic modalities on and off the body.
Successful completion of this program will empower you as a Bioenergy Healer Certified by the Edgar Cayce Center of NYC, and to open your own practice. Prior experience is helpful, but not needed. The only prerequisites are a deep love for humanity and the willingness to do the work.
For further information, visit our website or text Anton Baraschi at (845) 772-7200 with name and question.

Meeting and Working with Your Spirit Guides & Power Animals with Karen Frances McCarthy
Date: Thursday, 30 May 2019, 7:00 PM – 9:30 PM
Location: Balance Arts Center, 151 W. 30th St., 3rd Floor, New York, NY.
Tickets: Pre-registered Members: $35; Non-members $40. At door registration: $45.
If you’re embarking on a spiritual path, seeking to develop healing/intuitive ability, or just want to access life guidance from higher realms, your best teachers are your own guides.
In this workshop, meet and work with your spirit helpers, using dream interpretation, imagery and sensory input from subtle energies.
We’ll also work with power animals and Celtic Oracle and Ogham cards to garner additional guidance to help you at this point in your life. This is a wonderful, rewarding process. Once you’ve learned the practice of spirit guide contact, you’ll be able to take this journey yourself for additional guidance.
Karen Frances McCarthy MA, CSNU, is an international, accredited medium, published author, and public speaker. An advocate of the ethical practice and healing potential of mediumship, she underwent years of intensive training at the world-renowned Arthur Findlay College in England and holds three Certificates of Recognition, in mediumship, spiritual healing and public speaking from its governing body, the Spiritualist National Union.

JOIN US FOR OUR VERY FIRST ONLINE COURSE!
Ocean Oracle Note Date Change
with Ocean Oracle creator, Michelle Hanson
Date: Sunday, June 23, 2:00—3:30 pm
Location: Online Webinar Event Tickets: $35
Learn to use seashells in divination! Michelle Hanson invites you to discover the magic and wonder in the seashell kingdom. You’ll be amazed at the intelligence and compassion present in the animals that create and inhabit seashells.
In an interactive 2½ hour webinar, witness these animals in their native habitats & explore their unique behaviors and interactions with humans throughout history. Learn how they help you access your subconscious wisdom for your highest good. Come away with revelations that may

Ocean Oracle continues on page 6)
Years before she became involved with the A.R.E., Joan Carra says she connected with Edgar Cayce during an automatic writing session. He asked her why she wanted to have “nightmares” like him. Joan wasn’t afraid—to her, psychic phenomena was the norm. She was exposed to psychic activities from an early age, as her father had a large occult library and her mother had clairvoyant dreams. Her aunt even taught her to read playing cards, using the ace through the nine.

A psychic and medium, based in Greenwich, Connecticut and New York City, Joan offers a wide variety of readings. She has taught Mediumship, Numerology, Palmistry, Animal Communications and Tea Leaf Reading for A.R.E. New York.

Joan is part of The Chakra Collective, a group of energy healers, life coaches, yogis, and more. She contributed a chapter on psychic development to the Collective’s first book *Harmony in Chakras: Volume One*. The book covers holistic methods for spiritual and mental healing and gives insight into the many benefits of balancing the chakras.

**Some of Joan’s past predictions:** In 2000, in a WPIX Millennium Psychic Panel interview on Channel 11 News, Joan predicted that Hillary Clinton would not be the first woman president. She predicted a Trump win in February 2016 at Katonah Integrative Study Group. In 2005, both *AM New York* and *The Daily News* published her prediction of the terrible floods in NYC, which resulted from Hurricane Sandy.

**What does Joan see ahead now for our collective future?** Joan emphasizes our environment, and the need to be more proactive in preserving it. “Mother Earth is suffocating from the pollution and lack of care, she said.” She has seen visions of more extreme floods, and even the extinction of some animal species. She also feels that growing unrest in America is unlikely to be resolved soon.

Although things may seem tumultuous now, Joan points out that there is a larger picture to consider. She says "we have to look at the fact that we are a soul and there are other dimensions to our existence.” In order to thrive in this physical world, Joan believes, we should cultivate spiritual wellness.

For more about Joan or to schedule a reading visit [www.psychicjoancarra.net](http://www.psychicjoancarra.net). For more about *Harmony in Chakras: Volume One*, see Transitions, page 7.

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**Upcoming A.R.E. of NY Events, continued:**

(Ocean Oracle continued from page 5)

turn your world upside down—but prove extremely enlightening.

**Michelle (Shelley) Hanson**, author of *Ocean Oracle* and *Ocean Wisdom*, has conducted sea shell divination and oracle card readings for 30 years. In the past eight years, she’s taught hundreds of students through her popular online courses devoted to personal growth using seashells as divination and energy tools.

**Edgar Cayce and Prophecy: Understanding the Times We Live In** - John Van Auken

June 1, 2019 (A national A.R.E. Field Conference, offered in NYC with the cooperation of A.R.E. of NY. Details on page 3.)

**Malcolm Smith Returns to NYC**

June 15, 16, 17 & 19

**New Location:** Balance Arts Center, 151 W. 30th St., 3rd Floor, New York, NY.

For over 35 years, admired British “Spiritual Healer” from Yorkshire, England, Malcolm Smith has restored sight and hearing, cured “incurable” diseases and changed hundreds of lives. “God does the healing, not me,” he says.

Book your appointment with Malcolm on our website, [www.edgarcaycenyc.org](http://www.edgarcaycenyc.org) or call 212-691-7690.

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The Open Door 6
them for others to use. Such facilities are regulated by the FDA. Note that it is embryonic (fetal) tissue that is outlawed entirely in the U.S.

Dr. Comella notes “patients who eat a healthy diet focusing on organic and grass-fed foods have body fat that yields high amounts of very healthy stem cells, whereas cells from someone eating a grain-based diet or exposed to a lot of toxins in their food are not as good. Cigarette smokers’ stem cells do not grow well at all.” Also note, stem cells are enhanced by the supplements quercetin, and curcumin, and nutrients found in black pepper, red onions, Garlic, apples, olive oil, peppers, leafy greens, and cruciferous vegetables, especially broccoli.

**Platelet Rich Plasma (PRP) and Stem Cells:** Our blood contains platelets, which are first to arrive at an injury site to clot bleeding and to send signals, such as commands to stem cells to multiply and grow or to differentiate and form new tissue. These platelets have many different growth factors to stop inflammation and promote healing. A common use for PRP is in a joint. Platelets are most successful in an area rich in stem cells—such as an acute or recent injury, says Dr. Comella. With a fresh injury to your knee, for example, PRP is the first thing to use—as your stem cells are already en route to the area to perform healing, and adding PRP “is like putting fertilizer on seed,” whereas old (chronic) knee pain would be in need of stem cell therapy plus PRP.

PRP therapy, which takes approximately twenty minutes to complete, begins with collection of 30 milliliters of the patient’s blood. The blood sample is placed in a centrifuge to separate the platelet-rich plasma from the other components of whole blood. Doctors then inject the concentrated platelets into the site of the injury usually using ultrasound guidance for accuracy—as they do in all stem cell procedures.

Thus far, lab studies seeking other alternatives, have found that the only other dependable way to restore stem cells in one’s body is to prevent tissue aging in the first place by eating fewer calories through intermittent fasting or longer water fasts. To be effective these would have to become one’s lifestyle, more or less. However, according to Professor Salvador Aznar Benitah (Institute for Research in Biomedicine, Barcelona), such fasts “provide the body with the minimum energy to perform its basic functions, which in the long term may have negative effects on one’s everyday life,” and could not offer speedy relief in cases of severe pain.

Alternatively, you can begin by having a healthy lifestyle and eating a healthy diet so your own stem cells don’t have to constantly fight off toxins and inflammation.

There are numerous success stories testifying to the efficacy of stem cells to heal and bring people back to full functioning after injury or disease in a short period of time without surgery or pain.

**Stem Cell Stories**

- **Traumatic Brain Injury:** A woman fell two stories, hit her head, was in a coma for months; on awakening, she was not able to walk, talk or do any activities. After many hospitals could do nothing for her she came to U.S. Stem Cell Clinic, where she was administered stem cells to cross the blood-brain barrier to her brain. After the first treatment she walked into the clinic and told her doctor what happened the day she had her head injury.

- **Lyme Disease:** Patients received stem cells to cross into the brain and IV transfusion of cells to address systemic symptoms, with great response.

- **Post-Menopause:** Dr. Comella, 15 years after bearing 2 children, had injection of cells into her vaginal wall to treat incontinence issues with excellent results. Stem cell injections are also used to increase sexual response for women and for men as well, with results reported as life-changing.

- **Heart Attack:** Intra-venous treatment with Stem Cells has prevented damage from lack of blood flow and vascularized the heart tissue, bringing more oxygen and normalizing the heart’s ability to pump blood.

- **COPD, Multiple Sclerosis:** Dr. Tami Meraglia, of Vitality Medispa in Seattle, treats MS, Parkinson’s, osteoarthritis, autoimmune disorders and lung diseases. She reports that her dad, after treatment with stem cells, doesn’t need oxygen, and no longer needs to take medications “that didn’t work anyway.” “Typically [patients] feel good right away. Then it takes two to four months,” Dr. Meraglia says about the treatments. She also reports an MS patient who was going blind, can now see and is no longer in a wheelchair after stem cell treatment.

- **Beauty Rejuvenation and Hair Growth:** Injections

*(All About Stem Cells, continues on p. 8)*
Maureen St. Germain, an Ascension teacher and author, who has developed fool-proof techniques to access your Higher Self, now introduces her latest book, Opening the Akashic Records, Meet Your Record Keepers and Discover Your Soul’s Purpose. In it she details how to easily access your own Akashic Records. Founded of the Akashic Records International, Inc., a training and promotion organization Maureen is widely considered a direct channel to Source. About Maureen’s new book, Lynn V. Andrews, New York Times best-selling author of the Medicine Woman series, wrote: “Opening the Akashic Records provides a thorough and easy to understand education for those who wish to access the Akashic Records. In the past, understanding what the


The Collective is comprised of energy healers, life coaches, therapists, creators, psychics, yogis, creative artists, and other practitioners—including several members of our A.R.E. of NY Community.

Current A.R.E. NY practitioners, Joan Carra psychic medium, and Leah DeSanto Shamanic Reiki healer, contributed to chapters in the book—as did Ivy Black, Dee Savoy, Laurelle Rethke, and Maria Gutierrez, among others.

Congratulations to all of the members of The Chakra Collective! Harmony in Chakras, Volume One can be purchased at Amazon.com. More information about The Chakra Collective, the book and the authors can be found at http://harmonyinchakras.com/

Akashic Records are and how to access them has been a very complex subject. In this book, Maureen makes this knowledge available to anyone.”

Known for her Amazon best-sellers, and the power of the sacred tools she teaches, Maureen has shared the knowledge gained from her years of research and

(Transitions continues on page 12)

(All About Stem Cells, continued from p. 7)

to the face reportedly bring results lasting ten years or more. Stem cells have also thickened thinning hair.

Hopefully the general public, not just the rich and famous, will be able to harness the power of stem cells at an affordable price in the very near future. In the long run, using stem cell therapy is less expensive than the invasive surgeries, doctor visits, rehabs, pain, anxiety and toxic drugs of mainstream.

To see further stem cell testimonials:

https://usstemcellclinic.com/testimonials/
https://www.youtube.com/watch?v=hsTtCw8Tkdl
https://www.google.com/search?
Sacred Spaces

by Polly Guerin

Sacred Places in the Heart of New York City

The building boom in NYC continues to steal away sanctuary spaces so vital to the comfort and sanity of the citizens of the City. Yet, despite this plundering of sacred spaces, there remain some rather excellent spots in NYC—if you know where to find them. It’s always best to check ahead of time on when individual space are open and invite your visit.

First in this feature, Greenacre Park: You’ll want to return time after time for the great pleasure of finding a pocket park in the city that is a perfect place for quiet, spiritual time. Remember all faiths are welcome at this park that abuts a synagogue.

Then, of course, Central Park is an amazing free oasis in the City and we’ll point out one very special area in the Park that is ideal for quiet contemplation, meditation or prayer.

Greenacre Park at 217 East 51st Street, between Second and Third Avenues and next door to the Sutton Place Synagogue, is an emerald green sanctuary, a most delightful and well kept 'find' in the heart of the City.

This is a privately owned, publicly accessible pocket park developed, funded and maintained by the Abby Rockefeller Mauze's Greenacre Foundation, founded in 1971.

Here you will find lush evergreen plantings and a delicious sounding waterfall that enriches the sanctuary experience. The movable chairs and tables make it possible to consume a light lunch there. Other than that, the park creates a nice refuge where East Side residents and office workers, passers-by and seniors find a respite to relax, pray, meditate or contemplate as the cacophony of the city softens into peaceful reverie.

Also, did you know that Central Park was designed first and foremost as a religious statement? I would suggest that it fits the description of a sanctuary place.

I love the Conservatory Garden at Fifth Avenue and East 105th Street. It’s one of my favorite contemplation spaces (or rather collection of spaces).

Central Park's six-acre formal garden is divided into three smaller gardens, each with a distinct style: Italian, French, and English.

(Sacred Places in the ❤ of NYC continues on page 10)
The Italianate center garden is features a 12-foot high jet fountain on the western end of the lawn, backed by tiered hedges and stairs that lead up to a wisteria pergola. On the walkway under the pergola are medallions inscribed with the names of the original 13 states.

The northern, French-style garden showcases spectacular seasonal displays of spring tulips, and Korean chrysanthemums in autumn, and the Three Dancing Maidens fountain by German sculptor, Walter Schott.

In the center of the intimate English-style garden, to the south, is sculptor Bessie Potter Vonnoh's lovely Frances Hodgson Burnett Memorial Fountain, a tribute to the author of the children's book, The Secret Garden. It stands at one end of a small water lily pool.

The Conservatory Garden is an officially designated Quiet Zone, offering a calm, colorful setting for a leisurely stroll, quiet contemplation, or an escape with a good book.

Important to know, the layout of Central Park is based on a winning design by Frederick Law Olmstead, the park superintendent and Calvert Vaux, an architect, in 1857.

The religious statement of Central Park is a Transcendental one: Through contemplation of nature, as God’s reflection, one can commune and connect with God. That is why there are so many varieties of “nature” in Central Park. One can experience lowlands, meadows, forests, lakes, rocky outcroppings, waterfalls, and rills. One can enjoy the beauties of both the Catskill and the Adirondack Mountains in minutes. The aspect of Central Park that continues to amaze me is that it is entirely manmade. None of that “nature” was on the site when Frederick Law Olmstead and Calvert Vaux designed the park.

“The lowest of that which manifests in nature, in the birds, in the trees, in the grass, in the flowers, in the bees; that the life of each is a manifesting, is a song…” — Edgar Cayce Reading 1089-3
Animals & the Afterlife: Do Animals Reincarnate?

“Some friendships transcend lifetimes.”

A Dog’s Journey, opening in movie theaters on May 17th, tells the story of a dog’s love and devotion to his special person—over multiple lifetimes.

What does Edgar Cayce say about this? Do animals have souls or spirits, and if so, do they reincarnate?

One particular reading that touches on this is well-known among Cayce students. In a Life Reading, a woman identified as #268 asked a series of questions about previous lifetimes, and when and where she had previously known certain individuals important in her current life: She asked about her husband, brother and niece, and then finally, about her beloved pet:

(Q) My little dog, Mona? (A) In the same experience. (Q) In the Roman? (A) The Roman. (Q) Was she a dog then? (A) A lion! (Reading 268-3)

The “little dog, Mona,” must have been quite remarkable, as she was mentioned in four readings for members of that woman’s family. The woman’s husband asked what relationship he had had to Mona previously:

(Q) What relation is he to the little dog Mona? (A) He fought with the body in the Roman experience. (Q) What was Mona then? (A) The lioness that fought with the entity, and with those that destroyed many that the entity was then seeking to aid. (Reading 280-1)

While not spelled out, the context of the reading suggests this refers to events in the Roman Coliseum during the persecution of Christians.

The woman’s 11-year old niece asked: “Will Mona always be a dog?” The Cayce source answered, “That depends upon the environ and the surroundings. No.” (Reading 280-1)

A 14-year old nephew asked: “Could a Life Reading be obtained through these sources for Aunt [268]’s little dog Mona? (A) May be. As to WHAT it may be is different! It may not be understood, unless you learn dog language!” (Reading 406-1)

(Do Animals Reincarnate? continues on page 12)
Animals and the Afterlife: Do Animals Reincarnate?

(Continued from page 11)

These readings raise more questions than they answer. Morton Blumenthal (#900), whose readings from Cayce were rich with metaphysical information, asked this:

“(Q) Have the lower forms of creation, such as animals... life in the spirit plane? (A) All have the spirit force. The man, as made, carrying the soul force, that made equal with the Creator in the beginning....” (Reading 900-24)

The reading clarifies that animals do have spirit, but not the same kind of souls as humans. In reading 262-80, Cayce speaks of animals as having a group soul:

 “[Mankind’s] Destiny—his Mind's Destiny—is in Him [the Christ] if he, man, will but make the Mind one with that which is creative in its essence, in its activity, in its flow. For Mind is the dividing line between that which is human, that which is man, and that which is animal—or of that division of a group soul or consciousness. “

That concept of “group soul” may be illustrated in another reading that asked whether a pet had been part of a previous incarnation in Egypt:

“(Q) Was the soul-consciousness of Peggy [dog], present in this room, in any of my animals then? (A) Yes. (Q) Which one? (A) In the animals in the home or in the house.” (Reading 276-6)

Evidently, the soul/spirit/consciousness of a group of animals that had been in the household in Egypt was now expressing through the dog, Peggy. Here, I want to add something that did not come from the Cayce readings but that I find helpful.

Years ago, the national A.R.E. presented a Field Conference titled We Are Not Alone, in NYC. One of the speakers was Dorothy Maclean, a former key member of the Findhorn Community. (Findhorn was a community in Scotland that became famous for the cooperation occurring there between humans and nature spirits. This cooperation enabled Findhorn gardeners to realize extraordinary results in their garden—including growing fruits and vegetables that would not normally grow in that northern climate.) Dorothy Maclean was the “medium” at Findhorn, who communicated with the various devas (angels) who were in charge of overseeing various plant species.

Based on her communication with the angelic world, Dorothy Maclean shared her understanding about the souls of animals. While it was true that animals have a group soul, she said, animals that have close contact with humans can individuate as a result of that contact.

This might help to explain how very individual certain animals, such as “the little dog, Mona, “ seem to be, and how some animals might reincarnate individually—perhaps to be with certain special humans—instead of returning to a group soul. It may explain how our closeness to our companion animals—and their feelings for us—may lead them to return to us, time after time.

Some relationships do transcend lifetimes.

(Transitions, continued from page 8)

meditation via her five books and many workshops. She has taught in 24 countries, including China, Japan, Australia, Bulgaria, Turkey, Egypt, England, Scotland, Canada, Mexico and the US. Maureen is an A.R.E. of NY practitioner and former Board member. Opening the Akashic Records is available from Amazon.com. Anne Riccitelli was featured in an article in the December 2018/January 2019 issue of AARP Magazine, in her new role as President of the Board of the non-profit organization Friends of the Erben Organ. (The honorary Chairman of the Board is Martin Scorsese.)

The mission of the organization is to restore the 1868 Henry Erban Organ which graces the Basilica of the landmark St. Patrick’s Old Cathedral in NYC’s NOLITA district. (This cathedral and its catacombs featured prominently in the movie, The Gangs of New York, directed by Scorsese and set in 1863.)

The organ is one of NYC’s historic gems. Constructed by the world-renowned NYC organ-builder Henry Erben, it is the only remaining three-manual Erben organ, and the only large, mid-19th-century pipe organ left in America, intact, in its original acoustic space. More about the instrument and the campaign to raise funds to restore it at: https://erbenorgan.org/.

Anne Riccitelli is also a Life Member, longtime supporter and former Trustee of A.R.E. of NY. We’re proud of your good work, Anne!
We invite you to Sunday Inspirations—a group meeting every week whose purpose is spiritual evolution for the group, the planet and beyond. Each meeting consists of a two-hour combination of meditation, channeling, talk, healing, interactive messaging, protective invocation and Christ-light clearing on a personal, group and intergalactic level. Our scope and purpose is as big and far-reaching as the group can imagine—for the enrichment, healing, advancement and realization of Life, Love and Light in all corners of the multi-verse!

Facilitators Rev. Charles Julian and Rev. Kev O’Kane are building a virtual temple of light together with the group energetically, week by week. The group has been ongoing since 2010 and the etheric energy cumulatively built is powerfully present.

Rev. Charles Julian has studied esoteric subjects for over fifty years and, over the years, has served as a musician, chiropractor, and as an angel and message channeler and healer at the Cayce Center and other spiritual societies both of Eastern and Western tradition. Rev. Kev O’Kane has been doing hands-on healing, powerful individual psychic/mediumistic readings and deep-reaching past-life/inter-planetary regressions and future-life progressions for over twenty years. Together, Charles, Kev and the group create a profound atmosphere of peace, protection, light and Shekinah glory. Along with all of that, we have a good deal of fun and the group feels like the family we all want to have!

Every Sunday, Charles brings, in his clear briefcase, an image of Angel Ariel, a protective prayer of Angel Michael, and a sign-up sheet for the Sunday Inspirations mailing list—which are all carefully arranged in the room, a signal for the angelic and spiritual energy to begin gathering, and it does—quickly.

The two-hour format begins with the Introduction/Opening; continuing with Talk, Healing and Messages; and concludes with closing invocations and prayer.

The Talk touches on a variety of interconnected spiritual subjects guided/channeled via Charles, and after an hour, Kev begins one-on-one hands-on healing in a chair in the back of the room while Charles' channeling continues with messages for all present.

Charles sees Angels and other spiritually benevolent energies in the room, whose messages are about specific spiritual growth areas for each member of the group—often intersecting and augmenting Kev's healings and vice-versa. I believe Charles' and Kev's teamwork, together with regular attendees' energetic contributions, has made the Sunday Inspirations group a much-needed part of the Light Grid of Light Workers working to ascend the planet and humanity—the Only Work There Is.

Bring a pen and paper as you won't want to miss out on noting the synchronicities cross-referenced with other information while downloads of knowledge are transmitted to the group; spiritual reading; videos of

(Sunday Inspirations continues on page 14)
our Center closed last summer—and we’re delighted she has agreed to return to our team. She is now coordinating our face-to-face programs.

Tijana has a background in Human Development and Psychology, with a BA from SUNY Empire State College. She honed her skills as a coordinator working in the medical field, social services and the real estate industry.

**Mehernaz Madon** joins our team as coordinator of online programs and events. Mehernaz is a graduate of **Lin Hunter’s Psychic Skills course**, **Anton Baraschi’s Bioenergetic Healing course** and **Sylvia Chappell’s Intuitive Tarot course**. She develops educational webinars professionally and will be developing some online courses for A.R.E. of NY—as well as coordinating online offerings by others. Mehernaz is also an A.R.E. of NY psychic/intuitive practitioner.

**Sabrina Bozzo** is our new **Social Media Coordinator**. (You may have noticed that we’re back on Facebook! Like our events page to get FB updates: www.facebook.com/edgarcayce.events/)

Sabrina is also liaison for A.R.E. HQ Field Conferences in NYC, such as **Edgar Cayce and Proph-ecy: Understanding the Times We Live In**, June 1st.

**John Van Auken**’s upcoming **Edgar Cayce and Prophecy: Understanding the Times We Live In**, June 1st.

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Sabrina is a physical therapist, loves practicing martial arts from tai chi to tang soo do, yoga, and of course reading anything spiritual or metaphysical, especially the Cayce material.

Completing our program team is Board member, **Rossana Rossi**, who is now also our Program Registrar.

We’re thankful to all the members of our new team and excited about offering new programs and events, as well as your tried-and-true favorites.

**(Board Applications Welcome, cont’d from p. 2)**

NY is acceptable and this qualification can be waived by the Board under some circumstances.

- Have a background of organizational leadership or other special qualifications.
- Demonstrate a positive character.
- Agree that the ideals and purposes of the organization are fully acceptable to her/him.
- Have received personal help as a result of contact with the Edgar Cayce readings.

A deep commitment to the organization and Community is also important.

Board meetings are usually monthly and are conducted by phone conference, so no travel is required.

To request a Board application, please contact us at info@edgarcaycenyc.org. ☺

“**Know that the purpose for which each soul enters a material experience is that it may be as a light unto others.**” —Edgar Cayce Reading 641-6

**(New Program/Event & Social Media Coordinators, continued from page 2)**

miracles, NDEs and Healers from all over the world; Intergalactic messages of divine technology for breaking through obstacles; and more, are consistently suggested and activated. **Be prepared for the unexpected!**

In the Age of Aquarius, more is needed than just individual spiritual work. Group Light amplification from light-workers will be needed to meet the critical mass required to ascend our planet out of darkness into Sacredness. Many from the Sunday Inspirations Group continue to connect remotely at night during the week to continue amplifying the Work. It is a heart-opening, compassionate and committed group.

Join the Sunday Inspiration Energies to re-attune all of us as a group—sharing our advancements, joys and hearts with each other and the Multiverse. Come meditate, heal, learn, love and spread Light with us. This is the Adventure that is Life itself. With open hearts, looking forward to seeing you there. Namaste. ☺

**Note:** It’s encouraged to sign up on the Sunday Inspirations mailing list, as Charles will send emails if there are changes to the schedule or announcements of events like the quarterly Healing Angels Workshops. You will definitely want to be in the know! The emails are sent out as a bcc so no one can see your email address.

**Anthony LaRusso** is a playwright and screenwriter. He describes himself this way: “Seeks wisdom through finding fun, bringing beauty, hearing heart.”

**Sunday Inspirations continued from p. 13**

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congruent with his moral compass in business dealings with employees and other businessmen.

During his children's younger years, Joseph made certain he always made time for them by, among other things, not working overtime. He did this even though he worked three jobs at once and was coaching a few of his children's sports teams. He is not a man to waste time but to use it for what he sees as important in life.

Joseph's friends, close for thirty and forty years, describe him as caring, kind, a man of great integrity and compassion, helpful to those in need (spiritually, psychologically or physically), thorough in everything he does, and a man you can count on.

Joseph has been involved with his church since childhood, and even then wondered where the priests were hiding the more mystical parts of the Faith. He read the scriptures of different faiths, went to a variety of churches, and spoke philosophically to many about the concerns and questions he had.

When he was seventeen, Joseph read Cayce for the first time. He immediately joined the national A.R.E. and started a new course of study. He has chosen to serve on the ARE of New York Board because he wants to do something spiritual outside his church, where he is still active—and help in any way he can.

We are grateful for his willingness to aid us in our ability to serve the A.R.E. NY Community!

Other Board News, Linda Hunter has resigned from the Board due to health concerns. Linda took on responsibility for A.R.E. of NY program and event planning following the closing of the Center in early July, and has done a great job providing continuity and quality in A.R.E. NY programming during this time of transition. We’re deeply grateful for her Board service during a challenging time. We’re happy to report that Lin will continue to teach her Psychic Skills courses for A.R.E. of NY.

Tijana Cekic and Mehnernaz Madon have accepted the roles of in-person and online Program and Event Coordinators. (See article, page 2.) 😊

Joseph Ostermeier Elected, cont’d from p. 2)

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

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

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

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

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

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

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Thoughts and opinions expressed in this publication are not necessarily those of the Editor, of A.R.E. of N.Y. or of the national A.R.E.
Edgar Cayce and Prophecy: 
*Understanding the Times We Live In*

A national A.R.E. Field Conference in NYC

with John Van Auken
Saturday, June 1, 9:30 am - 5:00 pm

Details on page 3

Meeting & Working with Your Spirit Guides & Power Animals with Karen Frances McCarthy

Thursday, May 30
7:00 - 9:30 pm

Details on page 6

AN INNER DIMENSION

Day by Day

Day by day
Day by day
Oh Dear Lord
Three things I pray
To see thee more clearly
Love thee more dearly
Follow thee more nearly
Day by day

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