



### Passings

It's within our NW ARE family that I am able to acknowledge three passageways and parting of three long time members from our midst. All three have held their gateway open for many of us throughout the years. Cal McDonald, Keith Grinnell, and Penny Travis (the harpist) have all transitioned from this earthly plane.

All have been active participants at Seabeck and in their study groups. Cal participated in the prison group and Keith served as the NW Area Team coordinator for years. Penny was well known for her harp performances at Seabeck. All will be missed greatly....



**Cal McDonald with long-time friend, Peter Pederson**



Cal, second from the right next to Claudia Carraba, again at Seabeck



Keith with his wife Shirley on his right



**Keith Grinnell**



**Penny Travis**

Our thanks to Omar Boulds and Marilyn Bechlem for providing these pictures.

## Editor's Corner

Hello everyone again, it's been awhile since I've been able to write another column. I've been waiting for this moment for sometime. What is noteworthy is that this newsletter about the passing of time and memories. Cal McDonald, Keith Grinnell, and Penny Travis have passed from our midst and I've waited until now to note their passing. From the information I've been able to glean is that both Keith and Cal have been involved with our local area team since the 70's...Keith has served as the area team coordinator for many of us and Cal has been one of the mainstays. Penny has been an active member in her study groups and may be best known for her harp playing at Spring Seabeck. Their memories have helped shape many of our personal memories here. Sure many of us have their own stories about each one of us to share...we have been further blessed by each one of their personal contributions.

Now I feel like part of the "phoenix," the part of us that is able to rise once again into the new day...to regain our wings and soar once again. For me, it is the further contributions of the whole that makes it possible. Our spiritual community is coming together...

For our area team, Keith has been instrumental for keeping our sights set of what we have been trying to do...many of our activities were the direct result of his many labors. We are once again in the planning, organizational mode. Germaine and Mary Kralman are planning the January event at Germaine's. David Kralman has been serving as the "communications director." Kathie Marie Brave is serving as the contact person for the area team. While Maryellen Babbitt continues to serve as the treasurer, Julia Craig, another long time member, will be the area team coordinator. A blessing for everyone!

One other thing I'd like to add here is that I found out that another long time member has been developing her "channeling" talents. I am so grateful to see us being able to utilize and help each other gain from one another...I am including her story in full. I also including something more on another long time member, Marilyn Redmond.

Thank you everyone and may God bless us all!

ed. note: If any one would like to volunteer to help format this newsletter, please let me know!

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### Mary's Story

Here is what I am doing in my channeling work. I started channeling (the year was 2000) when a close friend of mine (Jim) died. I cried when I found out, and then said the Lord's Prayer - I heard him say (telepathically) "oh Mary it's not that bad" - I could actually 'hear' him talk with emotion. I started crying again and then later went about my day. About an hour later I was going to plant some flowers - it was spring. I 'heard' Jim say "call Kathy" (Jim's wife). I stopped and then thought I would call her later. I had only taken about 2 steps and Jim said, "Call Kathy now" - he had a message he wanted me to pass on to her. My sister Becky had told me not to call Kathy, as she was very upset. I called Kathy and gave her message. She said, "I thought someone would tell me a message from Jim". I had never spoken with Kathy about metaphysical issues. I would pass on

other messages to Kathy from Jim. A few years later I had another friend die with similar circumstances.

I spoke with Glenna a few years later at my study group and discussed my gift and said anyone can talk with those who have left this world.

Glenna convinced me that not everyone can do this. I know now we all have different gifts. Mediation and prayer quickens and develops these gifts. I spoke with many like-minded people regarding this gift and would discuss the best way to help others.

Marilyn told me about a workshop by Linda-Schiller-Hanna from A.R.E. taking place in the Portland area. There I met other people and learned how to develop my gift and become a Lightworker. This was very intensive three-day workshop where we learned and practiced with each other.

I have an Angel whose name is Olivia. I had a very REAL dream (like talking to you or a friend) in which she told me she would work with me and help with the connections - communicating with those who have left this world. I use my gift daily with Olivia's assistance as well as my other angels along with the Christ spirit, Mother Mary and of course God is always present. I say prayers and give thanks daily.

I help friends and family as well as those who come to see me and ask me to communicate with those who have left this world for a small fee. I am listed in Natural Choice Directory of Puget Sound. My prayer and wish is to help others who come seeking help and will use my gift(s) only for helpful purposes.

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## Marilyn Redmond

Marilyn Redmond began doing workshops, lectures and counseling in 1995 sharing Edgar Cayce concepts. Since then she carries the spiritual message in her numerous programs for the A.R.E. (Edgar Cayce's Association for Research and Enlightenment), colleges, wellness centers, and adult education. In addition, she wrote a syndicated, international column for the *Pacific Northwest Spirit*, which also appeared, on their web site. She continually writes books, articles, and news releases to enlighten people about spiritual growth, Holistic Health and empowering their lives.

Many ARE personalities appeared on her radio program, "Solutions with Marilyn." These columns and radio shows are presently on her web site to enjoy, [angelicasgifts.com](http://angelicasgifts.com). Marilyn has lectured at Asilomar, California several times along with numerous ARE workshops held at Seabeck and their day programs in Western Washington.

Marilyn's training includes ARE programs in Virginia Beach, Seattle, and Portland. Her advanced training with Henry Leo Bolduc for Past Life Regression lead to certification as an International Board Certified Regression Therapist. She has attended numerous trainings for hypnotism, counseling and psychic readings. Additional training from David LeBaron and Rev. John Lilek led to her mediumship. She now channels John, The Divine, St. Germaine, Archangel Ariel, Archangel Michael, Jesus, Mother Mary and more with her gatekeeper Martha.

She was inducted into "Who's Who for Professional and Executives" for her innovative and pioneering work, in restoring traumatic lives, healing emotional causes of illness and releasing negative energy. Marilyn uses her knowledge, personal experience, and her angels to help you grow into your spiritual potential. She is available for your next events, past life regression, counseling, or readings.

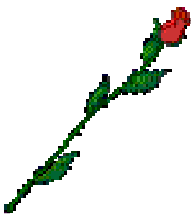
## **READINGS: TAROT READINGS**

### **PSYCHIC OR CHANNELED READINGS**

#### **LOVED ONES PAST OVER TALK TO YOU THROUGH MARILYN**

#### **Counseling**

- Holistic Health
  - Personal
  - Relationships
  - Addictions
- Trauma/ Domestic Violence
  - Spiritual Growth
  - Regression Therapy
    - Past Lives
- Talk to those Past Over



♥ “She understands addiction better than most doctors.” Dr. George Zerr

#### **Clinical Hypnotherapist**

Access inner strength and consciousness

## **Regression Therapy -Past Life Regression and Therapy**

Reveal core issues and soul healing.

### **Flower Essence Personalized Formulas**

“Vitamins for the soul”

Add energy and move into the flow of life.

### **Qigong**

Qi energy heals and restores the body from stress, pain, and sickness

### **Up coming Class:**

Spiritual Alignment on Feb. 4, 2012 9:30AM Registration-4:30PM at

Camp Edgewood in Milton, WA \$50 for the day program,

reduced rates for early registration and returning students.

Day program with power point presentation, guided meditation, and channeling from St. Germaine to clear your chakras.

### **Monthly Channeling with the masters and Archangels**

Christmas Channeling Dec. 18, 2011 with Jesus

from 1:30PM with a pot luck following. \$15

Each month different voices bring spiritual wisdom, information and answer questions.

### **Free Healings every Thursday afternoon with Mack Van Wyk and Marilyn Redmond**

2-4 PM At Camp Edgewood in Milton, WA

John, The Divine and other voices help with emotional and physical healing.

**Books and Articles available on Kindle**

**See her web site for articles, interviews, videos and art work,**

**Your guardian angel, family or pet portraits available.**

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Puget Sound Area Team

As you all may know with Keith Grinnell's passing there needed to be a change made in our internal structures. Julia Craig has stepped into the role of our area team coordinator, and Kathie Marie Brave is serving as our main contact person. We are continuing to use Shirley's home as a meeting place for our business.

Part of our last business meeting was to make a donation to Seabeck in memory of Cal and Keith. We also decided to make an annual donation to Virginia Beach's general fund. Last year we made one to their library fund to help move some more material to a digital format.

We also decided to hold a New Years celebration at Germaine Morgan's on January 7<sup>th</sup> which is a Saturday. We are not doing anything at Marie Callahan's like we have done in the past. I am hoping to be able to come up with an electronic flyer for more information. It will start at 11am and will be partially a potluck with a main dish

provided. There is also some interest in a book exchange where one can bring some of their own books to exchange with someone else.

It seems as if most of us are looking forward again in serving our NW area ARE members and others interested in sharing the work that Edgar Cayce started when he was alive. We will be keeping the work together in his inner spirit of humanity, dignity, and humility.

Here is a list of our Area Team:

Julia Craig... Area Team Coordinator 425-398-0799

[juliacraig@comcast.net](mailto:juliacraig@comcast.net)

Mary Ellen Babbitt... Area Team Treasurer 360-377-7824

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Gordon Yumibe.... Study Group Coordinator & Newsletter Editor

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## Astrology



During his reading sessions, Edgar Cayce was often asked about astrological influences upon mankind. The following question and answer is from one of those readings.

(Q) Is it proper for us to study the effects of the planets on our lives in order to better understand our tendencies and inclinations, as influenced by the planets?

(A) When studied aright, very, very, very much so. How aright then? In that influence as is seen in the influence of the knowledge already obtained by mortal man. Give more of that into the lives, giving the understanding **THAT THE WILL MUST BE THE EVER GUIDING FACTOR TO LEAD MAN ON, EVER UPWARD.** [3744-4.]

Astrologers believe that astrology gives one a better understanding of self, showing tendencies, inclinations, strengths, weaknesses, probabilities and potentials. They believe that the planets do not control our lives, but that we by our choices control our own lives. Edgar Cayce said that "The strongest force used in the destiny of man is the Sun first, then the closer planets to the earth, or those that are coming to ascension at the time of the birth of the individual, but let it be understood here, no action of any planet or the phases of the Sun, the Moon or any of the heavenly bodies surpass the rule of man's will power, the power given by the Creator of man, in the beginning, when he became a living soul with the power of choosing for himself. The inclinations of man are ruled by the planets under which he is born, for the destiny of man lies within the sphere or scope of the planets..."



The astrology charts and interpretations offered by the region are to help you better understand yourself and/or a loved one. A chart wheel is included with every order at no additional cost.

**Cayce Past Life:** Emphasis is inclined to the spiritual side of your life. Includes a 5-page introduction and explanation of Karmic Astrology and how it relates to reincarnation. Explains planetary sojourns. How the readings are used to identify your own past lives and planetary sojourns. How to use prayer, meditation and affirmations to aid you in your present life. This is our only interpretation associated with the Cayce readings. You may find some vocational guidance in this report. [Click here to view sample report](#)

**Basic Natal Interpretation:** Originally, this was our only Natal interpretation. The report is six chapters covering the most important planetary influences. Includes some vocational guidance. [Click here to view sample report](#) Chapters are:

- How You Approach Life and How You Appear To Others
- The Inner You: Your Real Motivation
- Mental Interests and Abilities
- Emotions: Moods, Feelings, Romance
- Drive and Ambition: How You Achieve Your Goals
- Other Influences

**Expanded Natal Interpretation:** Ten chapters, which include everything in the Basic Natal Interpretation, plus each chapter is expanded to include more planetary aspects. There are five additional chapters not in the Basic Interpretation. Includes some vocational guidance. [Click here to view sample report](#)

General Characteristics (Your fundamental needs and values)  
How You Approach Life and How You Appear To Others  
The Inner You: Your Real Motivation  
Mental Interests and Abilities

Emotions: Moods, Feelings, Romance

Drive and Ambition: How You Achieve Your Goals

Growth and Expansion: Areas That You Enjoy

Areas That Challenge You Or Are Difficult For You

Originality and Imagination: Areas Where You Are Creative, Unique,  
Unstable or Compulsive

Generalization Influences: Your Age Group

**Major Life Themes:** A different kind of astrology. The first paragraph gives an explanation of how the 3 planet planetary patterns are determined. The report is organized by placing your life themes in order with the most important themes first.

Though brief (1 to 3 pages in length), people are amazed about how accurately it describes them. [Click here to view sample report](#)

**Vocational Guidance Report:** This report is designed to serve as a guide in finding your true vocation. At the same time an analysis of your personal characteristics, strengths, or inhibitions, unused potential, karma, creativity, ability to earn money, work in relation to your employment etc. is given. (From the report Introduction.)

[Click here to view sample report](#)

**Hidden Messages:** This report is based upon the premise that we are a products of the programming received during early childhood from those in authority over us including our parents. These Hidden messages are so deeply ingrained in our subconscious that we respond to them unknowingly. [Click here to view sample report](#)

**Relationships:** Uses the planetary aspects of two people to describe how they relate to one another. Birth information must be provider for both people. [Click here to view sample report](#)

**Astrological Guide For Personal Growth (Adult Report):** The report is customized for a man or woman, and bears a title of “New Age Man Report” or “New Age Woman Report” depending upon the gender of the person. This is one of our longest and most comprehensive astrology reports. It is written in a way, which speaks directly to the subject person as an adult. The report begins with two chapters covering the important aspects of the Sun and Moon, then in the “Second Part”; it deals with “Your destiny according to the 12 astrological houses. [Click here to view sample report](#) This is a very comprehensive report covering all aspects of life including:

- Your Personality, Your body, Your childhood
- Money, Assets, Resources
- Your mind, Your education, Short trips, Your brothers and sisters.
- Your home, Middle Age and Later Years
- Love, Romance, Children
- Health, Nutrition, Work, Service
- Associations, Marriage
- Dangers, Inheritances, Legacies
- Karma Secret enemies, Bankruptcy.

**Child (An astrological guide for parents)** This report is designed as a guide for parents. It has a special commitment to help with the child's growth and cultural upbringing with emphasis on strengthening the child's strengths and assets. It alerts the parents to possible mistakes or problems the child could face during life. Includes vocational guidance. [Click here to view sample report](#)

**Day by Day Forecast** (requires current residence city, state) This is an astrological forecast something like reading your horoscope in the newspaper, but designed specifically for your specific astrological influences rather than for everyone born under that sun sign. Available for any number of months desired. [Click here to view sample report](#)

**Relocation:** Describes your astrological influences in different locations. If you are anticipating travel for a vacation, business trip, or possible new residence, you can refer to this guide. An accurate birth time is required for this report to be accurate. > Specify up to 4 locations. Since astrological influences extend 50 to 350 miles across a region, you should specify locations that are not too close to one another. [Click here to view sample report](#)

**Karmic Insight:** As its name implies, addresses the Karmic issues you are dealing with from past lives. While it does not specifically name any past life, it offers insight by naming problems and tendencies you are dealing with during this life, that have their roots in one or more past lives. [Click here to view sample report](#)

[Click here for Astrology Order Form](#)