



A Publication of Edgar Cayce's Association for Research and Enlightenment, Inc., Pacific Northwest Region



Gregg Unterberger, M.Ed., is a Licensed Professional Counselor and State Board-Certified Clinical Supervisor in private practice in Austin, Texas. A former instructor in Group Psychology at Texas State University, he has a life-long passion for metaphysics and the Edgar Cayce work and is a national presenter for the A.R.E. His background includes study with Dr. Judith Orloff, Dr. Belleruth Naparstek and Dr. Stanislav Grof. He is certified as a Past Life Regression Therapist having trained directly with Dr. Brian Weiss, best-selling author of *Many Lives, Many Masters*. Participants across the country have acknowledged Gregg's knack for using humor and metaphor to simplify complex spiritual truths.

Here's what people are saying about
"EXPLORING THE MYSTERIES OF YOUR MIND":

"I hated for Gregg's talk to end. It was fascinating."

"He packs in a lot of information and does it in a manageable way."

"Gregg is very knowledgeable and also entertaining. Excellent job!"

Explore the Mysteries of Your Mind

With Gregg Unterberger

Spring Seabeck: March 23 - 25, 2007

by Maryellen Babbitt

Even if you think you have little psychic ability, you may be surprised to discover or dramatically increase your own sixth sense during this amazing weekend. Utilizing ancient and contemporary spiritual teachings, current research, and the wisdom of Edgar Cayce, this workshop will put you in touch with the amazing untapped potential of your Higher Mind.

For years, we have been told that humans only use a small capacity of the brain. But the work of the "Sleeping Prophet" suggests that our minds can be expanded to move about in time and space, foresee potential futures, discover alternative "ways of knowing" beyond rational thought, even manifest more of the life that we truly want.

Edgar Cayce proclaimed that "every entity has clairvoyant, mystic, psychic powers" [1500-4] and that the "more each is impelled by that which is intuitive ...the greater, the farther, the deeper, the broader, the more constructive the result" [792-2].

Join us March 23 -25 at the Spring Seabeck Conference Center for **Gregg Unterberger's** presentation of *"Exploring the Mysteries of Your Mind"*

In this experiential workshop, you may:

- Experience a mystical vision of the future of your spiritual path
- Discover the recently declassified top-secret details and techniques for clairvoyance developed by particle physicists at Stanford Research Institute and used by America's "psychic spies" for over 20 years
- Understand how music and sound can be a phenomenal ally in your spiritual journey
- Directly explore your previous incarnations in hypnosis with a past life regression
- Learn to harness the power of your mind to foster more happiness and success

Watch your mail for a flier or contact me, Maryellen Babbitt, A.R.E. Spring Retreat Registrar, P.O. Box 5167, Bremerton, WA 98312 or at 360-377-7824 for information and registration.

See the other upcoming regional programs on page 4!



Say Goodbye to the Past

by Claudia Carabba,
Region Coordinator

I don't know about any of you, but I had a rough 2006. There were many ups and down, plenty of challenges, and seemingly fewer rewards than uphill struggles. It all culminated at the time of our first Pacific Northwest fall rain and wind storm – and the banquet table simply wouldn't hold any more of anything. Trees toppled. The power went out for several days. And, a forced rest was neatly put into place by the forces of nature.

Early in the year I knew one can only do so much, but reluctant as I am to let go of what seems important, I kept trying to pull things together, dragging them along. I'm sure you all know the experience of "swimming upstream". Somewhere towards the early fall, I began to feel like I was unraveling, totally overwhelmed, and that I needed to let go. Some can call it tenacity, others plain ol' stubbornness -- and I've heard foolish too. Truth is, it was all of those things.

There has never been any doubt in my mind, that this is not just my Region, but yours too. Not just my world, but yours too. Not just my life, but we are all connected by a single divine thread. One or two or even six committed people can accomplish quite a lot. But, simply, can't do it all. I let go. Let go of the notion that if you want it done you have to do it yourself. I let go of the notion that because you say you want it, we can do it. *I let go.*

It is time for all of us to release the past. We can drag it into the New Year, or we can do what my geology teacher said, when I presented her with a precious rock I had found (that I was certain was one for the national archives). She said, "My my, look what you found! It's a leverite!" I said, "It is!" And, she said, "Yup, a leverite. Leav-er-rite where you found it; it's just a rock."

We, you and I, can do about anything we set our minds to. The flow seems to be saying let go of the past. Create a new today. Let the universal forces guide us into a place of joy and light and love and laughter. In 2007, you may see things change a bit from what you have been used to. And, by all means, join us. We need your help. We need your talent. We need your skills. Let your imaginations play. Yes. Play in the field of possibilities. And lets just see where it all goes.

The readings say to get past your own troubles to help another. Let's help each other and make this a better place for everyone. Together we can move mountains.

Peace. Joy. Possibilities.

"The purpose in life, then, is not the gratifying of appetites nor of any selfish desires, but it is that the entity, the soul, may make the earth, where the entity finds its consciousness, a better place in which to live."
Edgar Cayce (4047-2)

On Sale! *The Beautiful Dreamer* 62 min. DVD

Included in this documentary on Edgar Cayce's life are interviews with his son, Edgar Evans Cayce, his granddaughter, cousins, family friends, and well-known authors and historians. Illustrated with both archival photographs and sepia toned "home movies," recreating many of the major moments in Edgar Cayce's life. Many scenes were shot in actual locations in Hopkinsville, KY, and in Virginia Beach, VA. Regular price \$24.95 on sale for \$19.95. Only 15 available. Call 888-812-3386.

A.R.E. Pacific Northwest Region

A.R.E. Pacific Northwest Spirit

is published three times a year by
A.R.E. of Washington, Inc., dba

It is a membership benefit for Region members available on our website and as hardcopy. To change address, phone or email, please notify Keith Grinnell by email

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or by phone 253-839-9594.

Non-members may obtain a subscription for the price of \$12. Members are invited to assist our newsletter mission with a donation of \$12.

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Articles and letters to the editor are invited and articles become the property of the A.R.E. Pacific Northwest Spirit. Articles should not exceed 300 words.

Deadlines for submission are early January, early May, and early September. E-mail for exact dates.

The editorial team reserves the right to edit submissions and to refuse articles or ads that do not meet publication standards. Opinions of contributors do not necessarily represent those of the editorial team or A.R.E. Inc.

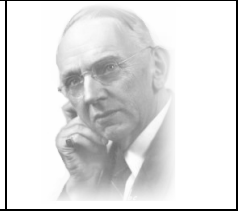
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Or by email: KLGrinnell@aol.com
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News From Around the Region

The Area Teams carry on the A.R.E. work at the local level and are vital to the working of the Northwest Region. Members of the A.R.E. and friends of the Cayce work are invited to participate in any and all events including Area Team meetings. Because we are all interested volunteers, nothing will happen in the Region towards getting this message of spiritual renewal that is possible for every soul out to the people without the participation and work by such dedicated people.



Portland Area Team

by Raymond Tarpey

2006 was a fantastic year for the Portland A.R.E. Here are some of the highlights our activities and events:

May 20, 2006: Portland A.R.E. Spring Workshop: Our topic for 2006 was "Flowers Essences for Healing" and our presenter was **Teresa Hart**. Participants learned how flower essences are prepared and how they can be used to heal afflictions of the body, mind and spirit.

August 26, 2006: Our **Portland A.R.E. Annual Summer Picnic** had been sparsely attended in years past, but not in 2006. We had a fantastic brainstorm! We invited all people who were able to do 'readings' to come and show their stuff. The result was 15 people enjoying a diverse array of practitioners doing "I Ching Readings," "Astrology Readings," "Mayan Calendar Readings," "Palm Readings," "Spirit Guide/Angel Readings," etc. Add to that a fantastic spread of home-cooked potluck dishes and you have a guaranteed recipe for summer fun! The venue was the Tarpey residence.

September 29-October 1, 2006: The theme for the 2006 Annual Portland A.R.E. Fall Retreat at the Alton Collins Retreat Center was "Communicating with the Spirit Realm." Our main speaker was **Francesca Fleming** and her topic was "Medical Intuition." Francesca is a remarkably skilled medical intuitive and energist. Her presentation was very popular. She was almost overwhelmed by the demand for individual 'readings'. We had some last minute speaker cancellations, but all turned out perfectly because Teresa Hart graciously consented to fill in. Teresa did presentations on "Radionics" and "Human Design" with focus on self-understanding and healing. As always, Teresa's presentations were very well received.

November 4, 2006: It was our good fortune last year to host a presentation by **Kevin Todeschi** at the Red Lion Hotel in Portland. Kevin is the new CEO of A.R.E. and his topic was "Edgar Cayce on the Akashic Records and Relationships." Over 100 people participated. They enjoyed the activities designed to give them a glimpse of their past life experiences and consider how these experiences are reflected in their present relationships. Kevin also introduced us to the "Psychic Game" which can be used at any time to provide a spiritual perspective on our activities and decisions. To top it all off, we had a scrumptious seafood dinner at the Newport Bay restaurant on the Willamette River. Ah, life is good!

December 2, 2006: A good time was had by all at the **Portland A.R.E. Annual Christmas Celebration** held at the Tarpey residence. About 18 people gathered to feast on a spectacular array of potluck dishes and enjoy our spiritual "white elephant gift exchange." Everyone got a chance to select a gift, but previous selections could be coveted and taken by people on their turn. As much as we tried not to get attached to material things, it seems that incarnate beings cannot help themselves. We worked through it all though, and all participants learned something about the benefits of detachment.

The Portland A.R.E. would like to take this opportunity to thank the staffs of the PNW A.R.E. Region and A.R.E. Headquarters for all your help and support. We wish the blessings of Spirit for all of us in this New Year of 2007. (Portland Area team members are Theresa Hart, Trudy Huff, Stewart & Diane Nestor, Peter Pederson, and Raymond & Nobie Tarpey.)

Puget Sound Area Team

by Keith Grinnell

Last year was especially busy and included five Area Team meetings. Following is a summary of the activities of this team in 2006.

In May we sponsored a trip to the local monthly chapter of the International Association for Near Death Studies (IANDS) in Seattle where IANDS members share hopeful, inspirational experiences and the impact on their lives. In August we held our annual Salmon Bake and Potluck event with light programming in Federal Way just south of Seattle and also our annual family picnic at Mt. Si near North Bend just east of Seattle.

Our big event for the year was a program of inspiration and healing, *Synchronizing with the Universal Forces*, by Nancy Eubel on Nov 18, 2006, at the Lynnwood Hotel International. Nancy was a previous Director of the A.R.E. and is an experienced tour guide and master clinical hypnotherapist. Her talks and workshops direct toward self-healing and her program this day was a blessing to the more than 40 people that attended. Thank you, Nancy, for being our speaker and guest.

We concluded our year with our annual Christmas party in December in Olympia, WA, at the Discovery House retreat center.

For information about these and other Area Team events please contact me at 253-839-9594 or klgrinnell@aol.com.

Tri-Cities Area

by Steve Weiss

On September 30, 2006, Barbara Lane, Ph.D., presented a day of self-discovery and soul growth through remembering soul's past in Richland, Washington. The program, *Your Soul's Passage Through Time*, was attended by about 90 people from all over Washington, Oregon, and Idaho. Barbara led the attendees through exercises, guided imagery, and insights from the Cayce readings. We were able to view a segment of our soul's journey through space and time to help heal any soul bruises that might remain.

Plan on Attending These Other Upcoming Programs!

Summer Seabeck

by Hallette Salazar

Curious about Summer Seabeck? You really should experience this event. It's magical, fulfilling, and quite simply, life-altering. The setting is right out of the 19th century with an old inn and cabins from a once-thriving mill town. The setting of placid lagoon, beautiful Hood Canal waterway, spectacular Olympic Mountain range, and old-growth forests borders on divine.

Into this setting we like-minded individuals come to learn and share with some of the best speakers that A.R.E. headquarters has to offer. Sharing groups, a talent show, and a dress-up "Come As You Were" (in a past life) fills out the experience. You can't beat the value of this 5-day event. Watch for updates on the Region's website www.arepnw.org for Summer Seabeck July 4th through - 8th, 2007.

The Summer Seabeck Planning Committee, who manifests your family camp and all those extraordinary times that go along with it, needs your input and your help. We have a few openings for volunteer positions, including Registrar. Join the fun and help make a difference. Maybe there is a little time in your life to experience the fulfillment of service and the great camaraderie that goes along with it. The committee meets four times a year and welcomes your vision and ideas.

And in the Tri-Cities...

by Steve Weiss

On April 21, 2007, Pamela Bro, Ph.D., will present *Karma to Grace: Edgar Cayce on Healing Your Soul in the Tri-Cities, Washington*. In this powerful one-day workshop including lecture, engaging exercises, and small discussion groups, Dr. Bro will lay out the Edgar Cayce world-view of karma and grace, explaining the soul's opportunity through reincarnation to grow in wisdom, love, and service in living a grace-filled life.

Dr. Bro, founder and director of Kindred Spirits, is a dynamic motivational speaker and workshop leader. In 1999, she received her doctorate from the Chicago Theological Seminary in theology and anthropology with a focus on women's roles in ritual. Watch your mailbox for a flier, or call Pierre Saget at 509-588-6546 for more information.

Book Review

by Pierre Saget

Family Karma (The Ties That Bind) by Kevin Todeschi

If after having read numerous books about reincarnation, karma, and grace you're still somewhat confused as to how these laws work in our lives, you might want to try this one. The author presents each of these topics in a clear and concise manner. Beginning with the statement, "Life is a completely lawful experience -- despite our personal feelings to the contrary," the author demonstrates its veracity by citing many case histories from the Cayce readings and testimonies of contemporary family relationships. The reader is led to a clear understanding of what karma is and is not.

Todeschi explains that "*karma is not a debt, it is not a punishment, it is not an inescapable fate, it is not really something that exists 'between' people, and ultimately it is not even 'good or bad' in character. Karma is simply an interactive energetic force that is set in motion through our intent, desire, thought, deed, and word, and as a result molds and shapes the consequence of all our actions. In reality*

Consider Making a Donation

by Keith Grinnell and Claudia Carabba

"... know that the purpose for which each soul enters into a material experience is that it may be as a light unto others ..." E. Cayce (641-6)

A.R.E. members are the backbone and vitality of the Pacific Northwest Region. Your donations of time and money are greatly appreciated. They support the many expenses and work of the Region such as travel, mailings, phones, office supplies, programs, website, study groups, this newsletter (three times a year) and up to three speakers each year (surely you've been to Seabeck!).

All of these activities (and more) provide vital links to the information and concepts found in the readings of Edgar Cayce and keep you apprised of Region activities.

With donations on the decline and with rising costs for all expenses, we are facing shortfalls and attempting to operate "slim" while still providing as many of the services as always. This takes money, time, and maybe some magic.

When sending donations to the Region office you may wish to designate some or all toward a specific need. Please also speak to Claudia Carabba, Region Coordinator, for ways you may volunteer some of your time. If we are to help bring peace and enlightenment to our troubled world it will take many hearts and minds working together.

Please direct all communications and donations to Claudia Carabba at 888-812-3386 or: A.R.E. of Washington, Pacific Northwest, P.O. Box 795, Anacortes, WA 98221-0795

karma is a debt with self." But the strongest element in determining a person's experiences remains free will.

Some situations mentioned in the book may be analogous to our own life challenges. We are thereby provided with a better understanding of how we got where we are, and can recognize that we are wholly responsible for our lives. Through use of our free will we can control our attitudes, intentions, and deeds -- and thereby our destinies. Personal karma is overcome by setting in place spiritual ideals with daily disciplines of prayer, meditation, and attunement to the divine within.

Grace is "living in conformity with divine spirit." Cayce described this pattern as "doing good, being kind, being patient, being forgiving, being loving in every experience of man's activity." The expectation is not that we accomplish this in one day, one week, or even in one lifetime, but rather that we grow in our awareness of our at-one-ment with creative forces little by little, step by step.

Why a particular relationship or life experience was drawn to us may not be essential, but rather how we react and respond. The "how" can be divided into two choices: to view and respond to the circumstances as stumbling blocks or as stepping stones and opportunities for greater development. Since we are creating our futures by how we live today, it makes ultimate good sense to choose the path of grace.



Spiritual Growth in Small Groups

The Cayce material insists that everything one needs lies within self, each becomes their own teacher and a teacher to others. Why work in groups? It magnifies the results. Group work offers: support to its members; clarification and feedback; motivation to persevere; a safe environment; other points of view; open discussion. Through the study group, you get an understanding of spiritual law. It's the line upon line, precept upon precept that the Readings suggest we grow. With the help of group members and personal application and meditation, we all grow.

Below is a list of Study Groups and their contacts in our region. Our Study Group Coordinator Darsi Bucher can be reached at 425-681-0020 (email: bu.rein@cablespeed.com). For these ASFG books or others contact Gary Schoonveld at 360-588-0662 toll free at 1-888-812-3386 or email at region-store@comcast.net.

Washington				
Anacortes #1 Mutual Interest 3rd Sunday Claudia Carabba Cicarabba999@comcast.net 360-708-4441	Puyallup #2 SFG Thursday 7:00 PM Vern Carver 253-845-8567	Vancouver #1 SFG Wednesday 7:00 PM Trudy Huff himmel41@aol.com 360-887-0720	Grants Pass #1 SFG Wednesday 1:00 PM Karla Peterson mtnmom4@hotmail.com 541-956-9526	Forest Grove #1 SFG Thursday 12:00 AM Milli Boldman millibolits@aol.com 503-357-9774
Bellevue #2 SFG Tuesday 7:00 PM Marilyn Bechlem 206-632-3578	#2 Eastside Family Youth SFG 3rd Sunday 1:00 PM Darsi Bucher bu.rein@cablespeed.com 425-681-0020	Yakima SFG Barbara Rankin	Hermiston #1 SFG Melanie Brown motherwillow@msn.com 541-567-0871	Alaska
Bellingham #1 SFG Thursday 7:30 PM Laura Clark brownie3@att.net 360-650-0530	Poulsbo / Kingston SFG Wednesday 6:30 AM Maryellen Babbitt 360-377-7824	Idaho	Lake Oswego #1 Mutual Interest 3rd Saturday 10:00 AM Nobie & Raymond Tarpey nobtarpey@yahoo.com 503-697-8341	Anchorage #2 SFG Mary Oxley-Himstedt mhimstedt@acsalaska.net
Bremerton #1 SFG Thursday 7:00 PM Mary Ellen Babbitt 360-377-7824	Renton #1 SFG Thursday 7:30 PM Mary C. Strunc struncshpfrm@aol.com 253-854-2832	Boise #2 SFG Michael Burns mb1475@gmail.com 208-899-4132	Lincoln City #1 SFG Dee Mauri Leonard demaury@hotmail.com 503-994-8402	Montana
Edgewood #1 SFG Tuesday 10:00 AM Marilyn Redmond Marilyn@angelicagifts.com 253-845-4907	Richland #1 SFG Thursday 7:30 PM R Pierre Saget pierre_saget@hotmail.com 509-588-6546	Pocatello #1 SFG Wednesday 7:00 PM Sally & Jack Philips johnphillet@aol.com 208-232-2205	Pleasant Hills #1 SFG Kim Black kblack@lane.k12.or.us 541-726-5891	Kalispell #1 SFG Thursday 7:00 PM Marianna Ward 406-752-5209
Federal Way #1 SFG Tuesday 7:00 PM Keith & Shirley Grinnell Klgrinnell@Aol.com 253-839-9594	Snohomish #1 Prison SFG 2nd & 4th Friday 5:30 PM Cal McDonald cascade.cal@juno.com 360-668-2467	Pocatello #2 SFG Janet Marugg marugg@cableone.net 208-233-2336	Portland #1 SFG Michael & Yvonne Parker Graywolf@Webtv.Net 503-252-0764	Missoula #2 SFG Lee Rose Leejoy888@msn.com 406-542-5673
Federal Way #2 SFG Monday 10:00 AM Keith Grinnell Klgrinnell@Aol.com 253-839-9594	Sno-King #1 SFG Tuesday 7:30 PM Bill McKenzie bilindaLLC@verizon.net 425-702-6301	Twin Falls #1 SFG Nancy Lemmons Nlemmons@Pmt.Org 208-733-5748	Portland #2 SFG Madge Kidd 503-287-1605	Ronan #1 SFG Ellen Wicklund ellenDC@Ronan.net 406-676-0170
Gig Harbor #1 SFG Thursday 10:00 AM Sharon Falk sgregfalk@comcast.net 253-549-4038	Spokane Valley #4 SFG internet email Fred Miller fredthomasmiller@hotmail.com 509-893-2417	Twin Falls #2 SFG Patricia Gage pattykak_83318_99@yahoo.com	Portland #5 SFG Muriel Cowing 503-659-6384	Stevensville #1 SFG Jonathan Ford fordjd9@netscape.net 406-531-0556
Pacific NW Prayer #1 Prayer by mail Germaine Morgan germaine@cityinsctr.com 206-547-2816	Tumwater #1 Discovery Group SFG Monday 7:00 PM Janet Marie jmarie1551@aol.com 360-349-3243	Oregon	Wallowa #1 SFG Wednesday 7:00 PM Jo Ann Deal mommy_deal@wallowa.us 541-886-6620	
		Bend #1 Rosemary Sprong 541-389-4822		
		Donald #1 Debra Holliday dholl@wbcable.net 503-678-1303		

If you don't see a group in your area, contact Darsi; there could be other people in your area also looking for a study group. It just might become the beginning of a new group.

Do You Have Your Astrology Report?

by David Kralman

As a fund raiser for the Region, the Pacific Northwest Region offers personalized astrology reports for sale. These reports were created by professional astrologers via commercial astrology computer software. All reports are general astrology, with the exception of the Cayce Past Life report which uses interpretations from the Cayce readings, using both the Tropical and Sidereal zodiacs.

In general, Edgar Cayce recommended using the Sidereal zodiac (Persian calculations), as it is more accurate than Tropical (Egyptian calculations) by 30 degrees. Being students of the Cayce readings, we use the Sidereal zodiac for all reports unless the customer specifies Tropical. The reports are printed on high quality paper and bound in attractive comb binders with clear plastic front covers and heavy paper back covers. Sample astrology reports are on the Region website (<http://www.arepnw.org>). Click on the Astrology link.

The service is provided by David and Mary Kralman as volunteers for the Region. All proceeds from the sale of astrology reports go to the Region. Use the form on the next page; checks should be made payable to A.R.E. Pacific Northwest Region.

Check Our Web Page

by David Kralman

A.R.E. Pacific Northwest Region website:

<http://www.arepnw.org>

The Region website was created and is maintained by David Kralman as a volunteer service to the PNW Region, and is designed to provide basic information about Edgar Cayce and Region activities such as study groups. Every effort is made to keep the website and events up-to-date. This newsletter is also available in PDF format for downloading from the website.

Study Groups Update

by Darsi Bucher

Let's give a cheer for the new study group in Grants Pass, Oregon, meeting on Wednesdays from 1 – 3 pm. Don't sit down yet; we need to also give a cheer to the newly forming study group in Yakima, Washington.

Through the efforts of long time members, both groups experienced a high turn out for their first inquirers meeting. If you would like more information about these groups or one in your local area, please contact the person listed in our Study Group Listing in this newsletter or check the link for study groups on the Region's website.

If you are a member of a study group, please check the listing on the previous page for correct contact information. If your group is missing from the list or information needs to be updated, please let me know at 425-681-0020 or bu.rein@cablespeed.com.

Books and Remedies Report 2006

by Gary Schoonveld

Book sales were good the past year; remedies sales, as always, were much lower. Books and remedies sales together totaled about \$11,000.00. Books (including CDs and DVDs) account for about 90% of the total. Mail order sales are a small portion of the total sales.

Two things account for good sales. First is offering a large variety of CDs and DVDs. Although books still sell quite well there is a great demand for audio and video media. Second, sales used to rely mostly on books based on the Edgar Cayce readings, but in the last year there was an increase in the amount of non-Cayce products.

Books and remedies were sold at the following events: a spiritual expo in Kennewick and the Fun Fair in Anacortes (the only non-A.R.E. events attended); Spring Seabeck, Summer Seabeck, the Portland retreat, and the Nancy Eubel program in Lynnwood (programs sponsored by the Region and area teams); and the Barbara Lane program in Richland and Kevin Todeschi program in Portland (sponsored by A.R.E. headquarters in Virginia Beach).

Castor Oil and Glyco-Thymoline are the only remedies from the readings that sell well; all other remedies are sold more as a service to program attendees than as income generating items.

Astrology reports are considered part of books and remedies. Thanks to David and Mary Kralman, the volunteers who take care of requests for astrology reports. All is going well.

Expenses include the cost of the products, the fee for the storage unit where the products are stored, booth fees at non-A.R.E. events, travel expenses (mileage, meals, and lodging), and shipping. A.R.E. members receive a 20% discount on A.R.E. Press books. The end result is about a 30% profit from the gross sales.

Thank you to all those who have been helpful in making the book and remedies sales so successful. Volunteers have helped with transporting products, staffing the sales tables, loading and unloading products, and much more. It is only with the generous support of volunteers that the Region is able to function.

Your Email Address Will Help

by Keith Grinnell

Please consider adding your email address to our master Region email alert list. This will facilitate providing you with updates of events happening in the Region and specifically in your state and locality. This information will only be used for A.R.E. and not provided to other organizations. Send your name and street address to my email below and I will add you to the list.

Also, if you are willing to download the newsletter from the Region website www.arepnw.org rather than be sent a paper copy via U.S. mail, let me know and I will send you the link for rapid access when a new issue of the newsletter is posted. The Region can save the cost of printing and mailing a hard copy.

Remember – membership participation in all areas of the Work is vital if we are to manifest our IDEAL in the world. It's up to all of us. Contact me at 253-839-9594 or klgrinnell@aol.com.

Insert Astrology form pg 7

Association for Research
and Enlightenment® of Washington, Inc.
PO Box 795
Anacortes, WA 98221-0795
A non-profit organization established in 1931
Printed in the USA

Non-Profit
Organization
U.S. Postage
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DATED MATERIAL

Winter 2007

What is the A.R.E.®? The Association for Research and Enlightenment founded by Edgar Cayce in 1931 is an international non-profit, nonsectarian membership organization, headquartered in Virginia Beach, Virginia. Its mission is to promote the study, application, and dissemination of the information contained in the psychic readings of Edgar Cayce, and to help people change their lives for the better through spiritual concepts in the Cayce readings.

Blessings to you!

Calendar of Events

March 23-25, 2007

Spring Seabeck Conference

**Gregg Unterberger: Exploring the
Mysteries of Your Mind.**

Contact: Maryellen Babbitt
360-377-7824 or Keith Grinnell at
klgrinnell@aol.com or 253-839-9594

July 4-8, 2007

Summer Seabeck Conference

Contact: Hallette Salazar
360-638-2818 hallette@centurytel.net

April 21, 2007

**Pamela Bro: Karma to Grace:
Edgar Cayce on Healing Your Soul**
Tri-Cities, WA

Contact: Pierre Saget 509-588-6546

May 5, 2007

**International Association for
Near-Death Studies (IANDS) Meeting**
Catholic Community Services Center
23rd and Yesler, Seattle, WA 1-4 pm
No host dinner afterward in International
District. Contact Keith Grinnell at
klgrinnell@aol.com or 253-839-9594

What is the A.R.E.® Pacific Northwest Region? Established in 1993, the A.R.E.® Pacific Northwest Region serves the membership in British Columbia in Canada, the Yukon, Alaska, Washington, Oregon, Idaho, and Western Montana. The membership is fostered at the local level with a quarterly newsletter, Spiritual Growth Groups, "Search for God" Study Groups, a prayer network, youth retreats, and other services. The Region is served by a Core Team. We invite all members to join one of the Region or Area Teams, which are the major interface between the Organization and the community in which they reside. For more information about the Pacific Northwest Region, call our toll-free number: 1-888-812-3386.