

March 2007 marks significant birthdays for two of this work's most prominent founders - Edgar Cayce was born 130 years ago on March 18; and Hugh Lynn Cayce was born on March 16, 1907, making this his 100th! The life's work of these two men has had a tremendous impact upon the Cayce work, as well as upon the consciousness of the world. It will only continue to grow as this work grows and expands - changing people's lives for the better: physically, mentally, and spiritually.

Once while at a conference in the 1980s, I remember Hugh Lynn speaking to those in attendance (an audience of well over 200 people) about the helpfulness of this work. He spoke about how there are principles in the readings that can assist people with their physical health. He discussed concepts about the purpose of life and ways of working with other people that transform lives and relationships. He talked about the readings' information on deepening our personal relationship with the divine - regardless of our background or religious heritage. After presenting an overview of this information that had been so helpful in his life and in the lives of countless others, Hugh Lynn asked the audience a rhetorical question: "How can you not share the best that you know?"

I have asked myself that same question countless times, whether on a plane, or standing in line at a grocery store, or having a brief conversation with a nearby diner at a restaurant, when some version of the question was asked of me, "What do you do for a living?"

I have to admit there have been times when I wanted to give a very brief answer like: "I work for a non-profit ..." rather than having to go into a long discussion beginning with: "Well, have you ever heard about Edgar Cayce ...?" But I have shared the best that I know many, many times.

On one occasion, I remember seeing a husband and wife sitting at the gate and waiting to board the same plane I was on. Each of them had carry-on luggage emblazoned with a large, yellow bumper sticker: "Be saved or be in Hell." When I saw the luggage I thought to myself, "I bet they'll be seated



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next to me." And they were. When we were on board the plane, the man sitting on my right, he reached out his hand and said, "I'm so and so; what do you do for a living?" I remembered Hugh Lynn's words, and I shared how the Cayce material had reenergized my faith, taught me tolerance, encouraged me to read the Bible, and aided my health. I got off the plane hoping that I had planted a seed of tolerance and understanding.

I remember another occasion of sharing during my last semester of undergraduate school. The teacher was crippled from allergies. She had allergies to carpets, perfumes, smoke, the Denver pollution, etc. She was so ill that she limped into classes with a cane and medicated herself several

times during the course of each class. About the second week, I worked up the nerve to talk to her about my experience with allergies. There was a period in my life when I got three shots two times a week for allergies. I started working with the Cayce information on allergies and taking a few drops of castor oil on my tongue each morning and 5-6 drops of Glyco-thymoline® in a half-glass of water when awakening (both designed to help improve the body's own elimination system) and in a very short time I no longer took the shots and my allergies had improved tremendously. I told my professor my experience and wrote down what I had done.

A few weeks passed and this professor came into class without her cane and without her box of medication. When someone asked what had happened, she told the class about her conversation with me. She volunteered that with her medication she usually got 40% relief from her symptoms. However, with the "prescription" I had suggested, she was getting 85-90% relief. For the rest of that semester she referred to me as her "physician." Her life had been immeasurably changed for the better simply because I had shared the best that I knew.

Perhaps we all have someone in our lives that could be helped physically, mentally, or spiritually by sharing the best that we know from the Cayce work. Why not take a chance and simply tell someone else what has been helpful in your own life?

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