



THE LIGHTHOUSE

Issue 3

June 2008



In Partnership With the Association for Research and Enlightenment, U.S.A.

From our Coordinator

The Cayce Readings cover a wide field of information!

Did you know that Joan of Arc was burned at the stake on May 30th 1431, aged 19, and that her soul returned to receive a reading from Edgar Cayce –reading 302 -1? Members of A.R.E. have free access on-line to all of the Readings.

In our current issue, you will find detailed information on making and using castor oil packs. I personally have found them remarkably effective in many ways. One of my sons used to suffer every winter with chest infections. As soon as he found himself beginning to succumb to this, he would ask for a castor oil pack to be placed over his chest during the night. Next morning he would awake free of any symptoms. One of my daughters would use them on lumps which sometimes appeared on her body: an overnight castor oil pack placed on the lump, never failed to make it disappear.

CASTOR OIL PACKS

- Here are the instructions for castor oil packs:- Materials Needed:-

- * wool flannel folded to 4 thicknesses, size needed.
- * plastic sheet
- * bath towel
- * safety pins
- * old plastic covers

Soak the flannel in castor oil poured into a pyrex ,aluminium or enamel baking pan.

Heat the pan and pack in oven till it is warm -not hot, it will burn easily.

Spread the plastic sheet on the bed to protect the bed clothes. Cover with an old towel or cloth.

Place the warm soaked castor oil pack over the body where needed. Cover it with plastic cover.

On top of that, place a heating pad (hot water bottle will do).

Fold the towel lengthwise and wrap around the body. Secure it with safety pins.

Leave in place for at least an hour - preferably up to 2 hours.

Afterwards:-

- * the skin should be cleansed with water to which has been added a little bicarb soda. (to avoid a rash, which sometimes happens.)
- * Store the pack in the baking pan, or in a plastic bag and reuse it. Don't wash it. Only use it on the person for whom it was made. It can last up to a year.
- * For general use it is desirable to use the packs 3 or 4 nights consecutively, and then not use for 3 nights.

* When taking a series of packs, take 2 teaspoons of olive oil nightly, or 2 tablespoons after the 3rd night.

Edgar Cayce endorsed abdominal castor oil packs as a home remedy for all types of problems involving lymph flow, such as: Adhesions, Inflammation, Congestion, Constipation, Liver, kidney, and pelvic disorders

Our New Website

This is named www.edgar cayce australia.com. and headway is being made for its birth on the internet offering a central point of information for Australian and New Zealand readers. Information we propose including will be:-

- Book reviews, so we would welcome input from any of our readers who would like to recommend to others, a book which they have found helpful.
- A catalogue of books available from our discount book supplies centre.
- Information on health issues; so if you have a special request for particular health problems, contact us at caycenewsaustraliasia@hotmail.com for information.
- Wholistic Health Professionals, who are willing to assist clients with treatments using the Edgar Cayce information. We have in Australia, copies of all the Health Circulating files, which can be lent to those requesting them. *If you belong to this category of Health Professionals, we would be delighted to list you on our website. Contact us on caycenewsaustralasia@hotmail.com.*
- Lists of study groups (as the information becomes available) and details of current activities. We will need to rely heavily on your support to gather much of this information.

Venture Inwards Magazine

A.R.E. Headquarters in Virginia Beach is planning to place an article about our new Australia New Zealand cooperation efforts in their September/October issue of Venture Inward.

Study Groups

Developed through the psychic ability of Edgar Cayce, The two volumes of *A Search for God* provide road signs on the spiritual path. They point to one of the ways one can learn to find and the universal laws which have their basis in the Law of Love and Oneness of All Force. No claim is made that these books are the *only* way to Truth, nor is there any attempt to use them in competition with any religion based on belief in one God.

The material in *A Search for God*, Books 1 and 11, is not an intellectual exercise which one can absorb and apply to oneself. Designed to be used in a group setting, it needs the interplay of group reactions and disciplines. It flourishes best when there are divergent viewpoints which stimulate the exploration of the many facets of a spiritual concept.

If you would be interested in meeting open minded people interested in exploring the meaning and purpose of life, and applying your best understanding of how to live an exciting life pattern of personal growth, you may be ready to check out this option. You can contact Olive by e-mail :- oliveb@hotkey.net.au or phone (07) 3207 7536 to get free no obligation information about this.

We currently know of only a few study groups operating in Australasia but with your help we can expand this list, hopefully to include a group near you, or to help start one in your area. If you have a Cayce Study Group anywhere in Australia or New Zealand, and would like to have it advertised here, please e-mail oliveb@hotkey.net.au or phone Olive at (07) 3207 7536.

Queensland

Townsville:	Contact George Wilcox	Ph 07 4721 4289
Brisbane	Moorooka	Contact Jan Childs Ph. 07 3848 7007
	Runcorn	Contact Ken Hegarty (after hours Ph.07 33441549)
	Victoria Point	Contact Olive Bell Ph.07 3207 7536

New South Wales

Sydney	Strathfield	Contact Rosie Maltos Ph (02)9763 1104
	Coff's Harbour.	Contact Sue Hallam Ph (02) 6651 9049

Victoria

Melbourne	Tullamarine	Contact Donna Crusiz Ph (03) 93301329
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Programs in Australia

Edgar Cayce Centre, 12 Colbet Close Victoria Point, Redland City QLD 4165

Ph (07) 3207 7536

Sunday 29th June, 2pm to 4.30pm

Inspiring Films

(1) Inspirational Story . Neuroanatomist [Jill Bolte Taylor](#) had an opportunity few brain scientists would wish for: One morning, she realized she was having a massive stroke. As it happened -- as she felt her brain functions slip away one by one, speech, movement, and understanding -- she studied and remembered every moment. This is a powerful story about how our brains define us and connect us to the world and to one another.

(2) Part 1 (of 5). Become Fully Psychic : featuring Kevin Ryerson. Kevin Ryerson is an acclaimed author, award winning consultant, expert intuitive, futurist and trance channel in the tradition of Edgar Cayce and Jane Roberts. He has been lecturing and teaching in the field of parapsychology and spirituality for over 30 years.

Entry by Donation. Afternoon tea included.

eGroups From A.R.E. Headquarters Virginia Beach

. The following eGroup is still available for those who are interested:

Channeling Your Higher Self, May 28 June 24, mentored by Henry Reed.

For Details: http://www.edgarcayce.org/egroup/eg808/about_YourHigherSelf.html

What's An eGroup?

Your A.R.E. eGroup will meet on an Internet discussion board. This discussion board has been created especially for A.R.E. by BulletinBoards.com, a secure Internet site that makes learning online interactive and easy. In Internet terms, your eGroup is called a "discussion board", a virtual meeting room where you will join with other like-minded people and your mentor, Henry Reed, in an interactive discussion on channeling your higher self.

In the virtual meeting room, you will have access to the written and audio materials prepared for you by Henry. Every Wednesday, Henry will post a lesson along with exercises for you to practice during the week.

Posting is very similar to sending an e-mail, except that all the e-mails are viewed within your virtual meeting room. You may post your thoughts, questions, and experiences on the site for Henry and the other participants to read and respond to. In this way, everyone will benefit from one another's experiences and insights and the coaching offered by Henry to individuals.

If you would like more information or to be notified when a group is forming, please e-mail us at egroups@edgarcayce.org.

A Word to Parents from the Edgar Cayce Readings

Parents may have to learn and practise, how best to manifest love toward children. Love is the single most important experience in the life of an individual. It should be every child's heritage.

"Don't say one thing in the presence of the child and do something else yourself. Don't give instructions or ask the child to do that which you do not do yourself, for you yourself become a liar in the very act of same." **5306-1**

Questions and Answers from the Edgar Cayce Readings

Can the physical body be regenerated and repurified?

This is a matter of form by consecration of the Mind, the [Soul](#), the Body, to the Creative Forces that may manifest through each and every [soul](#) that has and does put on the whole armour of a RISEN Lord.

30. For HE hath shown the way; not by some mysterious fluid, not by some unusual vibration, but by the simple method of LIVING that which is LIFE itself. THINK no evil; speak no evil; HEAR no evil. And as the Truth flows as a stream of life through the Mind in all its phases or aspects, and purifies same, so will it purify and revivify and rejuvenate the body. For once this effacement urge is overcome, then may there begin the rejuvenation.

From Our readers

Personal Astrological Reflections on Jesus

Diversity, multi-dimensional, adaptable, evolving, informative, communicative, interactive, connecting, curious, and much more ... doesn't this sound just like a Gemini! It's June when in the Northern Hemisphere nature wakes up to Spring's call, and in our Southern end of the world, nature snuggles into an Autumn siesta to await Winter's sleep. It is like polarity: *an object or system in which some measure has opposite value or sign at two different points.* (Collins Dictionary of Physics) The experts say that all energy has polarity – two parts of a whole and all that is contained in one part is also contained in the other; one part is not better than the other just different.

Jesus said, "The Father and I are one" (Jn 10:30); yet, they are "2" different persons. Before St Paul's conversion, he had imprisoned people who were following the "Way." Jesus asked, "Saul, Saul, why do you persecute me?" Jesus felt what others suffered. It seems we are *one, individually* connected to each other by a *Creative Force*. As individuals, we are beings consisting of 2 parts: human and divine. Collectively, we are the *Body of Christ* with Christ as its head. Here is a Gemini lesson of diversity and connection. Pity, though, I am not a theologian to expand on this mys-

tery. However, if one has an enquiring mind, as that of St Augustine, it can lead to personal insights. One day as he struggled to understand the complexity of the Holy Trinity, he noticed a little boy digging a hole on the beach. Augustine asked what he was doing, and the boy replied he was going to put the ocean into the hole. Augustine said that would be impossible. The boy answered, "Neither can you put the mystery of the infinite God into your finite mind"! The boy then vanished.

It makes me wonder how I experience Gemini energy in my life; how I connect with my fellow beings and with my Soul. If God created all things, seen and unseen, then how is my relationship with all creatures great and small? Jesus reminded us, "You shall love the Lord, your God, with all your heart and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself." (Lk 10:27) Think about it – only "2" *equally* great commandments that will lead me someday to fully realise that "the Father and I are one"! Edgar Cayce said in one of his readings:

5. These experiences in the earth plane are not merely a happen chance, but each soul seeks an expression that it may grow into a better interpretation or understanding of its relationships to the Creative Forces, or that ye call God.

7. In the astrological aspects, we find these as rather confusing. Naturally, coming under those signs as well as the expressions in the material plane of the double sign, or Gemini, there are two natures within the urges of the entity. One is to seek to know; that may oft be upon very questionable things or conditions, even in the experience of the entity. The other is the innate and manifested spiritual seeking for a greater, better, more perfect relationship. And these as may be seen in the experience are more combative one with another in the experience of the entity than as may ordinarily be experienced. Yet these become, then, rather choices that are to be made in the experience of the entity. 674-3

These are my reflections, thank you for reading them.  Rosie

From Our Book Supplies

Beyond Death: Visions of the Other Side. Edgar Cayce Readings

Few visionaries have as detailed and expansive a vision of life beyond death as renowned psychic and seer Edgar Cayce, and this latest book presents his discourses on everything from reincarnation to communication with those who have passed on, culminating in the realization of our ultimate purpose for existence. **\$15**

ON SPECIAL NOW

The Complete Edgar Cayce Readings on CD. \$50. (plus postage \$4 to anywhere in Australia or New Zealand)

Discovering Your Soul's Purpose - Mark Thurston.

Your soul's purpose is a uniquely creative and dynamic approach to living. It involves special ways of reaching out to serve others and of reaching inward to nurture yourself.

Until you find and live that purpose, your life will feel unfulfilled, no matter how many signs of success you achieve in material life. But your mission **can be discovered**.

Using techniques described in the Cayce Readings and other systems of spiritual transformation, this book outlines a practical, five step procedure for discovering your soul's purpose. By applying these ideas, you will open new opportunities for the fulfilling, joyous use of your soul's talents and abilities.

Available now until June 30th. 2008 (unless sold out earlier) at the special price of AU\$15, posted anywhere in Australia or New Zealand.

Send your address and AU \$15 to:

EDGAR CAYCE AUSTRALIA

C/- PO Box 3305, Victoria Point West QLD 4165, Australia

NB. Cheques must be made out to Brisbane ARE Council.

Books will be sent by return mail.

INSIGHTFUL BOOKS

Leading Edge Scientist Bruce Lipton, Ph.D.

Bruce H Lipton, Ph.D., is an internationally recognized authority on bridging science and spirit. He has been a guest speaker on dozens of TV and radio shows, as well as a keynote presenter for national conferences. Dr. Lipton's groundbreaking book *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* documents the amazing new awareness that is currently rewriting the science of biology and medicine—awareness that the mind's perception of the environment, not genes, controls life at the cellular level. Dr. Lipton describes his own life as "radically transformed" because of his research: "Though I sought science as an alternate to accepting spiritual truths, lessons learned...revealed that life was not an issue of science OR spirituality, it was an amalgam of science AND spirituality."

This book can be purchased at Amazon.com

Membership of A.R.E. Worldwide.

If you are not currently a member of the Association for Research & Enlightenment you may be interested in the following membership benefits:-

Members receive the bi-monthly *Venture Inward* magazine,

- A bi-monthly newsletter of their choice: *True Health*, *Ancient Mysteries* or *Personal Spirituality*.
- Free access to all the Edgar Cayce readings online.
- Access to the Members' section of the A.R.E. web site;
- Special prices on conferences, courses, tours, camp, and health services;
- 20% discount on A.R.E. Press books, CDs and DVDs.

AUSTRALIA/ NEW ZEALAND MEMBERSHIP OPTIONS

Regular international membership (outside the U.S.): US\$70 per year (\$48 + \$22 for postage).

1. Online e-membership: US\$40 per year was created to allow the international members to save the extra cost of postage and to overcome delivery service failures overseas
2. E-mail-Preferred Newsletter" for international members: US\$63 per year

This option is for members who would like to continue receiving *Venture Inward* through the mail, but the rest electronically.

How to Contact us:

Australian Coordinator & Lighthouse Newsletter – Olive Bell

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New Zealand Coordinator & Rainbow Journal – Brian Alderson

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Or: edgarcaycenz@yahoo.co.nz

SUBSCRIPTIONS:

E-mail Subscribers: FREE

Australian Postal Subscribers: A\$15 yearly

New Zealand: NZ\$20 yearly

OUR MISSION

The Mission of Edgar Cayce Australia and New Zealand is based on the same mission of the Association for Research and Enlightenment in the U.S.A., which is simply to help people change their lives for the better through the ideas and information in the Edgar Cayce material.

Through our collection of books, newsletters, services, and membership outreach and with our association with the A.R.E., Edgar Cayce Australia and New Zealand are looking to provide individuals from all walks of life, levels of education, and religious backgrounds with tools for personal empowerment and healing at all levels – body, mind, and spirit.