



THE LIGHTHOUSE



In Partnership with the Association for Research & Enlightenment, USA

CONTENTS

	Page
• EDITORIAL	1
• MELBOURNE EDGAR CAYCE ACTIVITIES	2
• NEW SOUTH WALES EDGAR CAYCE RADIO PROGRAMS	2
• AUSTRALIAN'S AMAZING SPIRITUAL EXPERIENCE	3-4
• ASTROLOGICAL REFLECTIONS ON JESUS	4-5
• TELEPHONE SCAM	5-6
• IMPORTANT NEWS FROM ARE HEADQUARTERS USA	6
• FROM THE READINGS	6
• EDGAR CAYCE AUSTRALIA CENTRE VICTORIA PT QUEENSLAND	7-8
1. March / April programs	
2. Our Cayce Book Supplies	
3. Cayce Circulating Files Available In Australia	
4. Spiritual Growth Groups In Australia	
• HOW TO CONTACT US	8
• OUR MISSION	8

EDITORIAL

1. Edgar Cayce's readings emphasize the truth that "Mind is the Builder". I am soon to have the enlightening experience of tuning into my own brainwaves in an effort to clearly understand and improve my own "mind-building activities". What an exciting opportunity this is!. On 2nd March I will be flying to Vancouver, Canada, to attend a weeklong Alpha Training Course at Dr. James V Hardt's Biocybernaut Institute. This is a biofeedback program where you get to tune into your own brain waves, and discover what your creative mind is doing to your body, and your consciousness. With all the qualified trainers there, one is guided to deeper understanding and application of spiritual principles. Dr Hardt has devoted his life's work to consciousness research; he has done brainwave research into Yoga and Zen Buddhist Masters, and interestingly discovered that the brainwave patterns in Yoga "samadhi" and Zen "nirvana" are different. I will share with you, in this edition, the amazing experience that an Australian had there in December 2008. Dr Hardt's training is able to speed up spiritual growth expansion which normally takes thirty to forty years of meditation practice, to one week.
2. A beautiful soul living in Kempsey, New South Wales has applied and received from Virginia Beach, permission to start an Australian Radio program centred on the life and work of Edgar Cayce. This program will go live to air on Sunday 22nd February, 9am to 12noon. See p 2-4

• MELBOURNE EDGAR CAYCE ACTIVITIES

The Melbourne Prayer/Healing group meets at noon on the third Sunday of every month from February to November for group Prayer and Meditation. We welcome visitors to come and join in with our activities. Our purpose is to promote healing of oneself, others and the world in general. The Prayer/Meditation is generally followed by a shared lunch and then open discussion and sharing or other arranged activities relating to the many varied areas of interest in the Edgar Cayce work.

'A Search for God' study group information is available on request during meetings. Those who may be interested in starting up their own study group can make arrangements to join in on some of the Melbourne's study group meetings. This would enable a further look into how 'A Search for God' study group works.

For information, please contact:

Donna Crusiz

Telephone: (03) 9330 1329

Email: edgarcaycemelbourne@gmail.com

• NEW SOUTH WALES EDGAR CAYCE RADIO PROGRAMS

This is an exciting new venture!

Edith Polski has obtained official recognition and support from A.R.E. Headquarters to use her 3 hour Sunday morning Radio Program on Tank Radio in Kempsey (a Community Radio Station) to share the Cayce Legacy with interested listeners.

In between selections of beautiful music, and feedback from listeners, she will talk about the life and gift of Edgar Cayce and be reading brief extracts from the Readings with a view to sharing such understandings in life, as:

1. "why there seems to be injustice in this world"
2. "why some people are born with special talents, or disabilities" etc

The radio station "Tank Radio", is run by volunteers only. The first program using Cayce material will go to air on Sunday, 22nd February, 9am-12noon.

To listen to Tank Radio 103.1 FM (local) or <http://radio.internode.on.net:8048>

(to listen to the program online, via your computer:

1. <http://radio.internode.on.net:8048>
2. Click on the "Listen" tab,
3. (The file is Listen.pls You may have to select program (eg *Real Player* or *Quick Time*), to open the file)
4. (If your computer does not play the .pls program, you may need to download "Real Player" <http://www.realplayer.com.au> or "Quick Time" http://www.download.com/QuickTime/3000-2139_4-10002208.htm program from the internet to enable you to listen.).

Suggest that you try the link before Sunday to ensure the link works.

The website: <http://tankfm.hopto.org>

Email address: tankfm@internode.on.net

Edith Polski's email address is: - epolski@bigpond.net.au

Are there any other Australians who would be interested, able, and willing to do something similar in their community? If so, please contact us at caycenewsaustralasia@hotmail.com

- AMAZING SPIRITUAL EXPERIENCE OF AUSTRALIAN'S RECENT PARTICIPATION IN BIOCYBERNAUT ALPHA 1 TRAINING.

I remember when I first started reading about Edgar Cayce. It was an important part of my spiritual development. I came from a very strict Christian religious background, but I rejected the church when I turned 18. Edgar was a practicing Christian who was also involved in what the mainstream church would consider bad. It was very challenging for me to read about him at the time because I felt that I was doing something wrong.

However I had a very strong sense that he did some amazing work and left that for all humanity to use. It was also the first time that I felt certain that reincarnation made total sense. I have my Cayce astrology reading that I got off the internet, based on the insights developed by Edgar Cayce.

I completed the Biocybernaut Alpha 1 training in mid-December 08. It was the most powerful week of spiritual development I've ever experienced. It was a lot harder work than I had anticipated, but well worth the effort. Jim really helped me to stay and be challenged by what I had to face. After day 3, I thought to myself "I can't do this, I want to go home". Anyway, I stayed on and learned about what my ego was telling me, and what I was buying into. Very enlightening! I could tell that I had done the most significant spiritual work of my life. I believe it is the same for everyone who gives themselves over to the process.

I never expected to be able to perform healing. I did not have that as a goal of my training. What I wanted to achieve was find more peace of mind, learn to forgive people in my past, and get more out of the other personal development work I have been doing.

The thing that I learned most was what my ego had been saying to me. For the first time I saw that there are two parts to me (the real me and my ego). In fact I got to see my ego in action. I mean I had read about this many times before but it became obvious how my ego works in me. Between days 2 and 5 I felt like I was having a breakdown, which was just my ego throwing everything at stopping me from going into the chambers to do more forgiveness work. Dr Hardt lists the 6 ways in which the ego will try to stop you confronting your own life situation (aversion, doubt, drowsiness, forgetfulness... and 2 others which I can't recall right now). I couldn't believe that it was exactly as he said.

I think it was day 4 and I was still very uneasy about what I was doing and feeling quite worthless (I've had a long history of believing that I wasn't good enough). The first part of the time in the chamber is some tests that they do to calibrate equipment ready for alpha enhancement. During "eye-closed" checks I suddenly had this vision of what I call a "singularity" that hovered over the top of me. It started "vacuuming" black chunks from my body, like all of the unnecessary personal baggage was being released from the previous 3 days work. In the alpha enhancement session that followed I then started into some very difficult forgiveness work about my father. I did healing work on the vision of my father, who had never been able to let go and enjoy himself. I also started work on my mother, unsuccessfully, but that led into the last 3 days of very intense realisations and forgiveness work around my mother, and then other important people in my life. I could not have done any of this without the follow-up interviews with Dr Hardt. He will work with whatever comes up, no matter how strange, or confusing. I usually came out of each session not always sure what I had done, or what to do next. He makes suggestions and interpretations, but it is up to you if you think that they are valid.

The singularity seemed to re-emerge for me many times during the following days trainings. And I was using it on loved ones and myself. After a while I could just invoke a singularity. It is only really useful as a spiritual "clean-up" tool once some spiritual headway has been made. I would never use it otherwise.

Also I had another person to forgive, who I was very angry at, because of what he did to my little sister. At the time of this event, about a decade ago, I had visions of taking to this person with an axe. Dr Hardt pointed out (at around day 6) that it would be a good idea to do some forgiveness work with this person. I decided to do that. There is a forgiveness process that is taught. During the last section of the forgiveness process, I started healing the "axe-wounds" on this person, and my alpha scores went through the roof. It was a very uplifting experience.

So now to the healing, which I have since carried out a second time successfully (again on myself). All I do is: -

1. Focus on the injured area and I imagine the same feeling that I had when healing the guy that I wanted to kill with an axe (~1 minute)
2. I invoke the singularity vacuum to clear the debris around the injured area (~1 minute). There is an immediate improvement that then seems to continue until there is no pain over the next few hours.

Anyway, that is a very brief description of how I came to start healing myself. I have never tried it on someone else but I will if the situation arises for my family members.

If you have any questions I would be happy to answer them by email.
(Contact oliveb@hotkey.net.au for this gentleman's email address)

PS. There are currently moves afoot to possibly establish a Biocybernaut Institute in Western Australia.

• ASTROLOGICAL REFLECTIONS ON JESUS

Pisces Sign (Feb 21-Mar 20)

Two fish connected to each other, yet swimming in opposite directions – such is the glyph of Pisces. Are they pulling away from each other? Not really. It seems strange but somehow logical. I think the connection between the two fish is the Creator's energy, the Spirit that holds all together - it connects us all. So, each fish is free to swim in any direction, as it wills, wherever it wills. Because each one of us swims in God's infinite ocean of life, and because we are connected (physicists would agree) any good we do has a boomerang effect. There seem to be many wonderful side effects to practising Piscesism! Pisces is about faith, compassion, healing; it is a Water Sign which means it is sensitive, receptive, empathic and emotional.

Like all other signs, however, it does have its shady side. One that stands out in my mind is when we get so addicted to our spiritual pursuits we might notice others (unconsciously, of course) who are not living up to our spiritual standards, or those of a guru or saint. I call this a spiritual addiction because it feeds our ego into believing: we're doing great; let's remove the dirt from our brother's eye (where have I heard that before?). Aren't we lucky that our Father gave us Jesus for our Teacher! It is amazing how Jesus could love and serve God and others at the same time. I don't think he ever separated his spiritual life from his human life, or thought his human life was less valuable than his spiritual life. They say that he was like us in all things except sin. He went to weddings; accepted dinner invitations; he cried for a friend who died; he helped and healed the sick; he got angry at people who disrespected God's temple; he held children in his arms and laughed with them; he gave his time to anyone; and respected the courtesies of his day. So ordinary, so routine, so human.

The Gospels are full of stories of Jesus' humanity – a humanity that was an open 2-way freeway to his spirituality. This spirituality manifested in all his human actions. And haven't we gained from Jesus' deeds! He revealed that we are souls and taught how to

manifest our spiritual essence through our human experience on Earth. It is the experience that is important – not just the instrument. So basically, if we practise the positive side of Pisces, we can dissolve the boundaries of the human-spiritual self to consciously become One with I AM WHO AM.

Aries Sign (Mar 21 – Apr 20)

A long time ago, around March 25, a wonderful visitation took place. A magnificent person named Gabriel came to announce incredible news to a young girl by the name of Mary. She accepted God's proposal: Here I am, the servant of the Lord; let it be done to me according to your word (Luke 1: 38). With the exception of Joseph and her cousin Elizabeth, no one knew about this heavenly visit. So for the next nine months, Mary humbly carried this wonderful news in her heart until she gave birth to God's Son, Jesus. This may be the December Christmas story, but it began here.

I wonder if it was a coincidence that the Aries Sign, which signifies independence and freedom, was in the heavens when Gabriel heralded the promise of our liberation. Those powerful energies of Mars (ruling planet of Aries), must have been overflowing in Mary's womb. This Child was going to lead the way and he would need an abundance of courage and fortitude to fulfill his destiny. If it was not a coincidence, then it was by excellent design that God timed Jesus' conception around this Sign! I said before that I am neither a theologian nor an astrologer, but it seems to me that Aries certainly inspired action and assertiveness. Thirty-three years later, Jesus would stir within his very soul the power of his will to complete his purpose on Earth right from the Cross – prophecy fulfilled when he rose from the dead. Birth, death, and resurrection became the celebration of Life. This is Easter.

What is one lesson we might learn? I think it is to soldier on regardless of how we feel in order to fulfill our own purpose; never give up. I am sure every one knows that this isn't easy. But even though we have to carry a cross, or many, we do not necessarily have to lose our peace. Great souls from all generations have told us that if we join our cross to that of Christ's our burdens lift because it is He who carries us. This liberates us. This sets us free. Like Mary, we can accept God's proposal to let the Risen Christ live within us and through good actions, bear witness to his glory. This creates infinite joy in the heart. This is Easter.

If it is held . . . as a cross, it will remain as one . . . with individuals where there is in their experience crosses to bear, hardships or surroundings that to them are overpowering, overwhelming, by slights, slurs, and fancies of the inactivity of a coordinating force. If these are held continually as crosses, or as things to be overcome, then they will remain as crosses. But if they are to be met with the spirit of truth and right in their own selves, they should create joy; for that is what will be built.

Edgar Cayce Reading 552-2



Joyful Easter to all!

Rosie March-April 2009

- [TELEPHONE SCAM](#) confirmed by Telstra & Australia Police (Shared by a concerned Australian)

"I got a call last night from an individual identifying himself as an Telstra Service technician who was conducting a test on our Telephone lines.

He stated that to complete the test I should touch nine (9), zero (0), hash (#) and then hang up. Luckily, I was suspicious and refused. Upon contacting the telephone company, I was informed that by pushing 90#, you give the requesting individual full access to your telephone line, which allows them to place long distance telephone calls billed to your home phone number.

I was further informed that this scam has been originating from many of the local jails/prisons.

DO NOT press 90# for ANYONE. PLEASE pass this on to your friends. If you have mailing lists and/or newsletters from organizations you are connected with, I encourage you to pass this on.

Stephen Cooper, Detective Senior Constable 29748
Victoria Police State Crime Squads
Level 12, 412 St. Kilda Road , Melbourne

Tel: (03) 9865 2663 or 0414644499

- [IMPORTANT NEWS FROM A.R.E. HEADQUARTERS USA](#)

Be our friend! The A.R.E. My Space page

<http://www.myspace.com/edgarcaycearecenter>

is live and growing. In just a few weeks we have close to two hundred friends already, and there's plenty of room for more! If you have a My Space profile, add us as a friend and check out our daily blog of Edgar Cayce Thoughts for the Day and other great articles about the A.R.E. Center.

FROM THE READINGS

An experience, then, is not only a happening, but what is the reaction in your own mind? What does it do to you to make your life, your habits, and your relationships to others of a more helpful nature, with a more hopeful attitude? These are the criterions for every individual's experience--sincerity of purpose, of desire; putting the whole law into effect in the activities--which is to love the Lord thy God with all thy heart, thy mind, thy body, and thy neighbour as thyself. This is the whole law. All the other things given or written are only the interpreting of same. Then what does such a proclaiming preclude? From what basis is the reasoning drawn? What is the purpose of an individual experience of an entity or soul into the earth at any given period? These answered then give a background for the interpreting of why.

Edgar Cayce Reading 1567-2

EDGAR CAYCE AUSTRALIA CENTRE. VICTORIA POINT, QUEENSLAND.

MARCH/APRIL PROGRAMS

Our Centre holds a film afternoon on the last Sunday of each month from 2pm till 4.30pm. Afternoon tea is served. There is no charge, but donations to help keep the Work going, are always appreciated.

28TH MARCH: -

1. Edgar Cayce The Sleeping Psychic
2. Teachings of Abraham Master Course DVD 1

26TH APRIL: -

1. Edgar Cayce on Intuition
2. Teachings of Abraham Master Course DVD 2

We have a large range of Cayce films, Abraham Films, and films on the cutting edge of Science, Consciousness and Spirituality. You are welcome to contact Olive at the Centre on 07 3207 7536, to arrange a special time to view any films you are particularly interested in seeing.

OUR CAYCE BOOK SUPPLIES has a large range of books available at discount prices. Check out our website: - www.edgarcayceaustralia.com or phone 07 3207 7536 or email oliveb@hotkey.net.au

CAYCE CIRCULATING FILES AVAILABLE IN AUSTRALIA

Contact Olive on oliveb@hotkey.net.au or Phone (07) 3207 7536 for details.

We have the Medical, the Non Medical, and the Research Files . These are all direct information from the Edgar Cayce Readings on various topics, and they are all available from the Edgar Cayce Centre Australia.

SPIRITUAL GROWTH GROUPS IN AUSTRALIA

If you would like to meet like-minded people through joining a spiritual growth group please contact us at oliveb@hotkey.net.au. This year a particular emphasis will be on helping those in Australia who are interested in establishing such groups or joining them, to get the necessary help. Those who have already contacted us about this will be personally contacted and offered help to get groups started and offered ongoing assistance.

When you become involved in an A.R.E. Search for God small group, your personal venture inward will enable you to: -

- Tap into you relationship with the Universal Mind, God, Your Higher Self or whatever name you call this Consciousness.
 - Explore your intuition in a safe way.
 - Find your inner joy and inner peace
 - Practise listening "soul to soul"
 - Learn to love and appreciate your life
 - Find out how to work with Spirit
 - Spend time with like-minded people.
-

HOW TO CONTACT US:

Australian Co ordinator & Lighthouse Newsletter – Olive Bell

By Post: Edgar Cayce Australia Centre,
C/- PO Box 3305,
Victoria Point West, Queensland 4165.

Email: caycenewsaustralasia@hotmail.com

Telephone 07 3207 7536

New Zealand Coordinator & Rainbow Journal – Brian Alderson

By Post: Brian Alderson,
24 Peterswool Road,
Elizabeth Park, South Australia 5113.

Telephone 08 8252 8131

Email: rainbowjournal@live.com

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.