

THE LIGHTHOUSE



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1. Editorial

Here we are, facing the second half of 2009 – a year that seems to present vast expansion of new technology, increased challenges to our ability to deal constructively with human interactions and changes to our earth, and all life within it.

On the 12th December 1942, Edgar Cayce had a dream of going to the ocean, and then arising into the air and attending a large meeting of people all dressed in robes, and standing.

From a large cloud above them came a voice “*Who will warn my children?*” All was silent. Then again the same “*Who will warn my children?*” From the throng came Jesus, saying “*I will warn my brethren.*” The answer came back “*No, the time is not fulfilled for you to return, but who will warn my children?*” Then Mr Moody said “*Why not send Cayce, he is there now.*” Then the Master said “*Father, Cayce will warn my children.*” “*And we will all help,*” came as a grand chorus.

The Cayce Work has certainly heralded our awakening to the fact that we are all spiritual beings, just inhabiting physical bodies in order to experience 3 dimensional consciousnesses, and learn to manifest Divine Love here.

As we near the end of an epoch – the 2012 enigma – more humans have found they can connect with higher dimensions of consciousness, some unconscious physically as Cayce did, and some fully conscious but stepping aside from their bodies, and listening to higher consciousness answer the questions put to them by seekers for truth.

There are doubtless many ego-centric humans who can only connect with materialistic sources of information – allowed through the opening of their three lower chakras. However, those who have achieved access to higher dimensions of consciousness through the cleansing of their heart centre can then safely open the three “heavenly” chakras, tune in to higher, more evolved levels of consciousness, and share with us greater understanding of who we really are, and what the process of human incarnation is all about.

Those that I have found extremely helpful in my life are:-

- § **Abraham** - Abraham has described themselves as "a group consciousness from the non-physical dimension" (which helps a lot!). They have also said, "We are that which you are. You are the leading edge of that which we are. We are that which is at the heart of all religions." See www.abraham-hicks.com .
- § **Divine Cosmos** - David Wilcock - the reincarnated Edgar Cayce? See www.divinecosmos.com
- § **The Council of Elohim**. See www.conversationswithmygirlfriend.com .

2. The Jesus Connection

Council of Elohim/Daphne, 2003 Flagstaff

Wynn: How did Jesus uncover His own mission, while He was in the physical--what were the events that allowed him to reveal to Himself what He was supposed to do?

Elohim: He did not, as you would say, reveal to Himself, He was in constant and direct communication with the Father, and knew from a very early age, about what you would say, four or five years old, that He was here for a very specific purpose, that He was here for a very specific position, mission, to enable Humankind civilization to emerge to the next step....continue.

Wynn: And so the Father would have been Ra, and He was getting messages in His dream state?

Elohim: This is affirmative, but not just in the dream state, also in the conscious waking state, He was incredibly intuitive -- He saw God everywhere, in every thing and in every one, was able to read the higher frequency vibrations emanating from the auric fields, not only of the rocks and the trees, and the people, but every single sentient thing and non-sentient thing on the planet.

As it is written in your bible, they say: In the end times when Christ is to come again, and walk among you, it is actually an awakening in the cellular matrix of every human on the planet, who is free-willingly open to the receiving of these higher transmissions, "that every rock and stone shall start to speak".

Know you the true meaning of this? The rocks and the stones always have spoken, but your frequencies have not been open enough for you to understand that they themselves are a part of All That Is, and therefore are a part of you.

Questions and Answers with the Elohim

<http://www.returnofedgar.com/>

Note from Wynn: *I already guessed at this answer. As I studied Wilcock's channelling, there were certainly innuendos concerning the Jesus connection with Ra. Ra was a group soul made up of millions of souls who graduated from this realm. Earth was in bad shape and Jesus (who had previously graduated from this realm) volunteered to take a series of incarnations to help uplift.*

3. From The Readings

3.1 Are white wines good or bad for me?

Reading 275- 21 Female Age 18

(A) In moderation they are WELL for the body. Just so the activities are not such as to become detrimental to digestion, but LIGHT wines with the digestive forces are beneficial. An over amount of same, or activity produced by taking with improper foods - with foods that they do not COORDINATE with - is harmful for the system. Whether the bodies would have it or not, FOODS produce that WITHIN the system that is that same fermentation that is called wines, or beer, or liquor, or ales, or such, FOR the digestion to be proper in a body! That man over balances same, by engorging, or taking too much into the system and making a dog, or a hog of himself, is to be pitied for the man! (275-21)

3.2 Avoid a Critical Attitude

Reading 2936-2 Female Age 35

Learn the lesson well of the spiritual truth: Criticize not unless ye wish to be criticized. For, with what measure ye mete it is measured to thee again. It may not be in the same way, but ye cannot even THINK bad of another without it affecting thee in a manner of a destructive nature. Think WELL of others, and if ye cannot speak well of them don't speak! but don't think it either! (2936-2)

3.3 Which soap is best for your skin?

Reading 2072-6 Female Age 31

Pure Castile soap is the better as a cleanser. (2072-6)

Castile Soap Recipe

This is the quick easy method for making Castile soap. **Always remember to keep children away while you are making the soap. Naturally, take sensible precautions for yourself as well.**

Ingredients:

500 gm Olive Oil
200 ml water
70 gm Caustic soda

Method:

Boil all ingredients together until mixture drops thickly from the spoon. Use a rather large vessel and stir frequently while boiling. Pour into a tin or shallow box lined with a damp cloth. Allow to dry for two days then turn out and cut into blocks. Harden well before using."

3.4 Immunization without injections

Reading 480-17 Female Age 23

(Q) *Can immunization against them be set up in any other manner than by inoculation?*

(A) As indicated, if an alkalinity is maintained in the system - especially with lettuce, carrots and

celery, these in the blood supply will maintain such a condition as to immunize a person. (480-17)
(**Note:** An alkaline state in your body will protect you from colds and flu. The Readings repeatedly suggest a diet of 80% fruit and vegetables (alkaline) to 20% acid forming food. Our Book Supplies have "The Acid-Alkaline Diet for Optimal Health" in stock @\$13.00; also the Basic Diet laminated chart sells for \$2.)

3.5 Vegetables and Your Brain!

Reading 900-386 Male 33

(Q) *Should I stick to vegetables, eliminating meat and sweets?*

(A) This is very well - for vegetables will build grey matter faster than will meat or sweets!

19. (Q) *Would it be well for me to eat vegetables such as corn, tomatoes, and the like?*

(A) Corn and tomatoes are excellent. More of the vitamins are obtained in tomatoes than in any other ONE growing vegetable! (900-386)

3.6 Homemaking; our most NB job on earth?

Reading 2571-20

But making an artistic home, making a home that is the expression of beauty in all its phases, is the greater career of any individual soul. This is the closer expression of that which has been manifested in the experience's of man's advent into materiality." (2571-20)

4. John Walsh

This message is being sent to our International Contact List on behalf of Kevin Todeschi in Virginia Beach.

Dear Friends,

I want to let you know that John Walsh, our long-time friend, has passed away.

As most of you know, John was the founder and director of the Edgar Cayce Centre in Durham, England.

He was a great supporter of this work and will be sorely missed.

Please keep John and his family and friends in your thoughts and prayers.

5. Astrological Reflections on Jesus - July -

Moon

Moon is Ruler of the Sign Cancer.

If the Moon can affect the oceans' tides, can you imagine what it does to the *flow of our emotions*? Yes, to the point that strong emotions (good or bad) make us cry *tears of joy* or *tears of sorrow*.

It is said that the Moon in the chart reflects our mother and relationships with women; it reflects our home life, as well as our childhood.

Edgar Cayce said, *The Moon is only a portion of the experience, but it gives the greater emotion (3089-1).*

The glyph of the Moon looks like a cradle and a cradle protects and supports a fragile little life. Look at the glyph of Cancer – it symbolises a woman’s breasts, capable of nourishing and comforting. No wonder men find it difficult to truly relate to women, much less deal with their emotions. It makes me think that it would really benefit men to get in touch with their feminine side because they, too, get affected by this silvery moon!

The Moon is the closest space object to Earth, a satellite, and its strong vibrational influence is about caring, nurturing, feeling the need to belong to someone, to belong somewhere. So what do all the *feminine/Ying* things have to do with Jesus? Well, I think Jesus was the perfect man who ever lived on Earth and who perfectly balanced both his feminine and masculine sides. He *cared* for the weary and hungry.

Did he not nourish 5,000 with 2 fishes and 5 loaves of bread? (Matthew 14:13-21; John 6:1-21)

Did he not extend *comfort* when he said, ***Come to me all you who are weary and burdened and I will give you rest?*** (Matthew 11:28)

Did he not *protect* us when he said, ***The thief comes to steal, kill and destroy: I have come that you may have life and have it more abundantly?*** (cf John 10:10)

I feel Jesus continues to show us that he is the Good Shepherd with a maternal influence who always calls us, ***I know mine, and mine know me*** (John 10: 14). So, reflecting on the beautiful Psalm 23, I would like to pray it my own way, if I may:

Lord, you are my loving Shepherd; having you is having everything. You let me rest in green fields of faith and you calm the rivers of my emotions.



You renew my soul and help me walk with honour that I may glorify you with my life. And should I walk through the dark night of the soul, I will not be afraid because you are with me, protecting and guiding me.

You set before me the gifts of your love in the presence of those who wrong me. You have blessed me and I am overjoyed!

Goodness and mercy follow me all the days of my life, and in your house, Lord, I will live forever.

Amen.

- August -

Sun!

Sun is Ruler of the Sign Leo

Being under those influences of Moon and Sun also, we find in the Sun the strength and in the Moon the weakness (2990-2)

The Sun indicates strength and life, while the Moon indicates change ... (5746-1)

In astrology, the Sun symbolises the essential self and all creation draws life from its immense energy – it expresses personal potential.

The Sun is also the centre of our solar system; it is an incredible energy that affects our very physical existence on Earth. Nothing can live without it and Cayce notes that it indicates strength and life.

I suppose there are many levels of strength within created matter which vibrate in response to the Sun's energy. Perhaps when the physical aspect of nature reaches its maximum, it cannot continue the activity of physical life and so its cycle concludes and prepares for its next experience. Nothing seems to outlive the Sun. Nature takes from the Sun and the only thing nature can give in return is cooperation by accepting its life-giving power to fulfill the purpose of its creation.

This reminds me of a holy man who founded several monasteries and convents throughout the world, Rev James Alberione (1884-1971). He was going through certain spiritual struggles and while in deep meditation he heard the voice of Christ say, ***Do not be afraid. I am with you. From here I will cast light.*** Personally, this gives me so much consolation that in the struggles of our times we can still look within our souls and hear the same words. ***The Lord is my light and my salvation; whom shall I fear? The Lord is the defense of my life; whom shall I dread?*** (Psalm 27:1)

I feel Jesus demonstrated by his earthly life how to live in the Light, how to discover the real Self and its true purpose. He lived by what he taught and taught how to be a ray of light for others. He said, ***Let your light shine before men, that they may see your good deeds and praise your Father in heaven.*** (Matthew 5:16)

I guess this is all about personal potential that, regardless of our life's circumstances, it's possible to let the best within us shine through. Cayce has this wonderful explanation:

Know that the purpose for which each soul enters a material experience is that it may be as a light unto others; not as one boastful of self or of self's abilities in any phase of the experience, whether mental or material, but living, being in spirit that which is ideal and not idealistic alone, nor the unattainable.

For, as He hath given--if ye would know the Spirit, or God, search for Him; for happy ye will find Him. Thus--in that consciousness of daily living and being that which is in keeping with the ideal--life and its problems becomes not a burden, but opportunities--for the greater expressions and expansions of self in knowing that as ye sow daily the fruit of the spirit, ye need not worry nor fret thyself as to its growth.

God giveth the increase. Hence be not weary in well-doing. (641-6)

I'll remember this each time I light my birthday candles!

Rosie 

6. Prebirth planning: Disabled Baby in Uterus

This letter has come from A.R.E. member Gary Schwartz.

I am sometimes asked, "What is the value of knowing that we plan our lives before we're born? What can I do with this awareness?" A few days ago, I received a touching email from a woman in the UK that speaks to these questions.

This woman – I will call her Wendy – is pregnant with her fourth child. Recently, Wendy had a sonogram that showed her baby has no lower right arm or right hand. When she learned of her child's disability, Wendy burst into tears, overcome with shock and heartbreak. Wendy told me that she had read my book (the original edition of Your Soul's Plan) a couple of months earlier. As the initial shock began to subside, Wendy started to reflect on the idea of pre-birth planning. She wrote: "Instead of feelings of 'why her' or 'my poor baby,' I thought, 'My goodness, what a strong soul she must be to have chosen this disability,' and 'I feel privileged that she picked me as her mommy.'

"This amazing soul (child) which I'm carrying has already taught me some of the biggest and most profound lessons a person could learn, and I am truly humbled. I know that she is here to teach me, her brother and sisters, my partner and others of the power of love. I know that this shining unborn spirit is someone very special indeed, and we are blessed.

"I'm so grateful spirit directed me to your book. Words cannot describe how it has helped me cope and the totally new perspective it gave me. I don't feel sad or angry on behalf of my unborn baby. I see her soul choices and feel nothing but huge love and admiration for her spirit."

I share this with you with Wendy's permission. Thank you, Wendy.

7. This is New! This is Different! This is Real

What is Reconnective Healing?

Reconnective healing is often a life-changing experience, utilizing new frequencies to allow for the healing for of the body, mind, and spirit.

Reconnective healing is new. Dr. Eric Pearl, a successful chiropractor has introduced to us, this new healing frequency through his book *"The Reconnection, Heal Others, Heal Yourself"*. Since that time, he has committed himself to imparting the light and information of the Reconnective Healing process through extensive lectures and seminars around the world. Both the medical and scientific worlds have taken notice of the miraculous results that patients have described.

See www.TheReconnection.com

8. Edgar Cayce Australia Centre. (Victoria Point, QUEENSLAND)

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. Everyone is welcome. For more information or to book Phone Olive on 07 3207 7536 or email oliveb@hotkey.net.au

9. Cayce Book Supplies

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@hotmail.net.au

10. Cayce Circulating Files

Medical, Non-Medical and Research Bulletins available in Australia at Edgar Cayce Australia Centre, Victoria Point, QLD.

Enquiries:- phone or email –see above

11. Cayce Study Groups in Australia

Thinking of starting your own 'Search for God' study group!

Study Group programs are mainly centred around a series of readings given by Edgar Cayce that came to be known as *A Search for God*, - the 262 series, containing some 130 readings, given over an 11 year period. Group meetings are conducted in an informal manner and attract people from all walks of life and all religious backgrounds. Lessons in *A Search for God* make practical use of the information given in the readings, and is life changing.

The first group was formed in 1931. It was known as Group #1 and had as one of the desired objectives, to become channels of truth and light "to a waiting world". They were told that if they applied the principles sincerely and with proper intent, that they could manifest the 'fruits of the Spirit' as Jesus once did. Group #1 compiled the lessons of the readings into *A Search for God books I & II*.

Thus the main source material for Study groups around the world is *A Search for God Books I and II*. They guide the Study group through periods of prayer for others, meditation, reading and discussion on topics such as cooperation, ideals, faith, fellowship, patience and a closer attunement to God and our neighbour.

Other books are "*Experiments in a Search for God (ASFG I)*" and "*Experiments in Practical Spirituality (ASFG II)*", both written by Mark A Thurston, Ph.D.

Also *The search for God* is as old as humanity and working with a study group is as challenging as it is rewarding. Over time a rapport develops within the group, while individuals gains insights and understanding.

Thus the application of the *Search for God* information is life changing, as it requires us to examine our cherished belief systems, habit patterns, and attitudes towards ourselves and others and life in general.

12. How to Contact Us

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New Zealand Coordinator & Rainbow Journal - Brian Alderson

By Post: 24 Peterswool Rd
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South Australia 5113
Email: rainbowjournal@live.com
or edgarcaycenz@yahoo.co.nz Telephone 08 8252 8131

13. Subscriptions

E-mail Subscribers: **FREE**
Australian Postal Subscribers: **AU\$15**
New Zealand Postal: **NZ\$20**

14. 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.