

THE LIGHTHOUSE



Issue 11
September / October 2009



In Partnership with the Association for Research & Enlightenment, USA

CONTENT	PAGE
1. Editorial.....	1-2
2. Health	2-3
3. Atlantic University New Study Offering.....	4
4. Apprenticed to the Master: Following Jesus in the 21st Century	4
5. Spiritual Understanding.....	5
6. Book Review “Edgar Cayce on Mysteries of the Mind”	5
7. The Intention Experiment	6
8. The Reincarnation of James Huston	6
9. September/October Astrological Reflections on Jesus.....	7-8
10. Additions to our website	9
11. Edgar Cayce Australia Centre Victoria Point, QLD.....	9
12. How to Contact us	9
13. Subscriptions.....	10
14. Our Mission.....	10

1. Editorial

With the coming of Spring - a time of fresh breaths of Life, we have put a fresh breath into our website. www.edgarcayceaustralia.com. It is the beginning of our plans to add lots of helpful and interesting material for those on a spiritual awakening and explorational path. We hope you will find much to help you on your journey.

In this issue we are pleased to add a book review from one of our readers, who so much enjoyed the “mysteries of the mind” that Edgar Cayce spoke about, that she wanted to share her joy with other seekers. We are always seeking input from spiritual seekers – book reviews, personal spiritual insights, helpful dream experiences, healing experiences gained from applying any of the recommendations from the Cayce Readings. Each of us has picked up valuable gemstones of body, mind and soul experience from our life’s journey. Let us share our precious items, and enrich each other.

Please email your items to oliveb@hotkey.net.au or post them to Edgar Cayce Australia C/- Olive Bell 12 Colbet Close Victoria Point 4165 Redland City QLD.

Another talented spiritual seeker in the healing field, has shared a valuable document on

“Nerve Building Diet” – all information coming from the higher dimensions via Edgar Cayce’s remarkable ability to accurately attune his consciousness to The Superconscious Mind.

We are very appreciative of Rosie’s regular contributions “Astrological Reflections on Jesus”. A very big THANK You goes to our three contributors for Issue 11. We look forward to hearing from many more of you. Each of us is unique, and each has something valuable to share from his or her life journey. Thanks in anticipation.

2. Health

Nerve Building Diet

Edgar Cayce often urged people with various health complaints to change eating habits and adhere to the “blood and nerve building diet”. While average person is usually familiar with some of the blood building foods, the nerve building diet is, even among health-professionals, considered the uncharted, if not the non-existent territory.

However, the readings repeatedly affirmed that the neural tissue can be rebuilt if the given treatments were followed persistently, consistently and patiently. The building blocks for nerves were to be found in easily digested food that could be almost entirely assimilated, thus resulting in minimal wastage. In other words, the recommended food supplied high quality ingredients in small quantity meals, saving digestive system from unnecessary work in both, the assimilation and elimination “departments”. As a consequence, body can use the saved energy for its healing and rejuvenation.

Q. Outline proper diet for body.

A. That as will give to the nerve system more of the ENERGY as is necessary. That is, those of the vegetables that are nerve building. Those that do not carry too much of the value of just weight, but [that] carry more WITH same that as is ASSIMILATED in system. As may be illustrated in this: In potatoes of any character, better were the body to eat the peel than for the other portion. In those of the green vegetables, those of the radish, onion, the lettuce - HEAD, especially - for were the other character taken much by the body it would produce too much drowsiness - and those of celery; these do not carry so much dross, but are MOSTLY all assimilated, see? 5475-2

While the diet needs to be balanced, including different foodstuff, the emphasis is put on raw vegetables.

Keep a well balanced diet, body and nerve-building foods. Have raw vegetables as much as possible. 5048-2

First, let the diet be vegetables...those nerve building vegetables as are found in all that grow above ground; spinach, celery, peas and such, with cabbage properly prepared with milk and such, and other cereals and fruits ... 4771-1

Whether for healthy or ill individuals, Cayce always advised salad for lunch, preferably with added gelatine. According to his source, gelatine helped with the assimilation of vitamins.

Vegetables that are raw, especially such as water cress, celery, lettuce, carrots should be prepared quite often - in fact, have some of these every day, but prepare most often with gelatin because of the activities that cause the better nerve forces. 4033-1

While the green, raw vegetables grown above ground were the main part of the nerve building diet, Cayce did explain that well cooked meat was allowed occasionally.

The diet - not meats, vegetable matter; all those that lend energy to nerve building forces and those that give to the blood force the eliminating properties - berries and fruits, see; vegetables, those that are green. Meats, very little. When used, only game or fish or the sinew of any other force. 4730-1

Beside these lean meats some entrails were also recommended in small quantities.

The diets will be along those lines that make for nerve BUILDING. Plenty of the green foods - as celery, salsify - not too much of the asparagus, but only those of the fresh or the green - cabbage, lentils, peas, beans, and such - these may be taken. Little or no meats, to be sure - though those that will add for nerve forces, as tripe, brains, kidneys, liver, spleen, or such, these will be beneficial to the body in small quantities 3747-1

Although green vegetables represent the core of the nerve building diet, Cayce did acknowledged not only the role of proteins (meats), but of the fats (oils) as well.

We would build that, which will produce the nerve energy and blood building. Those of the tripe, hog liver, the olive oil - take all that can be assimilated, see? And those that are not just FAT building, but NERVE building, and those that carry same - as may be termed - JUST fodder in the system; as will be seen in those of lots of lettuce, lots of celery, lots of asparagus, and such - that are taken as GREEN vegetables; and especially of the lettuce that DOES NOT head. 102-2

There are slight variations in the prescribed food of animal origin, but the overall description of the diet is consistent for each and every person.

Q. Is there any combination of foods that could be truthfully called Brain Foods, Nerve Foods, Muscle Foods?

A. Those that are body-building; those that are nerve building and those that supply certain elements. For, as indicated, those foods suggested are to be taken by the body. Fish, fowl and lamb are those that supply elements needed for brain, muscle and nerve building. Vegetables that carry certain chemicals, as carrots, celery and lettuce are especially nerve building and supply the vitamins called the B and B complex, or B combinations. Those foods that grow under the ground of certain characters, as well as lentils, beans and cabbage supply certain sulphurs as well as other elements that are needed in the body for better chemical balance. 4008-1

In uncertain terms Cayce stated that our whole body is rebuilt every seven years. Some cells and tissues are replaced more often than others, but at the end of a seven-year-cycle the whole organism is made anew. Meanwhile, if non-constructive thoughts, attitudes and behaviours are kept the same, than the same malfunctioning body will be built again. Since mind is the builder, a new body is built according to the existing mental patterns. Therefore, in order to get full benefit of the change in diet, the adequate changes need to be implemented as well at all three levels of our being – physical, mental and spiritual.

3. Atlantic University New Study Offering

The Atlantic University Faculty is excited to announce the expansion of its art program with the addition of the Transformative Visual Arts Track within our MA in Transformative Theories and Practices degree program. Enrolment is now being taken in this innovative track that is the outgrowth of fourteen years of successfully teaching art from a spiritual perspective to students throughout the world. Through the use of distance learning, this unique study track has been designed to provide students with the opportunity to engage in an in-depth exploration of the role of transformative and spiritual aspects of the creative process without the disruption and expense that can accompany traditional residential programs.

Coursework explores the transformative role of conscious awareness and focused intention in creative expression. Students learn how the use of tools such as dream work, meditation, guided imagery, shamanic journeying, and the like support access to their active imagination for inspiration. The program also explores how creative expression can function as a vehicle for inner healing through such means as the exploration of the vibrational and energetic dimension of color and how it relates to music, sound, and the energy centers within the body, the creation of mandalas. In addition, there is an exploration of the esoteric and spiritual roots of modern art.

If you are interested in receiving a package of information for this study track, please email Gregory Deming, Professor of art at gdeming@atlanticuniv.edu

Greg

R. Gregory Deming
Professor of Art and Transpersonal Studies
Atlantic University

4. Apprenticed to the Master: Following Jesus in the 21st Century

This A.R.E eGroup explores the possibilities of modern day apprenticeship to Jesus in a context that honours the deepest truths in all of the worlds spiritual traditions. What if Jesus really meant it when he said “anyone who has faith in me will do what I have been doing’ and “ he will do even greater things than these, because I am going to the Father”’? What if two thousand years worth of arguments about doctrine have largely missed the point? Can we go back now and rethink what it means to take Jesus as our Master and Teacher?

Mentor: Lynn Sparrow Christy.
Time: September 13th to October 16th 2009
Price: \$120 US. Book at www.edgarcayce.org



Mentored Spiritual Growth Experiences

5. Spiritual Understanding

A Writing on "How to be like Jesus"
by Stuart Dean

I finally get it. It's not about what we do. What we do flows from what we see and know. It's not about self-development or even 'spiritual growth,' but about whether we are sharing the Father's all-accepting vision and love, making a place for all souls, intentions, and conditions, accepting them wholeheartedly, without resistance, judgment or anger. In his life on earth, Jesus excluded no one from the Father's Love, because the Father does not.

Living this way means to go about our day accepting, making a place for, and loving whoever comes and whatever arises, because that's how the Father and the Master embrace everything and everyone-the way of Love.

Imagine going about during your day, keeping nothing in mind but your Intention to make a loving place for whatever arises, for whoever runs into you (or emails or phones you). You are a gentle presence, just as God is, recognizing gentle presence in your brothers, just as the Father does, just as the Master does. You naturally do whatever needs to be done, staying focused and at ease as this gentle presence, for yourself and for others.

It's not about seeing something and then deciding to love it, but rather about holding a loving openness all the time, allowing whatever will, to arise within it; not about adding love or subtracting judgment, but about being the Love in which all things may safely arise and know that they are loved.

We are the Father's Presence here.

6. Book Review

Edgar Cayce on Mysteries of the Mind
by Jean Lunt

One of the most amazing books I have read, if not THE most amazing is "*Edgar Cayce On Mysteries Of The Mind*". This is a "can't put down" book and I won't allow it out of my home. My personal copy is a rainbow of colours as you flip through the pages from all the highlighting I have done.

It helped bring me to the realisation that we are not just put here on earth to muddle through as best we can. We come equipped with amazing gifts and powers. Really we have all we need.

Believing in self and acknowledging thoughts can change our life is just the start. What we send out into the universe usually, like a boomerang, reverts back. "As a man thinketh...." Also, we are reminded "the Kingdom of Heaven is within."

Rearranging our thinking and perception of our self and serving our fellow man is all that is required to make this life a successful stepping stone to the next.

I often think how Edgar must have sighed and wondered what it takes to get people to grasp these concepts and yet he was a humble, kind fellow, thinking of others and their needs before his own, seemingly never losing patience with those who came to him for help.

I would highly recommend this book if you are dissatisfied in anyway and want to change things in your life.

7. The Intention Experiment

Consciousness – the most mysterious entity in the universe - has long been considered a bit player in the drama of existence. This is changing because recent scientific evidence has assigned consciousness a leading role. Our thoughts and intentions help shape the world out there; choice and responsibility are back.

Lynne McTaggart 's book *“The Intention Experiment: Using Your Thoughts to Change Your Life and the World,”* shows why, and enables you to take a practical part in the intention experiment.

Wayne Dyer describes it as *“One of the most powerful and enlightening books I have ever read.”*

This hardback book is available from our Book Supplies priced at \$27.50

8. The Reincarnation of James Huston



Soul Survivor by Kevin J. Todeschi

I could not begin to count the number of times over the years I have heard stories about young people with seemingly psychological traumas (including innate fears and recurring nightmares) that to students of the Edgar Cayce materials would appear to be reincarnation-based. Unfortunately, almost without exception, these young people are simply treated with medications and psychotherapy in an effort to stop “the problem.” Because an understanding of reincarnation and the way in which memory transfers from one incarnation to the next has yet to enter into our mainstream world view there has not been an openness to look at these issues from the perspective of the soul rather than simply from the perspective of the mind. That is until now. The story of downed World War II pilot James Huston reincarnating in our contemporary time as James Leininger may do much to change the way in which parents and health care providers look at fear, reoccurring nightmares, and the journey of the soul.

Recounted in [*Soul Survivor: The Reincarnation of a World War II Fighter Pilot*](#) is the story of two-year-old James Leininger who began having repetitive and horrific nightmares about a man who was stuck in a plane that was on fire, crashing toward the water. He began drawing pictures of the scene – an event that shaped many of his waking thoughts. He told his parents that the man had been shot down. When they asked by whom, the child appeared stunned by their ignorance and replied, “The Japanese.” The child stated that he had been the man in the plane and provided extensive details about the man, his name, James Huston, the ship he was from and the individuals who had served with him. In time, his parents tracked down both family and surviving servicemen who had known James Huston, and little James Leininger provided specific information that could have only been known by Huston. The Japanese even invited young Leininger to return to the place where his plane had been downed more than 60 years ago. The impressiveness of the tale has caused the Leininger story to be picked up by media throughout the country, from ABC’s *Primetime* to Fox News.

For me, the story of James Leininger is a refreshing reminder that we are eternal spiritual beings having ongoing physical experiences in a process of personal growth and enlightenment. There is no doubt in my mind that stories like this will become more commonplace and more accepted, for we are on the verge of a global shift in perception and consciousness – a shift that will lead us to truly understand our connection to one another and our relationship with the Divine. After all, when the workings of reincarnation become the world view then all the things that divide us – whether religion, or power, or ideology or differences of any kind – will simply fade away.

9. September/October 2009

Astrological Reflections on Jesus

Astrological Reflections on Jesus by Rosemary Maltos

September 2009

Mars ... Mars is Ruler of Aries

Doesn't it drive you insanely jealous when some people just know what they want and go get it – no matter what! Nothing seems to stand in their way. They charge forward; they don't even see the door – they just ram the wall. How marvelous. How assertive. Personally, I think it's good to open the door first, and then charge. However, one cannot help but marvel at the incredible influence of this wonderful energy which stimulates so much of our life and decisions. Wherever we may find Mars and Aries in our natal chart there's where great excitement usually takes place.

Mars is a symbol for man: strong, assertive, aggressive, impulsive, and with strong sexual drives. Of course, woman cannot claim total innocence in this category because this energy influences everyone to some degree. Edgar Cayce says:

In Mars we find at times anger, or not just having what's wanted at the moment upsets the entity. Curb this. Know that all comes to him who puts his trust in the all-powerful influence of love and harmony, the real poem of life, and then works like thunder for same! 2337-1

Sometimes the anger and rage can be turned towards one self and the external manifestations can vary: sadness, unhappiness, shyness, guilt. I think that if we feel we're being held back from living life it's not so much "those people" or "those circumstances" out there that block us, but that somehow we have trapped Mars inside our mind-body because we don't know how to use its fire. We are afraid of its strength. It seems we seriously need to learn how to release the hot steam before it blows up.

Mars' influence can truly drive the human race to wars, but I think the greatest war is the one that rages within oneself. Sometimes the struggle is not so much between good and evil but between good and better. For those who would be on the path it's not "good enough" to be "near enough" – the venture is always forward towards the Ideal, the Christ. Sometimes we might feel like saying "I can't help it; I was born under a bad star!" So we take on the blame-game. Jesus mastered this energy and showed that there is always a right time when we can use explosives. Remember when he got upset and angry at the money changers who were carrying on business in the temple? He turned over their tables and money and got them out! I would love to have been there to witness that scene. I wonder if those people came back later. Maybe not while Jesus was still around.

Trust in the all-powerful influence of love and harmony - love seems to be The Key to winning every battle. "If anyone loves Me he will keep My word; and My Father will love him, and We will come to him and make Our home with him..." John 14:23. Love will make the thunder of Mars work for us and not against us. What do you think?



Rosie - September 2009

October 2009

Jupiter ... Jupiter is the Ruler of Sagittarius

If the planet Jupiter had been in a good aspect for Oliver Twist when he asked for “more” he might have been given a very generous serving – the first time! Jupiter is the largest planet within our solar system and it stands to reason that its vibrations are very extensive and expansive. This energy is really wonderful. Although its influence can be both good and bad, I prefer to focus on the good. Those who get particularly touched by Jupiter’s energy tend to seek absolute truth, to pursue wisdom, to expand in the direction of “more.” Jupiter activates grand optimism and big-heartedness and is very happy to share. To me, it describes many aspects of Jesus’ greatness. How more generous can a person be than when he/she is willing to give up life for the loved one? No greater love exists.

How can an ordinary human be as great as Jesus? Is it possible to follow those giant steps of His? There’s a story that comes to mind from the life of Therese of Lisieux, France, also known as the Little Flower of Jesus (1873 - 1897). Her love for Jesus was so profound she trusted she could follow Him even though she felt small and insignificant. She said that since it was possible to climb heights with the modern invention of lifts, she also had a way – she would ask the Father to carry her in His arms! She believed she did not need to climb on her own, so her spirituality elevated to such a pinnacle that she was proclaimed a Doctor of the Catholic Church in 1997. She had this Jupiterian optimism which is another word for trust. But what begets trust? I believe it is love and when love becomes unconditional it begets oneness with the greatness of the Father. David’s strength came from his trust in God and thus slew the giant; Daniel’s trust in God saved him from the lions. Perhaps this is why we feel an enormous desire to share the Good News with others. The love that flows from the Father to Jesus flows to us and through us to others. Love begets love.

In Jupiter we find rather the tendencies and urges for the activities to be of the universal nature, or among the populace, or in associations with quite varied characters or groups, and in quite varied connections of other lands.
2476-1

It must truly be an adventure to follow Christ. Sometimes I wonder what I would have done had I lived in the times of Jesus.

How much would I have understood when He spoke His beautiful words? He would have said so many other things not written in the bible. I might have seen him walking by the sea or sitting quietly, looking at the heavens.

Would I have had courage to go up to Him and ask him questions about the things I had not understood? When children would come to him, I would have heard their laughter and Jesus giving them big hugs. His smile would have radiated so much love to them. He might have turned to see me looking at Him and he would have smiled at me, too!

How far might I have ventured to follow Him? My heart would have been pounding with willingness, but I wonder how generous I would have been. He would have known my heart and its desire to love Him and I would have heard Him say to me the words of Isaiah 41.10 – words today put to song in the hymn “*You Are Mine:*”

(Chorus)

Do not be afraid, I am with you.

I have called you each by name.

Come and follow me I will bring you home;

I love you and you are mine.



10. Additions to our website

We are currently adding lots of interesting and helpful material to our website

www.edgarcayceaustralia.com

Check it out for inspiration for your life's journey.

11. Edgar Cayce Australia Centre Colbet Close Victoria Point, QLD

Calendar of Events for September and October

Please Note: Films are held here on the second and the last Sundays of each month.

September 2009

Sunday 13th September 2009:

Esther and Jerry Hicks "Abraham Episode 9"

Sunday 27th September 2009:

(a) Edgar Cayce's Reincarnation *Presented by John Van Auken*

(b) Varieties of ESP

(c) Seeking Psychic Guidance

October 2009

Sunday 11th October 2009:

Esther and Jerry Hicks "Abraham Episode 9 Continued"

Sunday 25th October 2009:

(a) Edgar Cayce on Dreams

(b) Alchemy: The Art of Spiritual Transformation *Presented by Deepak Chopra.*

12. How to Contact us

Australian Coordinator & Lighthouse Newsletter – Olive Bell

By Post: Edgar Cayce Australia Centre,
C/- PO Box 3305,
Victoria Pt West
QLD 4165

Email: oliveb@hotkey.net.au

Telephone: 07 3207 7536

New Zealand Coordinator & Rainbow Journal - Brian Alderson

By Post: 24 Peterswool Rd
Elizabeth Park,
South Australia 5113

Email: rainbowjournal@live.com

or edgarcaycenz@yahoo.co.nz

Telephone: 08 8252 8131

13. Subscriptions

E-mail Subscribers:	<i>Free</i>
Australian Postal Subscribers:	<i>A\$15</i>
New Zealand Postal:	<i>NZ\$20</i>

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.