

THE LIGHTHOUSE



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1. Editorial - Physical Immortality now available

With this issue we are delighted to share with you, articles from Rosie, Mira, Rana, Maureen, Sean, and Henry. Many thanks to these people; your input is greatly appreciated.

We would welcome readers:

- § reviews on spiritually motivating books and DVDs which you have personally found rewarding – for inclusion in our future Newsletters
- § Any stories you would like to share on dreams, personal health and spiritual experiences or other items of interest for our Journal.
- § If any of you are health practitioners and are interested and willing to assist clients by working with the Cayce health information we can provide Medical Circulating Files from our Australian library.

Exciting news has come to light through the Nobel Prize winners for Medicine 2009. You see, they have discovered something that changes the way we look at aging. It all deals with something called telomeres.

Well, what are your telomeres?

Dr. Al Sears, board-certified anti-aging doctor, gave us the details. Here's what he says...Telomeres are genetic "caps" over the ends of your chromosomes. Each time your cells divide, your telomeres get shorter. And when your telomeres run down, cell division stops and your life ends. Never before has it been possible to reverse this process.

But, for the first time ever, we have the ability to activate the enzyme that rebuilds your telomeres. This enzyme is called telomerase. It's in every cell of your body but is often turned off. Telomerase makes your telomeres longer. That means your cells could actually get younger as time goes by. Simply said, telomerase turns back the hands of time. Now, most doctors had never heard of it before the Nobel Prize announcements. A group of scientists stumbled upon it just ten years ago. They watched in awe as generation after generation of cells multiplied...without aging. As one top researcher put it in a Harvard report, "with this switch turned on, these cells become 'immortalized'."

Until very recently, no one knew how to activate it. Today they do.

For the first time ever, you can slow down and even reverse aging. Dr. Sears and a team of leading anti-aging experts walk you through the process in his brand-new DVD.. Now, you can have exclusive access to the most exciting advancement of anti-aging medicine in history... only \$69.97US I have ordered a copy of this DVD, and will share it with those interested in coming to Edgar Cayce Australia Centre to see it.

If you are interested in getting your own copy go to:-

<http://www.on2url.com/app/adtrack.asp?MerchantID=89261&AdID=462843>

2. Health

From Mira: Calcium – Cayce Readings on why we need it, and how we can best introduce it into our diet

The importance of calcium is usually attributed to the growth and maintenance of the skeletal system and Cayce acknowledged its significance by advocating the use of Calcios – a product with an easily assimilated form of calcium. (The original Calcios is no longer commercially available. The one that is presently obtainable through the Heritage Store is based on Cayce readings, and presumably comparable to the original formulation.)

Begin with CALCIOS taken internally every other day, the quantity that would be spread on a whole wheat cracker. This is the better and easier way for the body to assimilate calcium for the activity of the glands - especially thyroid, and to add those properties sufficient that are being depleted now by the poor circulation, so as to build bone, teeth, fingernails and the like. All of these appear now in the forms as being brittle, or easily broken. The Calcios will aid in this direction. (2611-1)

Perhaps because of its low fat content, breast is widely praised as the best part of chicken. Cayce disagreed and strongly encouraged people to eat bony parts.

A little meat may be taken, preferably bony chicken parts so cooked that juice may be chewed from ends of small, soft bones - neck, carcass and feet stewed to be soft and juicy. Juice chewed from the soft BONES. They carry calcium for better stimulation of the whole system activity. Even a little of Calcios, just enough to cover a small cracker or wafer, 2-3times a week would be most beneficial. (1196-13)

It is noteworthy that, according to the readings, a lid should be kept on during cooking otherwise some health giving properties of the food would be lost through the process of liquid evaporation.

The feet and neck of the chicken are worth a lot more than the breast, although the breast is more palatable. Chewing the bones will be worth more to the body in strengthening and in the eliminations. These should be broiled or stewed, but do keep the lid on so that the boiling will not carry off that which is best to be taken. (5069-1)

The readings recommended calcium as a part of preventive measures for arthritis.

(Q) Is there some element lacking in my system that permits continuous crunching of my bones?

(A) Calcium is lacking. This may be added by food or supplementing with CALCIOS. For five days take once each day just that amount as would thinly cover a cracker, then leave off for five days, then take again for five days. Repeat this procedure at least three to six times to take it in this systematic manner. Also when hydrotherapy or masseur treatments are taken, have a thorough body rub with Peanut Oil, especially the joints, across the ribs and down the spine. This should overcome these conditions. (1158-13)

In addition to the bones and joints, calcium equally affects the teeth.

(Q) The enamel on my front teeth seems to be wearing away. Is there any special treatment for this, or is there a special diet?

(A) A diet that will carry more of enamel-building foods would be well or the Calcios or calcium foods as well as the SKINS of Irish potatoes - not so much the bulk of the potato but the peel. Also a little Atomidine taken would be well; one drop in half a glass of water before any meal of morning, taken for three days out of each week for two weeks, then left off for two to three weeks, and then taken three days again each week for two weeks, and so on. This will be most beneficial. We would also use an equal combination of iodized salt and soda as a massage for the gums. (1000-22)

Calcium is required as well for the nails and hair as the following excerpts show.

Also a lack of calcium is indicated in the body, by the very color or nature of the toenails and fingernails, and even the condition which exists at times in the hair on various portions of the body. (2518-1)

(Q) What causes the body to bite her fingernails? What will correct this?

(A) Lack of calcium in the body. Give the body Calcios about twice a week, and this will clear up. (1958-4)

(Q) What should I do to keep fingernails from splitting?

(A) This is a lack of proper amount of calcium in the system. A little Calcios taken occasionally would be the better for the system. (1467-7)

(Q) What causes the deep ridges in thumbnail and what treatments should be followed?

(A) These are the activities of the glandular force, and the addition of those of foods which carry large quantities of calcium will make for bettered conditions in this direction. Take often chicken neck, chew it. Cook this well, the feet and those portions of the fowl, and we will find it will add calcium to the body. Also eat bones of fish, as in canned fish. Also parsnips and oyster plant - all of these, of course, in their regular season. Wild game of any kind, but chew the bones of same. (5192-1)

Apparently, Cayce was aware of the role that glands play in metabolism, especially the thyroid gland. For that reason he often advised taking simultaneously Iodine in the form of Atomidine, iodized salt or seafood. Interestingly, potato skin, which is rich in potassium, is also needed for the calcium metabolism, while gum massage improves local circulation around the teeth.

Developmental needs for calcium, Cayce extended from children to the yet unborn babies, giving much deserved attention to eating habits of expectant mothers.

Take more of Calcios or chew chicken feet and chicken neck and you will have the same thing! Cook them well, then chew bones thoroughly. This will supply calcium not only for the developing of the teeth of the body that is expected, but of the general bone and sinew structure also. For this is easily assimilated. Or, take a small quantity of Calcios once a day, on a little bread or as it is. (23-15)

Cayce was also aware of the increased calcium needs among the elderly in order to avoid or slow down osteoporosis, which literally means having brittle or 'soft' bones, as Cayce termed it. A woman in her early fifties, whose back pain was an indication of the osteoporotic vertebrae, had asked him for help. She was advised to start osteopathic adjustments and to regularly massage her back as much as the skin would absorb, with the combination of equal parts of olive oil, tincture of Myrrh and compound tincture of Benzoin.

Some changes in diet were also prescribed.

Take internally ONCE each day calcium in the form of Calicos with the NOON meal just as much as could be spread on a cracker. Also, take before retiring in a glass of water a half teaspoon of a compound prepared in this manner:

Lime Water.....	1 oz,
10% solution Iodide of Potassium.....	4 minims,
10% solution Bromide of Potassium.....	20 minims.

Have plenty of vegetables and vegetable juices and fruits, with little meats, none fried. No red meat at any time, rather fish, fowl or lamb, and especially bony or fibrous portions of chicken that is broiled or roasted and not so much of fats. Chew bones and marrow as a part of the diet. (1666-1)

While each person was given a tailor-made treatment, which therefore could not be indiscriminately applied to others, some common threads are obvious and might be worthwhile incorporating into regular diet. The previously mentioned compound is actually a combination of calcium (i.e., lime water) and potassium. Instead of making the compound, the ingredients could be more easily and less expensively supplemented by simple foods such as chicken or fish bones and potato peelings.

More often than not, the health readings were concluded with the importance of mental attitude.

These taken persistently will insure the full, complete recuperations, and bring a better physical body THROUGH WHICH the mental being, which is good, will manifest. This may be made, with careful study, an IDEAL patient with an ideal result. (5568-1)

3. From Our Readers

i. From Rana

I have been a member of the A.R.E for over 10 years now and a supporter of the readings that came through Edgar Cayce. In your latest newsletter you ask how has his readings changed my life. The answer is - in so many ways and at many different stages of my spirit's journey, I was lucky enough to be born and retain my knowledge of my true existence so it wasn't searching I required only guidance and fine tuning.

At this time in my life (I am 35) I have returned to the understanding of health and diet on a greater level than at any other time. I have the book that has been created on Edgar Cayce's readings with dietary recommendations. I must say I feel energetic and connected.

The main purpose of this letter is to let you know Osteopathy as recommended by Edgar Cayce does indeed help if it is needed, I have also found there are people who practice it on a physical level only I didn't benefit from this, I benefited from the ones who are practicing Osteopathy on a spiritual level and were drawn into the field. As we all know their sense does heal in the right areas and you leave not only with your skeletal frame aligned but a deeper understanding into the source of the manifestation on the emotional level.

Thank you for your newsletter it is always nice to receive it in my inbox.

Rana Rana LeeTet
mleetet@bigpond.net.au

ii. From Maureen

The Lighthouse and Rainbow newsletters were interesting. The most interesting case I ever came across regarding reincarnation was the one about the Irish women in England. You can view some of it on youtube if you follow this link.

http://www.youtube.com/watch?v=4Wg_fZnwgpw&feature=channel

The Lighthouse is a great looking Newsletter.
(Thanks Maureen!)

iii. From Sean

Palmistry Snippet
By Sean Bennett

Snippet #1 – Understanding Yourself

After having given many palm readings to different people it is now clear to me that people approach a palm reading with different expectations. It is somewhat surprising then that very few clients are seeking what I feel is palmistry's greatest gift i.e. an intrinsic understanding of themselves.

There is a party game called "Who Am I" (or Celebrity Heads) where individuals have to pull the name of a famous person from a hat and, without reading it, stick it to their forehead. So everyone else present can see what person they are, but they themselves have no idea. They find out who they are by asking questions. This is very much like real life.

Another analogy I use involves cars. As a simplification we can say that all cars are driven using: a steering wheel; a brake pedal on the left; and an accelerator pedal on the right. However cars can vary widely in their characteristics. In this life it is as though we were blindfolded then

placed in a vehicle we do not know. When the blindfold is removed we can see the view in front of the vehicle and we can use the steering wheel and pedals to drive. We could be in a Ferrari sports car. We could be in a World War II army jeep. We could be in a large truck. Each of these vehicles has differing capabilities. If we try to drive the Ferrari through the bush we will not get very far. If we try to take a corner at high speed in the jeep we will crash. How can we safely drive our vehicle without knowing its capabilities?

Well we can start very slowly and learn from our mistakes while trying to determine the limits. Alternatively we can use the Character Analysis facility of palmistry to get a more objective view. You see by looking at: the shape of your hands; the shape of your fingers; the lengths of your fingers, the patterns of your skin ridges, and the lines as well, a palmist can build up a surprisingly accurate picture of your strengths and weaknesses.

It is my experience that many people get a palm reading when they reach a decision point in their lives. Whatever they have been doing previously may not be working any more so they may be looking for a way forward. Having a clearer idea of the type of person they really are is a very good start. This is where palmistry can be of assistance.

iv. From Henry

The collective disease of humanity is that people are so engrossed in what happens, so hypnotized by the world of fluctuating forms, so absorbed in the content of their lives, they have forgotten the essence, that which is beyond content, beyond form, beyond thought. They are so consumed by the time that they have forgotten eternity, which is their origin, their home, their destiny. Eternity is the living reality of who you are.

Some years ago when visiting China, I came upon a stupa (i.e. a mound-like structure containing Buddhist relics) on a mountaintop near Guilin. It had writing embossed in gold on it, and I asked my Chinese host what it meant. "It means Buddha," he said. "Why are there two characters rather than one?" I asked. "One," he explained, means "man." The other means "no." And the two together means "Budda." I stood there in awe. The character for Budda already contained the whole teaching of the Budda, and for those who have eyes to see, the secret of life. Here are the two dimensions that make up reality, thing-ness and no-thingness, form and the denial of form, which is the recognition that form is not who you are.

(Excerpt from A NEW EARTH, Eckhart Tolle)

v. From Brian Alderson

Additions to our website www.edgarcayceaustralia.com

One of the earlier publications of the A.R.E. was called the "Searchlight" which appears to have been published from the late 1940's until the late 1960's. Fortunately Olive Bell has many of these journals stored amongst the wealth of Edgar Cayce material she has collected at the Edgar Cayce Australia headquarters in Brisbane.

With the object of making these precious records available to our members and friends, over the past few weeks many of the documents have been scanned and stored on disc. From there they are being edited, transposed into text format and finally to PDF files which are being added to the Edgar Cayce Australia website as the preparations are completed.

Most of the articles in the journals were written by those who were either close to Edgar Cayce, members of his family, or in some cases by Edgar Cayce himself and you will surely find the articles both interesting and stimulating.

Check them out under the menu item Journals/Newsletter on the Edgar Cayce Australia website: www.edgarcayceaustralia.com.

4. Spiritual Growth Study Groups – New DVD

The Spiritual Growth Groups/Study Groups department in Virginia Beach has been working diligently to create and produce a new instructional DVD. The DVD provides instruction for new groups, ideas and inspiration for existing groups, and features interviews from top A.R.E. speakers and spokespersons.

The DVD will be ready by December and will be available at no charge. Projects like the DVD are funded solely through the generosity of donors like you. More information about all our various spiritual growth group activities is available at:

<http://www.edgarcayce.org/personalspirituality/index.asp>

SPIRITUAL GROWTH GROUP PROCESS

Set a day, time, and location for your initial meeting.

Most groups meet in private homes, however, public meeting places can also be used. Many libraries, churches, and banks make rooms available without charge.

The recommended size of a study group is from 2 to 12 people. If your initial response to a new group announcement is larger than anticipated, remember that initial participation in a group can be misleading. Group size fluctuates during the first several meetings until a core group emerges. If a larger group of people continue to show interest, the opportunity to form a second group may present itself.

Handouts are available from A.R.E. to help you navigate the group-starting process. Your region contact or the Study Group Department will provide these to you.

After a core group has emerged, we ask that you complete and return a Group Affiliation form to your region or country contact. Affiliating the group allows us to connect your group with the mainstream of all group activity. As new seekers come to us looking for a group in your area, we can refer them to you.

Congratulations!

You have decided to take a step that has proven to be one of the simplest yet most effective methods for spiritual growth and discovery of our times: starting A Spiritual Growth/Search for God study group.

5. Astrological Reflections On Jesus

by Rosemary Maltos

November 2009 - Saturn

Saturn is the Ruler of Capricorn 0

Isn't it strange how life works, sometimes? I had just finished writing this article when the unthinkable happened – I lost it! After failing to retrieve it from the depths of ethereal space, I had no other choice but to redo it with short-term memory getting shorter all the time. Why did it happen? A Saturn moment! I developed doubts that I would finish on time and felt pressured. I begin to look up some of Cayce's "Thought for the Day" and found this: One only limits self by

doubt or fear (2574-1). Just what I needed to help settle my mind and, with a little prayer, I started anew.

Boundaries and limitations come to mind when one thinks (or writes) about Saturn, especially when it crosses one's path. It's like the "Godfather" – somewhat of a killjoy. However, Saturn has a proper place in our life for it symbolises authority and the father force that sets the rules. Saturn is a great organiser and it values anything that has proven itself. Even when we think we are doing well, something stops us dead on our tracks to challenge us. This becomes an opportunity to activate our spiritual resources. I suppose we could say our Heavenly Father was quite Saturnian in giving birth to the Universe, setting boundaries between stars, planets, and everything in existence, and later sending His Son to establish the law of love to have power over all life. This was not limiting – it was perfecting.

Fear and doubt blind us from seeing other possibilities when something stands in our way. Some obstacles are minor, some are major, and some are irreversible. What can we do? We do whatever we can with the help of God and trust that He will make it right. ... for he that seeks the Lord must believe that He is, would they find Him; for one doubting has already built that barrier that prevents the proper understanding, whether as to physical, mental or spiritual attributes, or spiritual aid, or mental aid, or physical aid; for that in faith sought for shall be thine, even as was given, "Be my people and I will be your God." (459-1)

Saturn's influence confronts us to take responsibility and claim our own authority without the pride that goes with the little ego. Jesus told us, learn from me for I am meek and humble of heart and you will find rest for your souls (Matt 11:25). He gave us many wonderful things to think about and among these are the Beatitudes that are powerful promises to encourage us on our journey back to the Father, no matter the obstacles.

"Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are they who mourn,
for they shall be comforted.
Blessed are the meek,
for they shall inherit the earth.
Blessed are they who hunger and thirst for righteousness,
for they shall be satisfied.
Blessed are the merciful,
for they shall obtain mercy.
Blessed are the pure of heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called children of God.
Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven."
(Matt 5:3-10).

December 2009 - Pluto

Pluto is the Ruler of Scorpio 8

Astrologer Gail Fairfield writes: If you fully own your Pluto, you know that you have personal power and that you can use it effectively and wisely. You sense that you have a place in the Universal scheme of things, that you have a mission to fulfill in your lifetime, and you're willing to act on it. This is so insightful and full of desire. I feel that it describes how Jesus must have felt about His mission on Earth; so much so that nothing swayed Him from it – not even death – total transformation of Jesus' humanity into the fullness of Christ's Divinity. Jesus became the

embodiment of the Christ and said, I have come that they may have life and have it more abundantly (John 10:10). What an incredible mission fulfilled.

Each soul ... has a definite job to do. But ye alone may find and do that job! (2823-1). Do you ever wonder what your personal mission is? I do but, many times when I think I've got it, it evades me and I feel I'm back to square one. Sometimes, I feel I have reached a certain plateau of security in life; then I turn the corner and, seemingly, find myself back from where I started! Do you ever feel like this? Do you ever feel you're just going around in circles? That you never seem to get there? I think that Pluto's cycle of death and rebirth is the duet that keeps playing throughout our life. Like Jesus, we need to muster up our personal power, and be willing to act upon our mission because no one else can do the work each one is meant to do. Transformation is happening with every corner we turn, and we must not let the similar environment fool us because it is not the same square one. Although we cannot judge it for ourselves, the spiritual giants tell us that it is the first step but on a deeper level of our spiritual work. Let God be the judge and keep going.

I love the following reading that, for me, means we should never believe we have missed the boat when we cannot count successes in our spiritual journey and when failures seem like a death. Edgar Cayce said that there is progress as long as we keep moving – the journey is about transformation.

For as has been given, it is not all of life to live
nor yet all of death to die
For life and death are one,
and only those who will consider the experience as one
may come to understand or comprehend what peace indeed means.
(1977-1)

We are in the month of Christmas in which we celebrate the birth of Jesus the Christ with all the happiness newborn babies bring to families. May we experience the joy and light that continue to radiate from His infinite love. I wish us all a Blessed and Happy Christmas!



Rosie →

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

Calendar of Events for November and December

Please Note: Films are usually shown here on the second and the last Sundays of each month. This December we will not have films here on Boxing Day. There is no charge but donations to keep the Work going, are greatly appreciated. Afternoon tea is served.

November 2009

Sunday 8th November 2009:

Esther and Jerry Hicks "*Abraham Episode 8 Joyous Adventure*"

Sunday 29th November 2009:

- (a) Awakening Your Seven Spiritual Centres
- (b) Reincarnation Experiments with 4 Australian Women.

December 2009

Sunday 13th December 2009:

Esther and Jerry Hicks "*Abraham Episode 8 Joyous Adventure*" Continued

7. How to Contact Us

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8. Subscriptions

Please Note: If you wish to receive printed copies of our Newsletters and Journals, throughout 2010

Please send payment before the end of December.2009.

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

9. 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.