

The Newsletter of Edgar Cayce Australia and New Zealand

THE LIGHTHOUSE



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1. Editorial

2010 has arrived with new adventures and challenges for each of us. In our last newsletter we shared the information about telomeres, and the possibility of physical immortality. I have now received and watched Dr. Sears DVD about TA-65, There is the possibility now, of purchasing these tablets via his internet connection - " Dr Sears Telomerase Activation". You will need to phone him to actually find out the price. (I haven't done this, because I expect the price of TA-65 will be quite high.) However, here is a short extract from his website, which he claims will help us to better health and longer life, right now:-

3 Steps You Can Take to Slow Aging—Right Now

If you're already one of my readers, you know that I'm building a new Wellness Centre that will include a state-of-the art anti-aging research and treatment facility. The Sears Centre for Health and Wellness will be a cross between Canyon Ranch, the Pritikin Centre & Spa, the Cooper Aerobics Centre, and the Life Extension Foundation. It's the kind of centre I've always wanted.

In the meantime, there is one other step you can take to slow down the aging process, and even help to keep your telomeres longer and your cells younger:

Keep your homocystine levels in check. Homocystine is an amino acid that accumulates in your tissues. It's a natural by-product of cell metabolism—think of it as a "waste product." If your homocystine levels are high, you're at greater risk for Alzheimer's, Parkinson's, heart disease, and impotence.

There's a reason why: researchers have found that people with high homocystine levels *tripled the amount of telomere length that was lost during cell division.*⁷ No wonder it's linked to so many age-related diseases.

You can measure your homocystine levels with a simple blood test. And you can lower homocystine naturally, without drugs. Here's what you should take to keep it in check...you can find these nutrients at most health food stores.

(Amounts are daily)

Vitamin B12 – 500 mcg

Folic Acid – 800 mcg

Vitamin B6 – 25 mg

Riboflavin (B2) – 25 mg

TMG (trimethylglycine) – 500 mg

[Ed. Note: If you're interested in receiving TA-65 or would like more information, please call my office at 561.784.7852.] (PS From Australia 0011 1 561 784 7852)

2. Edgar Cayce Library

In our library at Victoria Point books can be borrowed for periods up to a month. If you are coming to programs at the Centre, why not check out our library. Membership is free. Here is a brief look at some of the interesting books here.

Bible Category

The Secrets of Judas. The story of the misunderstood disciple and his lost gospel. **James M. Robinson.**

Comparative Religions Category.

The Mayan Calendar and the Transformation of Consciousness. **Carl Johan Calleman Ph.D.** *Reading this book is a powerful and electrifying experience. Each page offers penetrating insights that unravel the deepest mysteries of human history and the evolution of human consciousness.*

Creation & Beyond Category

Parallel Worlds. **Michio Kaku.** *One hundred years ago Albert Einstein revolutionized the science of cosmology. In this book, Michel Kaku, another genius, updates us on this science and speculates about the future of the universe.*

Reincarnation Category.

Mystery of Reincarnation **J. Allan Danelek.** *This unique book explores the theory of reincarnation from the perspectives of science, religion, psychology, history and logic, presenting the information in a balanced and respectful way that invites you to draw your own conclusions.*

Spiritual Growth Category

The Amazing Power of Deliberate Intent. **Esther and Jerry Hicks**

If there is only one book that you read to positively change the course of your life, it should be this one. Step into the joy of being alive! With wisdom, humour and grace, Jerry and Esther Hicks and the teachings of Abraham show you how to turn life's challenges into life's triumphs. Highly recommended to anyone who is ready to explore the unlimited power of mind.

The Disappearance of the Universe. **Gary R. Renard.**

In 1992 Gary Renard received a visit from a mysterious couple who appeared in his living room out of nowhere; they told him they were "ascended masters" who had come to reveal some shocking secrets of

existence and teach you the miraculous powers of advanced forgiveness. He chose to listen to them, and ask a lot of questions. The result is this startling book; an extraordinary record of 17 mind-bending conversations that took place over a decade ago, reorienting the author's life and giving the world an uncompromising introduction to a spiritual teaching destined to change human history.

Divining the Body. Reclaim the Holiness of Your Physical Self. Jan Phillips

This book is an attempt to undo the damage we've sustained living in a culture that thrives on self-hatred. It is a sanctification of our human bodies, a consecration of ourselves as hosts to the Great Beloved. It is a journey of awe and reverence through the sacred terrain of foot and hand, back and breast, heart and brain. The path to peace is the pathway through ourselves, starting with the inward step, the brave, gentle step toward the Divine within.

Neurosphere. Donald P. Dulchinos.

The idea of a collective consciousness uniting all individuals is one of the most venerable images in human history. The internet is the latest, and one of the most profound, expressions of this ancient belief. Whether this planetary force operates for good or evil will depend on whether we take the spiritual implications expressed by Dulchinos seriously. An important book.

To Be Of Use: The Seven Seeds of Meaningful Work. Dave Smith.

Dave critique of a society dominated by faceless corporations, along with his alternative of cooperative, meaning-centred organizations, shows us another way to live and work; one rooted in ancient wisdom as well as the best of our own history. May this book inspire and influence many, young and old, to follow Dave's sterling, principled example.

Your Immortal Reality. How to Break the Cycle of Birth and Death. Gary R. Renard

Edgar Cayce Category

The Psychic Sense. How to Awaken Your Sixth Sense to Solve Life's Problems and Seize Opportunities.

Health & Healing Category.

The Hidden Messages in Water. Masaru Emoto. *This book introduces the revolutionary work of internationally renowned Japanese scientist who has discovered that molecules of water are affected by our thoughts, words and feelings. Since humans and the earth are composed mainly of water, his message is one of personal health, global environmental renewal, and a practical plan for peace that starts with each one of us.*

The Quantum Mind and Healing. Arnold Mindell PH.D. A force underlies all action and circumstance in the universe. You have the ability to tap into it, interact with it, and use it to heal yourself. The writer is an internationally recognized psychotherapist: in this book he gives you simple techniques, guided exercises, and precise explanations of vital concepts that will enable you to uncover, understand, and eliminate the root causes of even your chronic symptoms and illnesses.

3. Health. From Mira

Yogurt (From the Edgar Cayce Perspective)

The health benefits of yogurt have been recognized for centuries by various nations and more recently by medical community as well. The process of fermentation transforms milk into more easily digestible yogurt, which is full of probiotics (meaning 'pro-life'). These so called 'friendly bacteria' suppress growth of potentially harmful (not friendly)

micro organisms and greatly aid digestion. There are more than 400 types of probiotics like acidophilus, bifidus, etc., and they can be purchased in capsule form.

The less expensive and more enjoyable way to utilize their benefits is to add some of the probiotics-rich foods into diet (e.g., yogurt, kefir, sauerkraut). Cayce referred to yogurt as curd milk and Bulgarian milk as well, and the health benefits he mentioned greatly outnumber the ones clinically proven at present.

Yogurt...is to act as a cleanser for the alimentary canal, as well as a better balance for the fermentation and elimination of poisons from the system. (1762-1)

Do use, for at least the next four or five weeks, the combination found in Yogurt as an antiseptic for the intestinal tract. Take this regularly. (1045-9)

Apart from cleansing alimentary canal through the eased eliminations, yogurt also improves assimilation and purifies circulation as the following readings show.

First we would begin with that almost wholly of a Bulgarian milk diet, which will make for the producing of sufficient of the lactic acids and the gastric juices as they are assimilated for the body, in such a way and manner as to meet the immediate needs. (556-2)

Add yogurt to diet as an active cleanser through the intestinal system and colon. This would be most beneficial, not only purifying the alimentary canal, but adding vital forces necessary to enable those portions of the system to function in the nearer normal manner. This may bring the purification of the circulatory forces, upon which depends the strength to physically resist infection [immunity], which disturbs locomotion and strength as well as the pulmonary and circulatory system through the depletion of the nerve energies of the body. (1542-1)

Yogurt in its preparation may make for the greater absorbing influences through the intestinal system, and with the general inactivity keep the coordination of activities between the circulation of the liver, spleen, pancreas, lungs and kidneys more in order. For from such disturbances the breaking down of the catabolism becomes the destructive force in any condition of this nature. (1045-9)

The best yogurt to buy is plain, non-fat yogurt. For people who prefer homemade yogurt, there are two things to remember. First, the yogurt starter consists of probiotics and can be successfully substituted with a spoon or two of already made yogurt. Second, milk for fermentation should be lukewarm to allow the propagation of probiotics. So, mix carefully 1-2 Tbsp of yogurt with 1 cup of warm milk, then pour the mix into the rest of milk. Cover the pot and keep it warm, either in the oven on very low temperature or wrapped in a big towel for insulation. If the temperature is lower than required probiotics will not multiply and milk will not curd. Curiously, Cayce suggested yogurt to be made from honeycomb.

Yogurt is a preparation from honeycomb, you see, that acts to take caseins from milk that are injurious to the system and helpful to the intestinal tract. (1045-8)

Our recipe:

To 3 cups of boiled water (cooled to 35°C) add 2 cups of milk powder and 2 Tbsp of honey in the comb. Stir well. Cover and wrap container with a towel and place in a warm spot (must be between 95°F/35°C to 110°F/46°C) for 12-15 hours.

4. New Searchlight Articles

From Brian Alderson

Brian is now adding more Searchlight articles to our website! These are articles written many years ago by people who knew Edgar Cayce and helped him with the Work of sharing the wonderful insights that came through him in an altered state of consciousness, from Universal Mind. Well worth checking them out!

5. Astrology

2010 New Ways Forward

In recent years a number of groups including here in Melbourne have been exploring the notion of liminal spaces, planets and spaces and movement from one constellation group into the next in the sky that allow us to make the **transition from one state or space to another**. This many believe, is the theme of the new decade. How will we journey from the years behind us into the new future considering the planets in our heavens?

2010 opened with Jupiter, one of the pillars that protect our earth (the other the Sun) together with Neptune in Sagittarius with the solar eclipse mid January and the theme emerged 'it is best of times it is the worst of times'

At the Summer solstice 2009 the energy of Love and enlightenment brought the cosmic winds into play throughout the astral body of the earth and all upon her. It was a time of manifestation and love allowing all dimensions the joy of movement- from the etheric of all things into the physical. A time of the healing winds of change. This recent Solstice season of spiritual inspiration also offered utilizing this energy inwardly, to be express it positively. This energy stimulated the communication of love to others that transcended verbal or visual modes. This 'Song of the Heart' assisted to dissolve walls of fear created around the self to bring balance; assisted in creating bridges; through time and all other dimensions. It was a time of deep purpose and of access to higher spiritual energies enabling Ancestor connections; better utilization of our genetic capabilities; extra energy for leadership and for more a concentrated awareness.

By allowing our self to enter into a deep silence, transformative energies flowed to be expressed through the Law of speech, Creative listening, Positive perspective, the recharging of Spiritual confidence, Diplomacy; and pursuit of higher philosophies and teachings.

To many in the reality of the current collective consciousness a seeking has arisen to seek the emotional or intuitive side of learning, of either seeking knowledge from a spiritual, or inspirational source or being, or seeking this within the self; that point of knowledge as self as a teacher or leader or seeking others in that role and understood as 'idealism, seeking the teacher that has the answer to everything'. **This is what can most readily bring flash points of disillusionment.**

Jupiter parts company with Neptune in early February, and enters Capricorn - through the great gates of Initiation where what true service means is understood and embodied in the flow and expression of Christ energy. To mid-March, initiation, service, gentle knowing within comes from outward restrictions offering the opportunity of transcending into peace, providing fertile abundance that is shared with the world. This at times comes 'out of the blue' or through intuition, the arts or from an area that is creative or different

In April, Jupiter energies offer greater empowerment through this intuitive or creative knowledge. The transition energies between Capricorn and Aquarius, is where Jupiter meets Uranus in late May where they stay together for the rest of the year. One meaning of Aquarius is abundance and for the collective consciousness putting 'new life into a womb'. Thus the meeting of Jupiter with Uranus suggests that this intuitive or creative knowledge gained heralds the emergence of something new which can be put to use for the benefit of the grass roots population in a situation of risk-taking or exploration.

Around July-August some risk or venture which is karmic and transformative in nature and appears remarkable may come to nothing. Yet it may be that time of the emergence of something new and different which comes from a service focus and which takes root in popular thought.

A tight square of Pluto from January to April, and again from August to November 2010 indicates behind the scenes opportunities of growth and enlightenment for those in leadership roles occurs; or may generate 'shady' deals. This can also be, for some, a time of exile The opportunities to understand the nature and role of Leadership and its karmic implications is offered for others the darker side of power effecting others will be accessed.

Meanwhile Mars enters the year in Gemini suggesting the possibilities of aggressive communications as a result of some sort of backlash to disillusionment between 'brothers and sisters' and with communications in general; if the will and love is utilized enthusiastic actions can come from all communications. So it is either a time of standing still, negotiations going nowhere, or stand-off, OR birthing something new.

May and late July are times when it is imperative that revenge or personal recriminatory actions are not taken, for this is a time of great opportunity that offers great success but if nemesis- revenge is taken..... So there will be provocations and a time when anger runs high; debate and disagreement yet our of all this new paths can be forged.

Venus joins Mars in early-August empowering - or igniting all leadership situations. However, by mid-August moving into the first two weeks of September a connection with Spica occurs. The gift of the Goddess, the gift of brilliance, of deeper spiritual knowledge and a reminder to remember what one already knows occurs, enabling new actions and new ways of doing things and being together.

Throughout the whole year period the potential of aggression is poised in the balance depending where the focus occurs. It also indicates the desire to expand and move forward through seeking new social levels in the community or it can be done via obsession, confrontation, challenge the choice as always is up to us.

The year began with disillusionment, aggression and those in power in situations of having to take responsibility for the disenfranchised or they themselves will be exiled the other path led to hope and love leading to new pathways of Light.

This year ends with a Solstice and total lunar eclipse, within a day of each other and **much depends on what happens mid-year when Saturn is joined with Pluto and then empowered by Venus, and Jupiter.** However, it seems that there are opportunities for new solutions to emerge and that other ways of handling the situation may be at hand. Whatever occurs in the middle of the year, the energies generated at that time only get stronger and by the year's end creates a new pathway, for better or for worse.

'This is the Best of Times and it is the Worst of Times

Please note astrological times are Sidereal with a 13 constellational reference focus. When reference to collective consciousness is made then this refers to the 12 astrological system generally used by others. I have attempted to incorporate both understandings

Light and love

Ilse R. Jamonts

6. News From Robert Schwartz

Dear Friends,

In the aftermath of the earthquake in Haiti it is natural to wonder, "Is this a part of a pre-birth plan?" I cannot speak to Haiti specifically, but I will share with you my beliefs about the tsunami that struck Southeast Asia a few years ago.

My understanding is that souls who returned to Spirit as a result of the tsunami looked at the state of the earth prior to incarnation and said, "We would like the collective consciousness to be at a certain vibration by a certain point in linear time. If it isn't, we agree to give our lives in a large-scale natural event that will result in a worldwide outpouring of love, compassion and support that will raise the frequency of the planet."

As you may recall, that is exactly what happened. The governments of the world temporarily set aside their differences in order to funnel aid into Southeast Asia. This massive outflow of love did, indeed raise the vibration of the entire world.

Seen through human eyes, the tsunami and the earthquake are terrible tragedies. It is only natural that we may grieve; in fact, we must if we are to heal. Yet from the level of the soul there is another perspective, one that says there is deep meaning and purpose in all we experience, even though we may not know what the purpose and meaning are. Both perspectives are valid, and healing emerges from both. After we grieve, when we are ready, we may continue our healing by shifting ever so gently to the vantage point of the soul

Remember, we are eternal Divine Beings. No natural disaster can kill a soul. *Nothing can kill a soul.*

To donate:

www.redcross.org

**Robert
Schwartz**



7. Grief From Loss of Loved Ones

A Message From VERONICA Courtesy of April Crawford

The Dearly Departed

"The loss of a loved one leaves many in physical isolated and alone. Depression may result from these feelings, which can broaden the perceived emptiness. It is important to maintain the knowledge that there is continuance. Your loved ones do indeed know that you grieve. It can be difficult for them because they still have complete awareness of you while those left in physical feel the door has been closed forever.

Know that the entrance to the spirit world is effortless once the body is discarded. A great feeling of emancipation accompanies many crossings from a body that is no longer functional + confining. Every experience is unique unto that particular energy, so there is no standard to the definition.

'Does he/she know that I miss him/her?' Yes and the intention of his/her thoughts are always to send you a message. Often he/she feels successful but there are moments when he/she senses that the opportunity was not embraced and the moment missed.

We suggest that if you have lost a loved one that you still your grief as much as possible. The moment of connection is often brief since the loved can no longer manipulate physical environments the way they did before. The ascent into spirit heightens the senses of the departed encouraging them to seek out opportunities of connection. It may take linear time for them to figure out how their new spirit 'reality' works.

Be patient.

Be still.

Pay attention to the small moments. They are often filled with messages from the departed that are more subtle than one would expect. In the beginning it may be more difficult for them because they are in the process of remembering what it means to be non-physical. It is a more fluid environment and communication skills may be altered from what they previously knew.

The first moments might be a mere whisper in the wind that will crescendo into a cascade of communication.

Be patient.

Pay attention.

The dearly departed are whispering. They are still dear and close to you. It's just that they are now of spirit.

Pay attention.

Set aside your grief and know they are still there. Feel their love + their messages.

Look around for they are indeed everywhere."

--VERONICA

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

Phone 07 3207 7536 email oliveb@hotkey.net.au

Calendar of Events for January and February 2010

Please Note: Films are usually shown here on the second and the last Sundays of each month. There is no charge but donations to keep the Work going, are greatly appreciated. Afternoon tea is served.

January 2010

Sunday 10th January 2010: 2pm – 4.30pm

Esther and Jerry Hicks “*Law of Attraction Live in Australia (Sydney)*”

Sunday 31st January 2010:

(a) The Edgar Cayce Legacy

(b) Edgar Cayce.” *The Beautiful Dreamer. The Man Who Cured People in His Sleep.*”

February 2010

Sunday 14th February 2010:

Esther and Jerry Hicks “*Abraham Episode 10 The Law of Attraction .LET LOOSE!*”

Sunday 28th February

(a) John Van Auken presents “*Entering the Temple Within*”

(b) *Edgar Cayce on Intuition.*

9. How to Contact us

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10. Subscriptions

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

Please send payment before the end of February 2010. If you have not paid, this will be your last complimentary copy.

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

11. 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.