

The Newsletter of Edgar Cayce Australia and New Zealand

THE LIGHTHOUSE



Issue 14
March - April 2010



In Partnership with the Association for Research & Enlightenment, USA

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1. Editorial

Keith and Brian Alderson have been very active adding interesting and helpful material to our website www.edgarcayceaustralia.com .

Cayce’s Readings on “Spiritual Growth” gave the second step in this process as “knowing self”. In September 1965, a study group member, Olive Richards Landers wrote an article for the “Searchlight” entitled “Know – and Change Thyself.” Brian has added this article to our website. It is very thoughtful and insightful about our own journey in this life, and, since the Readings recommended P.D. Ouspensky’s writings as worthwhile, the writer chose in this article, to compare Ouspensky’s thoughts in his book “*The Fourth Way*” with material from the Readings. Well worth a thoughtful read!

The 2nd April brings the return of Easter this year. Saint Francis of Assisi’s message goes to the very heart of what our lives here are really all about. We wish each and every one of you very happy and uplifting experiences every day of your life!

Please note that there will be no film afternoon at the Edgar Cayce Centre in Victoria Point on Sunday 14th March. I will be away attending a family member’s wedding that weekend.

2. Saint Francis Easter Message

The Church of San Damiano was a ruin when Saint Francis knelt before this cross. Stretching out his arms as he prayed.

*O great God of Glory
my Lord Jesus Christ,
I entreat you
put light into the darkness of my mind.
Give me right faith, firm hope, and perfect charity.
Help me learn to know you, Lord, so well,
that in all things I may do everything this day
in keeping with your holy will.*

Francis prayed these words in the little ruined Church of San Damiano in Assisi, in the autumn of 1205. And as he prayed, he heard a voice which said: "Francis, rebuild my church, which as you see, is falling down."

He did rebuild it - brick upon brick - until he came to understand that what he was called to rebuild was the living Church in the heart of humankind.

3. Study Group Opportunity

We have a member in Warrnambool Victoria who is seeking to form a new '*A Search for God*' study group. A study group that meets in person would be ideal however an email group would also be greatly appreciated and would enable more opportunities for others to participate.

Study groups are a great avenue for spiritual growth and meetings are informal spiritual workshops where members pray, meditate and discuss the concepts found in the Search for God books. The benefits are many and include support, friendship and fellowship with like minded people. The only requirement for membership is a desire to co-operate in a study group.

Those interested in this chance to be part of a new group should contact Donna Crusiz on 03 9330 1329.

4. Health – Acid Alkaline Balance

ACID-ALKALINE BALANCE

Edgar Cayce frequently emphasised the importance of maintaining a proper acid-alkaline balance by eating mostly alkaline forming foods. A comprehensive list of foods is included in this section.

Fresh fruits and vegetables form the mainstay of the Cayce diet. They supply an abundance of vitamins and minerals, and produce an alkaline reaction in the body, whereas meats, grains, foods high in starch, protein and refined sugar, are acid-producing.

The readings emphasised the importance of keeping 80% of the diet alkalising to ensure an optimal state of health, and to boost the body's immunity to colds and infections.

Some Cayce recommendations are:

- Have at least one meal each day consisting of all fresh and raw vegetables, including the green leafy variety.
- When cooking vegetables, avoid nutrient loss by either steaming them or cooking them in Patapar paper, a vegetable parchment.
- Select locally grown fruits and vegetables in their season whenever possible.

The following summary will give you a quick overview of acid and alkaline-forming foods.

Alkaline-Forming Foods (80% of the daily diet should contain these foods):

- All vegetables except dried beans, lentils, asparagus tips, and Garbanzos.
- All fresh fruits except cranberries, plums, olives, prunes, and blueberries (preserves and canned fruits are usually acid-forming).
- Almonds, chestnuts, Brazil nuts, and hazelnuts.

Acid-Forming Foods (20 % of the daily diet should contain these foods):

- All meats except beef juice and bone meal.
- All grains, cereals, and bakery products except for soybeans.
- All dairy except buttermilk, yogurt, raw milk and whey.
- Peanuts, pecans, and walnuts.

FOOD COMBINATIONS TO AVOID

Certain food combinations are difficult to digest and may cause problems in the digestive system. Here is a brief list of food combinations to avoid:

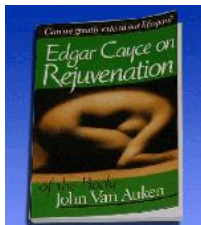
- Two or more starchy foods at the same meal.
- Sugary foods and starchy foods.
- Milk and citrus fruit or juice.
- Cereals and citrus fruit or juice.
- Large quantities of starchy foods with meat or cheese.
- Coffee with milk or cream.
- Raw apples with other foods.

A TYPICAL DAY'S MENU

Using the laminated Basic Diet sheet as a guide, develop a variety of daily menus which suit your taste and conform to the dietary principles in this section. Here is a simple outline for a typical day's menu:

- Breakfast - Either citrus fruit, or cooked or dry cereal.
- Lunch - Raw vegetable salad with dressing or fruit salad.
- Dinner - Steamed vegetables served with fish, poultry or lamb.

5. Edgar Cayce Book Review



Edgar Cayce on Rejuvenation of the Body. (John Van Auken)
(Available from our Book Supplies \$10)

Q. *Can we greatly extend our Lifespan?*

A. *For the physical organism is constructed in such a way and manner that if the balance is kept in the diet, in the normal activity, the mental forces replenished through an activity sufficient to keep the body in its normal balance, the body should readjust itself, refacilitate itself; making for not only resuscitation and revivifying of the necessary influences but carrying on and reproducing itself in EVERY influence necessary for keeping a balance.* Reading 1040-1

An interesting sidelight from the readings, says “*Every seven years there is performed an entire renewal of the whole structural or anatomical body*” Reading 887-4

This book covers the fundamental principles of rejuvenation, the mechanics of rejuvenation are covered in great detail, system by system; changing the chemistry of the body by changing our diet; insights into the importance of exercise and rest; and the major importance of meditation in rejuvenation of the body.

Reading 993-4 says “being able to raise within the vibrations of individuals that which is a resuscitating, a revivifying influence and force through the deep meditation, the attunement of self to the higher vibrations in Creative Forces that are manifested in man through the promises that are coming from Creative Force or Energy itself.”

6. Veronica Speaks on “ Giving ”

"We are often asked how to regulate the amount of energy to give in the physical world. There are individuals in everyone's linear that would take from you until there was nothing left to give. It is important to understand the fine line between giver and enabler.

The giver provides energy to those who would need an energetic helping hand while they embark upon evolutionary endeavours. The path highly defined by their progress and continued cycle of giving by themselves to a continued chain of others.

The enabler gives unconditionally however the receivers sometimes use the energy to provide themselves with a stagnant moment of linear and repeat the same level of lack within themselves that caused the need for a helping hand to begin with.

If there is clarity in this process the giver would need no prompting upon where they fall in the definition. The desire to give is compelling, only be aware of the receiver and how the energy is applied.

The forward linear moments of accomplishment instead of repetitive cycular actions should be acknowledged by the giver before further energy is given.

Keep the mind clear and focused. The only opportunity of giving energy is that it is used for evolution not for continued negativity."

-- Veronica (A higher dimension consciousness that speaks through April Crawford.)
April Crawford is now offering personal half hour telephone consultations with VERONICA (usually there is an hour minimum).
To schedule a reading with Veronica or to ask any general questions about readings, please contact April Crawford's facilitator, Allen, at AprilReadings@aol.com

7. NEWS from A.R.E. Headquarters

Enhancements to the online member only section at www.edgar cayce.org

New Venture Inward Newsletter: You won't want to miss the new Venture Inward Newsletter. Not only does the newsletter include the topics Ancient Mysteries, Personal Spirituality, and Holistic Health, but we have added a new online version with interactive features such as page turning and quick links to items of interest.

Other enhancements include the fact that Member's can also download exclusive Audio and Video Files:

New Audio: *The Impact of the Edgar Cayce Readings on Jesus on My Life* – Presented by Peter Woodbury.

New Videos: *Update on the Search for the Hall of Records* – Presented by John Van Auken
Chronology in the Physical Readings – Presented by David McMillin.

8. Good Advice from "Abraham"

(Letter From Esther and Jerry Hicks)

Dear Friends,

From the very first words that Abraham spoke to us, to the words they spoke at our Bethesda, MD workshop last weekend, it has been clear to us that it is their desire that we understand and follow our own guidance rather than turning our guidance over to someone else, for Abraham's message is one of self empowerment.

We still remember the surprise we felt when Abraham told us, in the very beginning of our early conversations with them, that the purpose of our life is JOY. They went on to explain that the basis of our life is FREEDOM. "You are so free you can choose bondage" they told us. "The purpose of your life is JOY and the result of your life will be EXPANSION or GROWTH."

In virtually every conversation we have had with Abraham, personal or public, since our first conversation back in 1985, they have been encouraging our self empowerment through our understanding of our own guidance system.

They have told us often:

- § "You get the essence of what you think about, whether you want it or not."
- § "Your attention to it, invites it"
- § "There is no such thing as no in this attraction based Universe."
- § "When you shout NO! at it, you are saying, come to me this thing I do not want."
- § "Find the feeling place of what you desire because the Universe is not responding to your words, but to the Vibration of your Being. And the way you feel, best represents your Vibrational point of attraction. "Do your best to feel as good as you can, right now."

In 2007, Abraham wrote a book entitled: *The Astonishing Power of Emotions, Let Your Feelings Be Your Guide*, where they explained in great detail how to understand our emotions and how to benefit from that understanding. In the months leading up to the release of that book, they commonly told the story of our human misunderstanding of people trying to achieve gain through pain and struggle as so many of them deliberately dig in, ignoring their own emotional guidance.

Our Love,
Jerry and Esther

9. Calendar of Events for March/April 2010

Edgar Cayce Australia Centre,

Colbet Close Victoria Point, Queensland

Phone: 07 3207 7536 **Email:** oliveb@hotmail.net.au

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.

What's happening on March 2010

Association for Research and Enlightenment

Presents on film

Experiencing Deeper Meditation

John Van Auken an acclaimed author long-time staff member of the A.R.E.. Teacher and meditation retreat leader offers a transformative program for enhancing meditation practice.

Swami Priyaananda is one of Integral Yoga's senior raja instructors. She shares this yoga practice for unlocking the path to true inner peace.

Jesse Gene Mosely, a member of the international Sound Healing Association, shares his study of the subtle frequencies and pure tones of crystal quartz bowls with guided meditation through the spiritual centres of the body using seven chakra crystal bowls

Two Day presentation

at

Edgar Cayce Centre

12 Colbet Close Victoria Point 4165

Saturday 6th March 9.30 am to 4 pm

and

Sunday 7th March 9.30am to 2pm

All Welcome (Bring your own lunch)

Entry by Free Will Donation

Seating Limited - Please Book

Phone: 3207 7536 or email: oliveb@hotmail.net.au

You and interested friends are cordially invited to attend an afternoon film session at

Edgar Cayce Australia Centre

12 Colbet Close, Victoria Point 4165

Phone 32077536

On Sunday 28th March, 2pm – 4.30 pm.

The program is as follows:-

Easter Event

Divine Physics and Spiritual Love Part 1 with Peter Woodbury

"What Will You Do With This Man, Jesus?"

Afternoon Tea break

Divine Physics and Spiritual Love Part 2 with T. Lee Bauman

"God at the Speed of Light"

There is no charge, though donations to support the Work, are always appreciated.
If you do not wish to receive future invitations to our programs here, please reply "No more"

Please Note: There will be no film session on the second Sunday of March 14, as I will be away at family wedding.

What's happening in April 2010

Sunday 10th April 2pm – 4.30pm

Law of Attraction with "Abraham" Episode 9 – "Telling a new story"

Sunday 24th April 2pm – 4.30pm
 Divine Physics and Spiritual Love Part 3 with Amit Goswami “Physics of the Soul”

Afternoon tea break

Divine Physics and Spiritual Love Part 4 “Resurrection and the Destiny of the Body”

10. Astrology with Rosie

**Astrological Reflections on Jesus
 by Rosemary Maltos**

10.1 Uranus - Aquarius

Uranus is the Ruler of Aquarius

Uranus, also known as the Awakener, brings about change and sometimes suddenly when it interacts with other planetary energies. It is an energy that stimulates visionary thoughts beyond the status quo. The mind vibrates with ideas of how to do it and it can drive you crazy; it is the very stuff of inventors, orators, lawyers, occult teachers, and mystics.

This produces contradictory forces, that are indicated in Uranus – the extremes to which the entity goes at times, either in one or the other direction, and at times both directions at once.

Edgar Cayce Reading 289-9

In Uranus is seen those of the occult and mystic nature, tending to either raise one’s vision to a high degree or groveling in the slough of despondency.

Edgar Cayce Reading 115-1

Uranus rules the Sign of Aquarius. Aquarius is an Air Sign that vibrates with waves of energy from the mind in search of finding better paths of life for humanity. In fact, whichever Sign Uranus is in it will take on the part of the great innovator to influence processes according to what the Sign represents and in that area of life symbolised by the House Uranus is in.

I do not know if it’s known in which Sign and House Jesus’ Uranus was in, or how many aspects it had with the other planets. We can speculate on all the possibilities of how He would have taken on that energy and utilised it to its greatest potential. There are charts on Jesus and they vary. In my case, since I’m not an astrologer, I just like to reflect on the word change. We know Jesus truly changed the world. He changed the direction of humanity. I would also say that this change was a shocker and it only took three years of His life to do what He did. Prime ministers and presidents have longer terms than that and at the end of their terms, one wonders where all the promises to change went.

Jesus is The Awakener of our soul. His love, his teachings, his sacrifice force us to look at ourselves. He stops us dead on our tracks. Once we encounter Him, we cannot remain the same. Something happens to us. In whichever way He comes, Jesus’ energy lifts us and shakes us; it has the power to change us - power that is far greater than that of Uranus’ mighty influence. It’s up to us to wake up and get involved. However, sometimes when God touches us, we seem to fall before we get up. Remember Paul? He was a zealot who kept up his violent treats against Christians. One day, on the way to Damascus, Jesus suddenly shocked him with a great light that flashed around him. Startled, Paul heard Jesus’ voice, “*Saul, Saul, why do you persecute me?*” (Acts 9:4) Saul became blind because of that light but in that darkness, he found his soul. Not only did his dramatically change his life, he

changed his name to Paul and became the Apostle par excellence. I call that a Uranus moment! I might not have correct astrological interpretations, but I think you get the point.

Rosie - March 2010



10.2 Neptune - Pisces

Neptune is one of the Rulers of Pisces

Neptune is a great Planet with energy that influences our imagination. It is subtle, sensitive, and pleasant. However, there is another side to it. It can cause vagueness, confusion, and obsession. Here our dark side can play with deception, fraudulence, and addictions. It becomes difficult finding the boundaries. However, on the bright side, Neptune exhibits faith; it wants to heal, to dissolve all barriers, and unify everything into one whole, cosmic awareness – like the drops in the ocean. It brings out the mystic in us.

*In Neptune, we find also that consciousness of one well adapted in the unusual or the mysteries or the mysticism. These again are of the soul and are of the spiritual nature.
Edgar Cayce Reading 5082-1*

*Neptune brings also comforts; not in material things, rather in the spiritual – and the inclinations produced in the experience of the entity as the emotions or interests in those things of a psychic or spiritual nature.
Edgar Cayce Reading 1493-1*

This is a difficult one because it can be so confusing. Do you agree? I can see some of my personal pitfalls here. Particularly when I try to do good deeds for others, I forget to draw the line. Does it happen to you? Maybe, sometimes, “*doing good*” can become an addiction, an obsession. Hard efforts can then produce wrong results and Neptune takes a stab in our hearts with his pitched fork.

People who were emotional, unstable, and doubtful surrounded Jesus. There were those who were possessed by evil spirits, and this reminds me of persons who play with ouija boards. Edgar Cayce warned against it. Hugh Lynn Cayce said that it was very easy to use and that his father, Edgar Cayce, called it the ‘*boarderland*’. This ‘*boarderland*’ is the area where earthbound souls gather to look for an entrance into the earth by automatic writing, ouija board, or mediumship. (cf *Edgar Cayce on Angels, Archangels, and Unseen Forces*, by Robert Grant, page 121). It is dangerous because it opens randomly the astral door without knowing what kind of spirits wait to interact. Jesus did not teach how to be psychic. He taught compassion and forgiveness. He taught faith, hope, and charity. He taught in many different ways so that people could understand the meaning of union with God. His whole life was the lesson. There was no confusion in Him. He was the Mystic among mystics.

Eventually, dark days come to everyone and it makes it hard to know which way to go. Jesus knows each one of us by name and He showed us the way when he said, “*I am the light of the world. Whoever follows me will have the light of life and will never walk in darkness.*” (John 8:12) I guess the moral of the story is that we should never give up trying our best even though, at times, we might be led astray by our good intentions.

Rosie - April 2010



11. How to Contact us

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Email: rainbowjournal@live.com

or edgarcaycenz@yahoo.co.nz

Telephone: 08 8252 8131

12. 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.

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

13. 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.