

# SOUTHERN LIGHTS

*Covid 19 Lockdown – A Prison Sentence or  
An Opportunity for Radical Change?*



The last three months have seen our lives completely transformed both here in Australia, and around the world. The coronavirus pandemic has created a great deal of fear and anxiety, and panic-buying of essential supplies, but also provided an opportunity for re-assessing one's life circumstances and ideals, and re-kindling community spirit with support for those struggling to cope. See the article 'Stop and Smell the Roses' on Page 3.

Remember our website:

[www.edgarcayceaustralia.org](http://www.edgarcayceaustralia.org)

Remember our Facebook page featuring captioned photos:

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*Global Manifestation of Oneness and the  
Love of God and All People*

## Edgar Cayce Australia, Inc. A0060868C

Edgar Cayce Australia, Inc. was formed in early 2014 by members of the Melbourne Search for God Study Group and the Glad Helpers Down Under Prayer Group. We are a not-for-profit incorporated association dedicated to furthering the work started by Edgar Cayce and continued world-wide by the Association for Research and Enlightenment, founded in 1931. As well as fostering Study Groups

and Prayer Groups, we have a lending library and offer new books for sale. We can also arrange talks on many topics from the Cayce readings such as diet, meditation and dreams.

If you are interested in any of our groups, or the lending library in Creswick (near Ballarat, Victoria) please email [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org) or phone us on (03) 5345 2945.

## Editorial - 'Transformation Begins With Cooperation' - by Russell Bowey

During my morning walk today with my wife Marija, I noticed a sign outside our local bookshop which read: 'When 'I' is replaced with 'We', even Illness becomes Wellness'. This quote is attributed to Malcolm X, the popular US civil rights activist, who was assassinated in 1965.

The quote immediately resonated with me as a perfect message of hope for our current situation; a situation greatly exacerbated by the COVID 19 pandemic. Many people are demanding a return to 'normal', but I believe that our pre-pandemic way of life was toxic to ourselves and to the earth itself, and that a radical transformation of ourselves, and thus our society and the earth, is the only way forward from here.

The first step for transformation is given in the first lesson of the 'A Search for God' material. Edgar Cayce gave reading **262-1** for the first ASFG Study Group in September 1931, a time of great uncertainty for the A.R.E., and the world at large. The reading commenced:

*GC: You will have before you the group gathered in this room, who desire - as a group - to be guided through these forces as to how they may best be a channel in presenting to the world the truth and light needed. You will answer the questions which this group will ask.*

*EC: Yes, we have the group - as a group - as gathered here, seeking to be a channel that they, as a group, as individuals, may be - and give - the light to the waiting world.*

The reading gave 'Cooperation' as the first lesson:

*(Q) What would be the best subject for the first lesson?*

*(A) Cooperation. Let each seek for that as will be THEIR part in this lesson, and IT will be given each as THEY ask for same.*

Another reading (**4021-1**) stressed the importance of our willingness to cooperate:

*For, all healing must come from the Divine. For who healeth thy diseases? The source of the Universal supply. As the attitude, then, of self, how well do ye wish*

*to be? How well are ye willing to cooperate, coordinate with the Divine influences which may work in and through thee ...*

Our destiny as souls is to become co-creators with God, but only if we let go of selfishness:

*The soul of each individual is a portion then of the Whole, WITH the birthright of Creative Forces to become a co-creator with the Father, a co-laborer with Him. As that birthright is then manifested, growth ensues. If it is made selfish, retardments must be the result. (1549-1)*

And we need to work at co-creation continuously:

*Each appearance [in the earth] is as an opportunity. An opportunity is to the grace of God. The very fact of being aware of thyself is assurance of the fact that the Father-God is mindful of thee - NOW, TODAY... For, each soul enters with a mission. And even as Jesus, the great missionary, we all have a mission to perform. Are we working with Him [continually], or just now and then? (3003-1)*

### Edgar Cayce on .....

#### TENSION CAUSED BY LONG DRIVES

*(Q) Should I continue driving a car, or relax? (A) Short drives are very good; long drives, don't do it! that is, in DRIVING, because it makes a pressure in the lumbar and lower dorsal area, by the tension that is kept there. 600-1*

#### PROCRASTINATION

*For, the exercises as would be the most beneficial are too easily put off; or they are taken one day and then it will be many days before they are taken again. Take the exercise, though, and the walking; and do it regularly. 257-230*

#### LOVE, LAW, GOD

*So we have LOVE is LAW, LAW IS LOVE. GOD IS LOVE. LOVE IS GOD ... Now, if we, as individuals, upon the earth plane, have all of the other elementary forces that make to the bettering of life, and have not love we are as nothing – nothing ... In many, many ways may the manifestations of the law of love be shown, but without the greater love, even as the Father giveth, even as the soul giveth, there is no understanding, and no compliance of the forces that make our later law to this, of effect. 3744-5*

## 'Time to Stop and Smell the Roses'

by Russell Bowey

The lockdown due to the COVID 19 pandemic is a wonderful opportunity for all of us to 'stop and smell the roses'; to reassess our lives and start to focus on the beautiful people, things and experiences as essentials we wish to retain, and remove the pre-pandemic merry-go-round of frantic activity and spending that was considered 'normal'.

This is a moment when we can catch our collective breath, pause and listen to the song of the birds – and perhaps watch videos of wild animals nonchalantly walking along deserted city streets.

Many of us were unknowingly suffering from, and unwittingly helping to perpetuate, another pandemic known colloquially as 'affluenza'. This affliction has been described as 'the bloated, sluggish and unfulfilled feeling that results from efforts to keep up with the Joneses'. Unfortunately, the rampant consumerism reflected in the desire for the latest smart phone does not bring lasting happiness to its excited owner, and often results in credit card stress.

The Edgar Cayce readings had this to say about setting a spiritual ideal that is not set in material wealth:

*(Q) Am I too selfish? (A) Selfishness is the greater fault in MOST individuals. There should be set before self an ideal, a SPIRITUAL ideal. Not such an ideal that "I would like to have a house like John Smith's, and a wife that dresses like Mrs. Smith, and a car like John Smith's boy runs, or a dog or a horse such as those." THAT'S material! Rather set an ideal in the SPIRITUAL sense, and know that he that would be greatest among men will be the servant of all. The servant CANNOT be selfish, either in nature, in person, in fact, but prefers the other in preference to self. 912-1*

An 80-year study by Harvard University, which commenced in 1938, has proved that embracing community helps us live longer and be happier. The Grant and Glueck study is one of the longest research projects ever conducted on the physical and mental well-being of individuals. Originally comprising 456 poor men growing up in Boston from 1939 to 2014 (the Grant Study), and 268 male graduates from Harvard's classes of 1939-1944 (the Glueck study), the findings also indicate that the quality of our relationships is more important to our

overall health than how much money we make or what positions of power we hold (one original Glueck study participant was former US president John F. Kennedy). You could have all the material wealth you ever dreamed of, a successful career, and numerous friends, but if you don't have loving relationships you won't be happy.

Edgar Cayce advised this same philosophy of life in many of his readings:

*Why won't people learn the lesson from them [flowers] and grow, in love and in beauty, in whatever may be their environ? Learn also from the flower that where thou art, ye, too, may make that place more beautiful for your being there, whether it is in this or that or whatever place. Whether in the hovel or in the home of the mighty, make it beautiful as do the flowers. 5122-1*

*(Q) What can I do to get some happiness in the world?*

*(A) Would thou be happy? Then make someone else happy! Would thou be that thou would seek? THAT ye find! Knock and it shall be opened. Cry aloud and all stand in awe; but the still small voice from within brings joy and peace - as ye do it unto others. 610-1*

And, in establishing a home, it does not have to feature on 'Grand Designs', but as this Edgar Cayce reading states:

*... make it as that which may be the pattern of a heavenly home. Not as that set aside for only a place to sleep or to rest, but where not only self but all who enter there may feel, may experience, by the very vibrations that are set up by each in the sacredness of the home, a helpfulness, a HOPEFULNESS in the air ABOUT the home. As not only a place of rest, not only a place of recreation for the mind, not only a place as a haven for the bodies and minds of both but for all that may be as visitors or as guests. And remember those injunctions that have been in thine experience in many of thine sojourns, and be thou mindful of the entertaining of the guests; for some have entertained angels unawares. Make thine home, thine abode, where an angel would DESIRE to visit, where an angel would seek to be a guest. For it will bring the greater blessings, the greater glories, the greater contentment, the greater satisfaction ... (480-20)*



# 'HELP FOR SENSITIVE PEOPLE'

by Anonymous

For anyone who feels or has been labeled 'over sensitive' there is some help available with Psychiatrist Dr Judith Orloff's book *The Empath's Survival Guide: Life Strategies for Sensitive People*. Dr Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality.

What is the difference between having empathy and being an empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr Judith Orloff, MD. "But for empaths it goes much further. We actually *feel* others' emotions, energy, and physical symptoms in our own bodies, without the usual defences that most people have."

The book takes you through an introduction about what an empath is and the various types of empath there are, and also offers coping mechanism strategies, how to stop absorbing other people's distress, information about the types of relationships to avoid, and covers other topics such as empaths and addiction, love and sex, parenting, work, intuition and extraordinary perception and so much more. It comes highly recommended to help sensitive people thrive in an often-insensitive world.

Dr Orloff, who is herself an empath, asks 20 questions to ascertain to what degree you may be an empath. To check out whether you are an empath and if this book may be beneficial to you, these questions and evaluation are available on the Edgar Cayce website blog, you can google: *empath, edgar cayce, 20 questions*, to find the link.

Learn more about Dr Orloff and her free empath support newsletter at: [drjudithorloff.com](http://drjudithorloff.com).

Interestingly, a search of the Cayce readings reveals he did not mention the words 'empathy' or 'empath'. However, in another blog on the Edgar Cayce website: 'The Importance of Empathy and Placing Others before Self' Kevin Todeschi (Executive Director and CEO of A.R.E. and Atlantic University) shares the following:

*Empathy is the ability to share and understand someone else's feelings and experiences as if they were your own. Ultimately, it can be akin to the energy of Oneness in that it entails having a connectedness with someone outside of self. From*

*the perspective of the Edgar Cayce readings, it is actually this same level of connectedness that is central to psychic ability. It is when we can set ourselves aside and be concerned with the well-being of someone else that true connection occurs, and a true connection is what empathy is all about. We have all heard the expression of the importance of "walking in someone's shoes." The idea being that if we could more completely empathize with another individual there would be no place for judgment or condemnation. We would understand that person because we would have experienced being that person. That's connectedness. That's empathy.*

*It was establishing a connectedness with other individuals that remained at the heart of Edgar Cayce ability to give readings. Cayce said the value of the information that came through his readings was dependent on various factors. Obviously, his physical health was one. Another was the intent of the individual seeking help and that person's level of desire for help. For example, a woman seeking help for her sick child would probably have a higher caliber of a reading than someone wondering about investments in the stock market. Cayce also stated that the thoughts of the individuals in the room affected his reading. It was for that reason that Cayce's wife, Gertrude, and his secretary, Gladys, were most often in attendance, because each sought to maintain "an attitude of empathy" with those seeking help ...*

*At the eighth annual A.R.E. Membership Congress, Edgar Cayce reminded those present that each of us is "our brother's [sister's] keeper." Regardless of where an individual may be on the earth – whether next door or on the other side of the world – we have some small responsibility for that individual. That's empathy! He reminded those present that it wasn't enough just to pray for global peace, instead we needed to begin living the admonition "thy neighbor as thyself." That's empathy! When we can truly begin living as much for others as we do for ourselves, we will come to understand not only what empathy is all about but we will have achieved that point of Oneness that the readings suggest is our collective destiny.*

Thank you Kevin for sharing these insights.

## 'MY JOURNEY - Part 2: CASTOR OIL PACKS IN PRACTICE'

by Yolanda Pante DC, Dip Herb Med.

My interest in holistic healing started 50 years ago inspired by the readings of Edgar Cayce. The readings often mentioned spinal misalignments (subluxations) as a contributing factor in disease. I had never heard of them but intuitively felt they were important. Ten years later I decided to study chiropractic so that I could correct these subluxations. I also studied herbal medicine and was able to incorporate some of the Edgar Cayce formulas in my practice.

During the chiropractic course, we were asked to present a talk to the class on something of our own interest. I chose the castor oil pack having read the book "Edgar Cayce and the Palma Christi" by William McGarey. The book explained that the packs seem to act by stimulating the lymphatic Peyer's Patches in the abdomen to produce a "globular" substance needed to form a proper contact between the sympathetic nervous system and the cerebrospinal nervous system. This contact occurs in sympathetic ganglia (nodes) which sit on either side of the spinal column. Spinal correction and the use of castor oil packs on the abdomen restore these contacts when broken and facilitate healing.

I thought at least the talk was relevant to the course. It was received with much enthusiasm by my fellow students.

Up to that stage, I knew of only two uses for castor oil. One was the weekly dosages force-fed to children for its laxative effects; the other was to stop hair falling out and keeping it lustrous. My father used it all his life as a hair tonic and it certainly lived up to its reputation as my father had a good head of hair until he died at 93.

And then the castor oil pack launched itself into my clinical practice. It was recommended for arthritis, healing fractures, removing cysts and skin keratoses, for bowel obstruction due to faecal impaction, gall bladder problems and appendicitis, all with good results. However one outstanding use was in cases of female infertility.

Most of the women had been assessed medically but

had been unable to conceive either naturally or through IVF. The cause was most often due to endometriosis, post-operative adhesions, and on one occasion for uterine fibroids.

Sometimes the physical cause was unknown.

My approach as a chiropractor was to treat spinal subluxations in order to prepare the best way for conception, balancing the circulatory and nervous system, increasing relaxation in the body. Customized herbal formulas were given to support the body systems that were under stress, usually the nervous system and digestive/assimilative and eliminatory systems.

The client was also given information on how to prepare and apply a castor oil pack to the pelvic/abdominal area. While the castor oil pack was in place, both partners were encouraged to meditate or visualize the healing taking place and the body being prepared as a channel for a child to be conceived.

A high percentage of the clients conceived, some without further need of IVF and some with successful IVF procedures. One client who had undergone 8 attempts with IVF eventually conceived with IVF.

As Edgar Cayce said in reading **1967-1**: "*Know that all strength, all healing of every nature is the changing of the vibrations from within - the attuning of the divine within the living tissue of a body to Creative Energies. This alone is healing.*"

The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for assistance in applying the information contained in this article.

*We invite readers to share their thoughts on any topic, or who have their own personal story of how their lives have been touched by a book, or an event, to share it through this Newsletter.*