

SOUTHERN LIGHTS

Sharing What We Know

Donna Crusiz, Bel Casey & Russell Bowey at our stall at the Psychic & Wellbeing Expo in Albury, New South Wales



Edgar Cayce Australia is promoting the Edgar Cayce work at every opportunity. We have had a stall offering books and information about the work at Psychic & Wellness Expos at Albury (in August) and Geelong (in October). Russell presented talks about Edgar Cayce (Albury) and Dreams (Geelong). We had a great time at both venues and enjoyed meeting new people and sharing our experiences.

ISSUE 2, SPRING 2014

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To Make Manifest the Love of God and Man

Edgar Cayce Australia, Inc.

Edgar Cayce Australia, Inc. was formed earlier this year 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 also arrange monthly 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 monthly talks in Creswick (near Ballarat, Victoria) please email areaustralia@bigpond.com or phone us on (03) 5345 2945.

Editorial 'Springtime' – by Russell Bowey

This morning I was sitting looking out the window at our beautiful Wisteria. Being in full bloom, and a fine day, the bees were frantic in their quest to collect pollen. My mind wandered back two years to our visit to Monet's house at Giverny and the beautiful Wisterias gracefully festooning the Japanese bridge in the water garden.

I then began to muse about Spring, and the transformation of a seemingly dead deciduous plant into the beautiful flower-laden climber before me.

Perhaps all of us are like that plant, at one time seemingly 'dead', but full of potential, just

waiting for the right season, the ideal conditions, to fulfill our promise and bloom – right where we are planted.

We all have latent talents and abilities, including many that carry over from our previous incarnations. But our greatest hidden gift is the ability to give, to be of service to others, like the Wisteria blooms providing pollen to the bees and joy to garden visitors.

For as ye give, or as ye measure to others, so is it measured to thee again. This is the spiritual law, this becomes the mental law—and the mind is the builder.

Edgar Cayce Reading 1532-1



Wisteria in full bloom at Giverny

Dreams as Inner Life Guidance – By Russell Bowey

Dreams and waking inspiration are two ways that our higher selves can provide us with direction. I encourage readers to send me examples of such 'Inner Life Guidance' that has been helpful in your own lives.

As a 43-year-old in 1994, I had recently commenced a new job, but had two weeks off work to recover from a stress-induced heart problem when I received the following dream.

I am a front-seat passenger in a car driven by my boss. The car is my father's 1966 white Holden. My boss is driving very fast and I tell him that the tyres and suspension on such an old car were not designed to handle such driving demands compared to the modern cars he was used to driving.

Two nights later a similar theme came through.

I am again with my boss travelling by car through Europe. We enter a pub and I am fascinated by the interesting characters I encounter there.

I decide to take some photographs of these people but my boss tells me we have no time for such distractions and he is leaving. I tell him I want to stay for a short time to finish taking the photographs and when I go outside I find he has left me behind - a feeling of dread then welling within my stomach.

In the first dream I am being shown that I cannot handle my boss's demands for work output (I feel 'driven'), and that I am not in control of the situation (passenger).

The second dream shows that the focus of my work interest - getting to know people - was not compatible with the pace of work demanded by my boss.

My solution to this was to spend the next 17 years, until I retired, working part-time for this business, while at the same time being self-employed and pursuing my own life's purpose at my own pace.



Some of the members of the Glad Helpers Down Under Prayer Group (and guests). The prayer group has been meeting continuously for nearly 40 years

The Third Sunday of the Month: Glad Helpers Down Under Prayer Group - by Bel Casey

When I first started my Spiritual journey through the Search for God Study Group I was not aware of the extras available.

Our life journey consists of a multitude of mini passages, through our physical, mental / emotional and spiritual bodies. In our first age we are so busy with education, work, family and all the accoutrements, that our Spiritual journey is often put on the back burner.

As we approach our second age, that inner voice calls to us and we start seeking that which we have been aware is missing in our life. Consciously, we start questing and questioning the deeper meaning of life.

One of these is the Glad Helpers Prayer Group, which began in 1931. In Australia, we are "The Glad Helpers Down Under". (Refer to Newsletter No. 1 for an article on the Prayer Group.)

My journey through the Prayer study has been very rewarding. It is wonderful to hear of the reports of people who have been on the prayer list, and it is a joy to catch up with like-minded friends and to be able to chat openly and freely about our personal self and all those subjects that raise eyebrows in some social situations. That is why, on the third Sunday of the month, I leave my home in Caulfield and head to Creswick, near Ballarat.

However, the day does not consist of only the Prayer Group Work, there are many other benefits.

On arrival - Meeting, greeting and catching up with friends. Prayer Group - discussion, prayer and meditation - begins at 11.30 am. Lunch (at 12.30 pm) - bring finger food to share. Workshop (at 2.00 pm) - this consists of a long list of subjects from Astrology to Zoaraster. My favourites are Dreams, Numerology, and Health.

It is an easy format, loosely guided with all participants sharing their personal experiences, thoughts and beliefs. For those who are late risers, there is the option of joining us just for lunch and the workshop.

Sharing, for me, is as important as the Work. It is the icing on the cake. We give through praying for others and we receive through that sharing.

YE are His. He hath chosen thee for a carrier of good tidings to those that are sick, to those that are in sorrow, to those that are afraid. Be ye then indeed Glad Helpers in His name. Through Him much may be accomplished, realized by those of thy conscience. Meet Him oft in the temple of thy body, knowing He is the author, He is the finisher...
(Edgar Cayce Reading 281-27)

To finish off, I would like to share some thoughts I had this morning after a sleepless night, concerned over something in my life that is causing great stress.

When I was young, although the term 'Bucket List' had not yet been created I had a whole list of items I hoped to achieve, of what I *wanted* in life. I have not seen the movie 'The Bucket List'.

When I began my Spiritual journey, my list disappeared.

Last night I realized it is not what I want to put into my bucket that counts, what is important is what I already have there. My family, my friends, my soul family, my loved ones, like stars in the universe, they shine for me. My Soul's searching is revealing my own inner shine.

My Favourite Cayce Reading – By Anonymous

One of my favourite readings is an extract from reading number 3061-1 which says;

*In analyzing the urges latent and manifested, we would magnify the virtues and minimise the faults. This is the first lesson ye should learn: **There is so much good in the worst of us and so much bad in the best of us, it doesn't behoove any of us to speak evil of the rest of us.** This is a universal law and until one begins to make application of same, one may not go very far in spiritual or soul development.*

I have only just discovered that the part of this reading that I have highlighted in bold is actually a quote, not quite verbatim, from Edward Wallis Hoch (1849 – 1925) who was a politician and the Governor of Kansas. So many thanks go to Edward as well as Edgar.

I just loved so much about this reading, it spoke to my soul and I started applying it in my life with the most obvious of the quote from Hoch by not speaking or even trying not to think badly about anyone. I applied this rule with family, in the workplace and with my friends. I would not encourage gossiping, etc. and though I may have been considered to be a bore to some, others would trust me enough to share their problems with me.

This gave me the opportunity to offer my support to them without judgement, to look for and see their virtues and to try and develop the skills needed for encouraging them to maximise these virtues. I often think others have a better grasp of bringing out the best in people than I do, however it is something I feel is well worth continuing to work towards.

My focus for a long time was on my attitude and the helpfulness of applying the concepts of this reading toward others. Forgiveness, patience and acceptance of others all came into play and applying aspects of the reading was helpful in the development of good relationships and also helping me cope with difficult ones.

I did however have a bad habit of condemning myself and was prone to bouts of depression. This self-condemnation was a very strong pattern of thinking, possibly built over lifetimes.

The readings have cases where self-condemnation was a major contributing factor to depression. I had to acknowledge that there being so much good, and so much bad, in each of us is the human condition and that no-one is immune, including myself. Also, why should I be any different to anyone else? Was I any more special or damned than anyone else? Not only that, it was a universal law so how could I argue with that?

As I started trying to magnify my own virtues instead of concentrating on my failures, I turned myself around. I learned to be as gentle with myself as I was with others. The good news is that part of all the love and helpfulness I had developed towards others, I could now direct towards myself. I am so much the better for it, taking better care of myself and I feel much more a part of the whole. Now I have more love to share around.

Are there any advantages to feeling bad about ourselves and the condition we find ourselves in? We all respond better to encouragement; it lifts us up and then we are more able to serve each other. Also, we feel more love for each other when we realise that we are all in this together and have the best and worst of us as a common condition shared.

We could talk further about the Oneness of it all, the Oneness of ourselves and others; however that is perhaps another reading. Any takers or maybe some other gem of a reading?

We invite readers to submit short stories for the newsletter about their favourite reading and how they have applied the reading in their lives and how they have found it to be helpful.

Stories of favourite readings can be emailed to areaustralia@bigpond.com

A Search for God: In a Skype Study Group - By Annie Glen

Many years ago, like countless others before and since, I read *There is a River*; that wonderful account of the life and work of Edgar Cayce. Shortly thereafter, I spotted an article in The Age, advising that the Australian branch of the A.R.E were gathering in the city for a day of inspirational activities. I was going! And what an auspicious day it turned out to be.

I found myself seated behind a lovely lady and as we began to chat I heard myself say, "I would love to join a study group." It quite took me by surprise because, up until that moment, I had no idea that I wanted to join a group. But, luckily for me, I said the right words, at the right time, in the right place and, most importantly, to the right person, as the lady to whom I had been talking was the Australian A.R.E representative. Within the blink of an eye she had summoned two other people who were also ready to begin "The Search". Suddenly, we three were deemed to be the newest Study Group in Melbourne. It was instant dharma and the start of a journey that continues to this day.

It has to be said that study group work is not only life-changing but life-enhancing and it is helpful in all areas of life; working within the group and with the disciplines we learn that life can be lived in a spirit of helpfulness and we learn to make more positive choices. The A Search for God books, and the concepts therein, are so beautifully crafted with each Lesson building on the considerations of previous ones that, ".....line upon line, precept upon precept", our world view changes; both our inner world view and our outer world view.

Much can be said about Study Group participation but the ASFG Books, themselves, say it best when they declare that such participation brings, ".....hope, peace, a better understanding of their fellowmen and an inner joy in greater awareness of attunement with the Creator." (ASFG Book 1).

But, on to the real purpose of this article; I want to sing the praises of the Skype Study Group. A few years ago I moved away from Australia and felt the loss of my study group quite acutely.

Without the study group meetings something vital was missing; my source of spiritual sustenance was gone. By a bit of Divine intervention, we hit upon the idea of using Skype to conduct our meetings. What bliss! This wonderful, amazing and awesome journey could be resumed. And three cheers for this wonderful technology.

Whilst we do not meet face-to-face - we turn off the video function on our computers or tablets because it seems to interfere with the quality of the sound - we have found that this has unexpected benefits in that our listening skills have been honed; we are now much better listeners. Because we do not see each other during meetings, we miss visual clues and, therefore, we listen intently and without interruption to each other. I believe that this is what A.R.E. CEO Kevin Todeschi refers to as, '....active and interactive listening.' (From the Desk of Kevin J Todeschi, July 2012).

Meeting in this way has also given us a different understanding of the concept of time. Most of the group live in Australia whilst I live in Scotland and when setting up our Skype group we had to juggle with the 'time difference' with Australia being 'ahead' of Scotland and Scotland being 'behind' Australia - at least that is the case according to our clocks. But when we meet on-line, we are always in the now, in the present. This has been very helpful when we have wrestled with the notion that, "There is no time."

And, lastly, another bonus. We do not have to face the long drive home after our meetings because we are already at home!

So much more could have been written about Study Groups - the friendship, the fellowship, the unconditional love and support from the group - but I am writing this to say to anyone who is longing to join an ASFG Study Group and who may not think it possible because of the 'tyranny of distance' or because there is no group in the area, please, please consider a Skype Study Group. It will bring joys unimagined - and more!

Ask us. We can help.