

SOUTHERN LIGHTS

Summer – The Sun Shines on Us All



Our 2019 Conference – Edgar Cayce on Reincarnation – Your Odyssey Through Time, is almost here! A fantastic event not to be missed!

It is a great opportunity for A.R.E. members, and anyone interested in Edgar Cayce, to meet kindred spirits. Refer to Page 2, and also under ‘Events’ on our website, for further details. The Conference program is included at the end of this newsletter.

We are also excited about our new-look website:

www.edgarcayceaustralia.org

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

And our contact email addresses:

For General enquiries: russell@edgarcayceaustralia.org, for Study Group enquiries: bel@edgarcayceaustralia.org, & for Prayer Group enquiries: donna@edgarcayceaustralia.org

ISSUE 19, SUMMER 2019

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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 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 russell@edgarcayceaustralia.org or phone us on (03) 5345 2945.

Editorial – ‘How Good Is Your Memory?’ – by Russell Bowey

I recently read an article titled ‘Cognitive Offloading: How the Internet is increasingly taking over human memory’.

The article suggests that ‘our increasing reliance on the internet and the ease of access to the vast resource available online is affecting our thought processes for problem solving, recall and learning.’

Lead author Dr Benjamin Storm commented, "Memory is changing. Our research shows that as we use the Internet to support and extend our memory we become more reliant on it. Whereas before we might have tried to recall something on our own, now we don't bother. As more information becomes available via smartphones and other devices, we become progressively more reliant on it in our daily lives."

Our current tendency to rely on external devices rather than our ability to recall our own stored information, was not a choice available to people in Edgar Cayce's era. Time was spent in libraries, looking up needed

information in books (or in an atlas – remember them?). But many people were having difficulty with their memories, even then, as these readings show:

(Q) Why is it difficult for me to remember? (A) It isn't difficult! It's rather trained in self to FORGET! See the differentiation between forgetting and remembering, is - MEMORY is the exercising of the inner self as related to thought. To acknowledge that the memory is poor, is to say you don't think much! The forgetting is to say that the thought becomes self-centered, for memory is thought - even as thought is memory, brought to the forefront by the association of ideas. 69-2

(Q) What should be done for loss of memory? (A) The memory is not lost. There isn't such a thing as loss of memory - there is only the need for making the individual aware of that to be brought to material activity. With the stimulations to the centers between the sensory forces of the body - that is, the sensory nerve

system between the shoulders and to the head and the neck - by the massages as we have indicated should be applied, it will aid in making the sympathetic system and the cerebrospinal system better coordinant - or capable of better memory, better ability to recall that desired to remember - and such coordinations will increase the awarenesses through every activity. 1711-2

So, according to the readings, an incoordination between the cerebrospinal and autonomic nervous systems can adversely affect our memory.

Some people have extraordinary memories, especially the rare highly superior autobiographical memory (HSAM) types, who are able to recall details of their lives for almost any given day – where they were, what they were doing, who they were with. This ability is also frequently exhibited whilst under hypnosis and Edgar Cayce was able to access the Akashic Records to retrieve requested information and life details on virtually any subject.

Australian Conference in 2019 – See You There!!!!

Our new-look website edgarcayceaustralia.org has now been launched and displays current information about our upcoming Conference:

Edgar Cayce on Reincarnation - Your Odyssey Through Time

*RACV Goldfields Resort, Creswick, Victoria
15th – 17th March 2019*

The presenter will be Kevin Todeschi (Executive Director and CEO of A.R.E. & Atlantic University), who is an expert on the topic.

This is Kevin's first visit to Australia, and his presentations will include: ‘The Akashic Records of the Past, Present and Future’, ‘The Akashic Records & The Illusion of Time’, and ‘Your Inner Oracle: Gaining Insights into Your Past and Future through Personal Intuition.’

Kevin has advised that he will be premiering a new movie about Edgar Cayce ‘The Readings’, by visionary Japanese director Tetsu Shiratori. The Conference program is at the end of this newsletter.

All details of registration, accommodation, etc. are on the website. Book early to avoid disappointment!

'THE MASTER, MUSIC AND PRAYER'

by Bel Casey

When our time here on Earth is finished, most of us are greeted by our loved ones and angels to carry and welcome us over to the light. There are others, who, I guess, due to the way so lived are greeted by the Master Himself. One of these was Edgar Cayce.

The day before Edgar died, Gladys, is sitting quietly by his side. He stirs suddenly, asking, "Who is that man?" No one was visible but Gladys suspects it is the Master Himself. "He is playing beautiful music" Edgar replies. "... He is the musician as well, for he plays the harp."

In reading 57491-1 Cayce refused to awaken when prompted but continued in his trance. As if present, he is describing Jesus who is at the Last Supper; he washes the feet of the disciples, then says "*It is finished.*" Cayce goes on to say, "*they are singing the 91st Psalm. ...He (Jesus) is the musician as well for he uses the harp.*"

Other readings mention Jesus as being a musician and a harpist, and that the music as an instrument of healing. Music is mentioned often in the readings as a means for harmony and solace for the soul. The readings are also a great source of information of vibrations, and music is possibly among the greatest of vibrations and a phrase Edgar often used, was 'music of the spheres'.

"Then enter into meditation, in the wee hours of the morning, when the world at large is quiet - when the music of the spheres and the morning stars sing for the glory of the coming day, and ask the soul; and let spirit of self answer." (440-4)

The following reading was for Edgar Cayce himself, after a vision he experienced while teaching Sunday School.

"One that has been endowed with an understanding of a peoples known as the Indian, that may by grunts, incantations, or in the various forms of expression to convey that which is being sought of the relations of one to another, is not understood by one who has been endowed with an understanding of the other environs; as in France or in the U.S.A. Not understood, no; but when that language that bespeaks of faith, hope, kindness, love, is manifest it

expresses, it conveys to the heart and soul of all a UNIVERSAL language; as does music, as does the beauty of a rose, as does the music of the spheres partake of that which is the closer to that relation as the soul, whether occupying this or that body, has with that Creative Force from which it emanated." (294-155 – author's emphasis)

As a child, Edgar had, with his mother, an experience showing him the power of Prayer. She had been through a traumatic event, and in desperation, sitting on her kitchen floor, crying and holding onto Edgar's hands she prayed. Something he had never heard her do. He heard her prayers like music as he later described it. In a lecture given years later, simply put, each entity has a particular note, and when alone, or in small or larger groups, prayer becomes a powerful divine orchestra.

Music is increasingly being researched as being helpful to students when studying and being used in hospitals where it has been shown that it helps the healing process. It soothes and eases the mind in cases of depression, sadness and loss. There is so much music in the world, that created by man and that by nature. The music of chanting is something we can all do, whenever we seem to be wavering, chanting before prayer is also an excellent way in which we can prepare ourselves for our prayers.

The music of Prayer then is a powerful vibration that can work miracles. This is best described in a talk by Gladys Davis, at the 2nd A.R.E. Congress on the purpose of the Glad Helpers Prayer Group.

"When the teachers and the players are able to cooperate in bringing the greatest harmony from the notes given them, then the Master Musician (the Christ) becomes the orchestra leader, and perfect harmony reigns throughout."

(My thanks to Sidney Kirkpatrick for his article 'The Master Musician', Venture Inward Jan-Mar 2013, without which I would not have been able to put together this small offering. If you are a member, I encourage you to travel back in time and read the full article. It has helped me understand much more about prayer).

'THOUGHTS: CRIMES OR MIRACLES?' by Russell Bowey

In the Edgar Cayce readings, the expression 'Crimes or Miracles' is often used to describe the application – in a selfish, or a selfless, manner – of the thoughts we entertain. Thoughts are also often described as 'deeds' or 'things', as in the following three readings:

Thoughts ARE deeds, and as their currents run bring either those of MIRACLES or crimes. 281-3

The mental is the builder, for thoughts are deeds - they may become crimes or they may become miracles, whether guided by the spirit of truth, or as to the gratification of self's own interests. 451-1

For, with every thought as is given out there is the corresponding good and evil, for thoughts are deeds and may become either miracles or destructive forces, depending upon how they are used by the individual in their inner selves. 254-12

The following reading explains, that for anyone attempting to read the Akashic Record – including Edgar Cayce himself – there is often difficulty or confusion in differentiating between what an individual DID in a prior incarnation, and what that same individual THOUGHT:

The records of an entity are written upon time and space, as the skein of things. They may be called as images. For thoughts are things, and as they run, so are the impressions made upon what we call time and space. Hence often there is confusion in the experiences of those interpreting for individuals their activities through any given period, in differentiating between that which was the thought of an individual and that which was the actual activity. 1562-1

This next reading explains how, for a sensitive person, another person's thoughts can be very physical indeed:

For, thoughts are things! and they have their effect upon individuals, especially those that become supersensitive to outside influences! These are just as physical as sticking a pin in the hand! 386-2

And this next reading stresses the importance of coordinating our inner world of thoughts, with our outer world of actions:

For, as we have given, the activity of each life is written in time and space, either through the deeds done in the body or the thoughts that have been

thought in the mind. How DO the currents run? How readest thou? Each life, each expression of life, is lived in a twofold manner: That within, with its thoughts and its expressions. And that without, as to be seen of men. Do these coordinate? Do these harmonize with that thou thinkest of thine Creator? Then, as the entity goes about seeking whom it may aid in thought or deed, let them be in harmony with the fruits of the spirit. 505-4

The factor that can make a thought, or a deed, a crime or a miracle is the will, combined with an ideal. As the following reading explains, a great deal of what we build in any incarnation occurs without applying the will – our mind chooses for us – for our good, or our detriment:

In the experience, then, we find these as builded IRRESPECTIVE of will, and those that have been builded as respecting the APPLICATION of will's influence; for WILL is that developing factor with which an entity chooses or builds that freedom, or that of being free, knowing the truth as is applicable in the experience, and in the various experiences as has been builded; for that builded must be met, whether in thought or in deed; for thoughts are deeds, and their current run is through the whole of the influence in an ENTITY'S experience. Hence, as was given, "He that hateth his brother has committed as great a sin as he that slayeth a man," for the deed is as of an accomplishment in the mental being, which is the builder for every entity. 243-10

And this reading asks us to examine what ideal prompts our thoughts and actions:

There are the laws that are unchangeable, and that are ever creative and constructive in their influence. For, otherwise there are turmoils that overtake those who disregard same - that are unseen and not easily found by material reasoning. For, they are the results of thoughts. Know that thoughts are things, and as their currents run they may become crimes or miracles.

Are thy thoughts always prompted by the desire to be of help to others? or are they the more often prompted by the desire to use OTHERS as thy stepping-stones to better things for thyself?

This can only be answered in self - according to what is thy ideal? Who is the author of thy ideal? 2419-1

'WHO IS YOUR FAVOURITE SUPERHERO?'

- by Russell Bowey

A recent article on the internet caught my attention with the headline 'How superhero films are replacing religion in teaching us how to live'.

The article's author, Siobhan Hegarty, claimed that: "many of us get our sense of right and wrong from more cinematic sources". She quotes Jesuit priest and film critic Father Richard Leonard, who urges us to look at the origins of this genre. He says: "I don't think it's by accident that [the superhero genre] explodes with The Shadow, Hercules and Superman in the Great Depression."

Dr Justine Toh, a senior research fellow for the Centre for Public Christianity, is quoted as saying: "People are [increasingly] disaffiliated with institutional religion, but they are what you might call 'orphan believers', they're still transfixed by something bigger than themselves. Even if people report feeling a sense of awe or wonder about the universe, it speaks to some sort of longing within us that is a spiritual longing."

Dr Toh adds: "Maybe you go to the cinemas and watch something and say, 'OK, in order to be a hero, I need to be able to think about other people and maybe sacrifice my own interests in order that others might live'. "The whole Avengers franchise is all about that."

Hegarty also comments: "Whether we realise it or not, these cinematic battles to save the world instil in us a sense of purpose and a 'right' way to live."

In another article: 'Why superheroes tap into the messiah story', that article's author Joel Hodge states: "... these films show that evil can only be confronted by self-sacrificial love. Heroism doesn't mean taking power and ordering others to their deaths, but taking responsibility for others, even their mistakes and weaknesses, at the expense of one's own life." This echoes the words of Jesus: "Greater love hath no man than this, that a man lay down his life for his friends." (John 15:13 KJV)

The battle between the forces of good and evil, and the 'saviour' archetype with 'supernatural' abilities to overcome evil on behalf of all humanity, are common themes throughout our earth's history.

The Bhagavad Gita is an ancient Hindu Scripture comprising a dialogue between a prince, Arjuna, and his guide and charioteer, Krishna. Arjuna is concerned about the violence and death an impending war will cause. He wonders if he should renounce and seeks Krishna's counsel, who advises Arjuna to "fulfill his Kshatriya (warrior) duty to uphold the Dharma" through "selfless action".

Whenever we are inspired by the life portrayed by a superhero (or even a mere mortal) in a movie, book, or in real life, it is usually because the spirit in which they act resonates with our own highest ideal. The Cayce readings say this about greatness and ideals:

Who is to say as to whether any individual is great? He that fulfill to the fullest his ideals in relationship to his fellow man. For, as one does to others is the measure of greatness or goodness towards the Creative Forces. 1100-31

And the readings emphasise that the highest ideal, and the ultimate 'superhero', is found in Jesus:

There is one ideal - that which manifests in the earth in the Christ-Jesus. THAT should be every entity's ideal, - physically, mentally, materially ... For He IS the light, He IS the way, He IS the truth, He IS the power! 2533-7

And how did He combat evil? Did He retaliate against those who attacked Him, as is so often portrayed by the superheroes in these movies? In this reading, Edgar Cayce provided the answer:

If thy friend or thy foe smites thee on the one cheek, do ye revile him because his power and his might is greater than thine?

Know that even as the Christ, even as the Jesus - had He withered the hands of those that smote Him because it was in His power, He could NOT be, He would NOT be, thy Christ, thy Savior, thy Lord!

Then as He gave, "Do thou likewise." 1440-2

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.

Edgar Cayce on Reincarnation - Your Odyssey Through Time

RACV Goldfields Resort, Creswick, Victoria, Australia

An International Asia-Pacific Conference presented by Edgar Cayce Australia, 15th - 17th March 2019

Friday 15th March	Saturday 16th March		Sunday 17th March	
	Time		Time	
	8.00 - 9.00	Registration - continued		
	9.00 - 9.30	Welcome and Introduction (Russell Bowey)	9.00 - 9.30	Announcements (Russell Bowey)
	9.30 - 10.45	The Akashic Records of the Past, Present and Future - Part 1 (Kevin Todeschi)	9.30 - 10.45	The Akashic Records of the Past, Present and Future - Part 3 (Kevin Todeschi)
	10.45 - 11.15	Morning Tea and Stretch Break	10.45 - 11.15	Morning Tea and Stretch Break
	11.15 - 12.30	The Akashic Records of the Past, Present and Future - Part 2 (Kevin Todeschi)	11.15 - 12.30	The Akashic Records and the Illusion of Time (Kevin Todeschi)
	12.30 - 2.00	Lunch	12.30 - 2.00	Lunch
	2.00 - 3.15	Your Inner Oracle: Gaining Insights into Your Past through Personal Intuition (Kevin Todeschi)	2.00 - 3.15	Your Inner Oracle: Gaining Insights into Your Future through Personal Intuition (Kevin Todeschi)
	3.15 - 3.45	Afternoon Tea and Stretch Break	3.15 - 3.45	Afternoon Tea and Stretch Break
	3.45 - 5.45	Movie 'The Readings' - Australian Premiere (introduced by Kevin Todeschi)	3.45 - 5.00	Summary, Closing Ceremony and Feedback
	5.45 - 6.30	Free Time <u>or</u> Demonstration of 'Sojourns - The Board Game' (Russell Bowey)		Happy Journeys!!
6.30 - 8.00 Registration	6.30 - 8.00	Dinner (Optional)		