SOUTHERN LIGHTS

Winter - long, cold nights and short, overcast days with quiet fog and mist



(Q) Why have so many people had such severe colds this winter, that have been hard to get rid of? (A) The astronomical conditions as related to those under certain signs. ***289-8***

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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 can also arrange talks on many topics from the Cayce readings such as diet and health, Atlantis, the mind, reincarnation, ideals, attitudes and emotions, meditation and dreams. If you are interested in any of our groups, or to arrange a talk on any topics from the Cayce readings, please email russell@edgarcayceaustralia.org

Editorial: 'Mattering'
by Russell Bowey

I recently came across an unfamiliar word – 'mattering'. And when I asked Google what it meant, I discovered a recently-published book: 'Mattering: The Secret to Building a Life of Deep Purpose and Connection' by Jennifer Breheny Wallace. In her book, the author demonstrates 'that when people feel they truly *matter*—that their presence and contributions are noticed, needed, and missed when they aren't there—everything changes. Productivity soars, relationships deepen, and communities strengthen.'

As one book reviewer stated: "Wallace invites readers to see their lives not as isolated achievements, and instead as part of a wider web of influence, a glittering map of sparkling lights of impact we've had throughout our lives."

Those who feel valued, needed or important, and can make even a small difference in the lives of others, usually exhibit higher self-worth and self-esteem, and those who feel as though their lives don't matter, can often feel lonely and lacking in purpose. Whether living in an inclusive, small community, or a high-pressure, fragmented large metropolis, there is still opportunity, every day, for recognising how much we matter to each other.

The aged, who often feel 'invisible' once they have retired, can always be encouraged to volunteer and be acknowledged by their family and community.

The Edgar Cayce readings reinforce the importance of ensuring that people know that we care about them, and that we can ourselves matter through a desire to help others, to make a difference, to contribute in some way.

*Brighten the corner where thou art from day to day. Let not a day go by without speaking to someone with the smile of the face and eye reminding them that somebody cares **3357-1***

*Just think in self, "somebody cares!" it is the greatest thought that comes to the mind of man - "somebody cares." For what? As to whether ye are this or that, or that they may use you for this or that? No! That they would like to give, like to be, like to supply thy every thought, thy every need of every nature. It is with that spirit, if these are applied, that there may be brought a change entirely. **3365-1***

*Yet that hope .... brought those abilities within the present to create or to give hope and cheer to the hearts and minds of those whom the entity may meet - in these experiences and in these days - the desire to be something for "someone cares!" .... know that thy greatest virtue - in whatever condition or position or place ye find thyself - is to bring hope, is to bring optimism into the experiences of those ye meet day by day! **1632-3***

Edgar Cayce on .... 'Good and Evil, Life and Death'

There is ever set before this entity daily (as each entity), good and evil, life and death. Life is growth. Death is as that separation or turning about, turning away from, or the opposite of growth. Hence the entity has in itself WILL, that knowledge, that understanding, with which the entity exercises its choice, to which it adds either for the satisfying or gratifying of self's emotions or self's desires, or for the magnifying and glorifying of the spiritual sources or help.
These may be one, if the entity makes the hope, the desire of the body, the mind, the soul, in accord. Yet the soul ever seeks to magnify or glorify the divine.
*Hence the constant warring that one finds in its members - body, mind, soul. These are as the real of the shadows of appetites, of desires, of those things that are habits of body and that take hold as a habit. Yet who ever saw a habit? For it is a mental thing and is personal. Its individuality may be of the creative forces or of the destructive forces. **3420-1***

'From Karma to Grace'

by Liz Power

In his Book "From Karma to Grace: The Power of The Fruits of The Spirit", John Van Auken explains that the Edgar Cayce readings show how we can learn to move from karma to grace. We have free will as souls so that we can freely choose to regain our birthright as companions and co-creators with the Source. But we have in many past lives forgotten our Oneness, acting selfishly; and as Jesus says whatever you do to the least of your brethren, you do to me.

Van Auken explains the word "karma" is from Sanskrit, the ancient, religious language of Hinduism, from a root word meaning "to do" or "to make." We make memories and build habits carried over from life to life. Cayce says in the akashic records thoughts are as real as actions, and when applied can create crimes or miracles. Van Auken says karmic memory "lies on the other side of the veil of consciousness" so we don't carry the doubt and guilt of past lives consciously; "the outer self often feels unfairly put upon, having no memory of the origins of these responses, habits, and character traits."

Emotional habits like doubt, fear, avarice, greed, pride and self-will are the legacy of our selfishness in past sojourns. Karma can lie dormant within the soul's subtle body until awakened. Karma is deep memory, both individual and collective. Our karma is often experienced repeatedly with the same souls but their memory is different and their karma is their own.

We express our knowledge of karma when we say "like attracts like" and "what goes around comes around," but Cayce says not all hardship is karmic. It can be a test, like in the Biblical story of Job, who faithfully endured his trials.

The law of karma is to educate and enlighten; it is not for sacrifice or punishment and is not a matter of inevitability, futility or limitation. If the soul avails itself of the grace of the Spirit, it can transform its karma to grace. Van Auken quoted the Vedic texts that karma is destroyed by the purification of the soul, and in Hebrew texts also we read "Our God is a consuming fire." But fire is a metaphor for the Spirit.

Van Auken explains that the word "grace" is also from Sanskrit, from the root words "gr" and "grnati" meaning "warm approval" and "favorable acceptance." When we meditate on and practise the fruits of the Spirit, we learn to live with grace, expressing love, mercy, faith, forgiveness, patience, meekness, humility, kindness, gentleness, peace, joy, goodness, temperance and forbearance. Christ consciousness, as perfectly manifested by Jesus, is the pattern to follow to reactivate our true relationship with the Source.

The open secret in Jesus' words, "I seek mercy, not sacrifice," is that divine law is so merciful that we do not have to make up for all our past sins with sacrifice; rather, we must understand these mistakes in others. If you can understand others' misuse of free will, then your misuse is understood. If you can forgive then you are forgiven. If you can forget, your sins will be forgotten too.

Kevin Todeschi in "Edgar Cayce on Reincarnation and Family Karma" quotes reading ***2533-1***: '*For, it is not by chance that each entity enters, but that the entity - as a part of the whole - may fill that place which no other soul may fill so well.*' Every important person in one's life is there for a reason and no meeting is by chance. Understanding the mistakes, vices, and weaknesses of oneself and others and faithfully enduring all tests are two keys to regain our birthright as companions and co-creators with the Source of all love and life.

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.

'The World Our Minds Build'
by Chris Hardcastle

Why are we here? Is it to love, to learn, to suffer, to observe, to experience, and to grow? Probably all of these. The Edgar Cayce readings remind us that we are souls having a physical experience. Life is not simply about getting through it, but about growing in consciousness. We each have free will, and every choice we make either moves us a little closer to understanding who we really are, or a little further away. As Cayce often said, Spirit is the Life, Mind is the Builder, and the Physical is the Result. Perhaps the world we see around us reflects the consciousness we have created.

That makes me wonder if there is another question we should ask ourselves. Not only why are we here? but what kind of world are we here to create? I believe we have both the ability and the need to change this world. Imagine moving beyond politics, greed and the constant struggle for power, towards a global community of self-aware people working together for the benefit of everyone. It sounds idealistic, but then every real change begins as an idea.

History tells us that great civilisations come and go. Whether through natural events, conflict or simply losing their way, they eventually disappear. Looking at the world today, I sometimes wonder whether we are approaching another crossroads. We have developed extraordinary technology, yet instead of freeing humanity, much of it seems to deepen division, inequality and control.

Technology itself is not the problem. It is simply a tool. The real question is what our use of it says about us. Today, we have the ability to remove much of the repetitive work that has occupied humanity for thousands of years. Robotics and artificial intelligence could allow people more time to create, learn, care for one another and explore life's deeper questions. Then what?

Imagine a world where everyone's basic needs were met. No hunger. No fear of poverty. No constant struggle just to survive. What would humanity become?

Would we simply become more self-indulgent? Or perhaps we would become more creative, more compassionate and interested in understanding ourselves and our place in existence.

Personally, I don't see ideas such as Universal Basic Income as the final answer. While they may ease hardship, they still operate within a financial system where power and decision-making remain concentrated. I wonder whether humanity is capable of thinking beyond money altogether. Perhaps one day we might create a society based more on shared resources than competition. Whatever form such a society might take, it could only emerge from a corresponding transformation in human consciousness. Maybe that sounds impossible. Most new ideas do at first.

I also wonder whether this understanding is really new. Many spiritual traditions speak of the oneness of life. The Law of One expresses that we are all part of the same consciousness, and that what we do to another we ultimately do to ourselves. I believe there may have been societies in the distant past that lived with this awareness more fully than we do today. Whether that is true or not, the principle still feels important.

Perhaps our lives are really about remembering that connection, and the world changes in exactly the same way a person does—one choice, one act of kindness, one shift in awareness at a time. When we look in a mirror, we see a face. But if we look into our own eyes for long enough, something else seems to be looking back. There is an awareness there that feels older, quieter and wiser than our everyday thoughts. Some call it the soul. Some call it the divine spark. Some call it the Great I Am.

Whatever we call it, I feel it has far more wisdom, compassion, creativity and love than we usually allow ourselves to express. Maybe that is who we really are. Maybe the future of humanity will depend less on the technology we create, and more on whether we remember who we really are.

'The Butterfly Paradox'
by Russell Bowey

Are we all dreaming, or awake?
In the 1999 movie 'The Matrix', we are introduced to the concept that most of us are living in an artificial, constructed world, whilst only a select few are awake to the 'real' world.

Chuang Tzu was a Taoist philosopher in ancient China, who, one night went to sleep and dreamed that he was a butterfly. He dreamt that he was flying around from flower to flower and while he was dreaming, he felt free, blown about by the breeze hither and thither. He was quite sure that he was a butterfly. But when he awoke, he realised that he had just been dreaming, and that he was really Chuang Tzu dreaming he was a butterfly. But then Chuang Tzu asked himself the following question: "was I, Chuang Tzu, dreaming I was a butterfly, or am I now really a butterfly dreaming that I am Chuang Tzu?"

However, Chuang Tzu also said: "Only when they are awake do they begin to know they dreamed. Then comes the great awakening, when we find out that life itself is a great dream."

In Romans 13:11 (KJV) is the statement: '… now it is high time to awake out of sleep …'

So, like Neo in The Matrix, we need to awaken ourselves to the fact that in our everyday life we are also living within a dream, and ask ourselves the question: 'Is physical consciousness dreaming for the soul?'

This idea is certainly suggested in the following Cayce reading: *For, will is the factor that makes for growth in the soul's sleep through the earth's experience. For, with the birth of a physical body the soul slumbers; and its dreams are the deeds by which the soul is judged in its associations with its fellow man.* ***259-8***

It requires a great strength of will to constantly remind ourselves that we are living in a dream.

Hypnagogia is the transition period between wakefulness and sleep. It is a period when you can give positive suggestions directly to the sub-conscious mind. Edgar Cayce often recommended pre-sleep suggestion for helping relieve many different ailments. Hypnopompia is at the other end of the sleep cycle, as you awaken. It is a time when you can still recall dreams.

These states are similar to daydreaming, and at times when the mind is detached from the physical, such as sitting in a bath, or hanging clothes on the clothes line, you can receive 'downloads' of information, or remember dreams that you had forgotten, or even be given solutions to problems you had been working on.
Studies suggest that most people can spend up to half of their waking time in daydreaming, and that brain areas associated with complex problem-solving -- previously thought to go dormant -- are in fact highly active during daydreaming.

The Cayce readings related our reason for daydreaming to our planetary sojourns between earth incarnations.
As to the astrological aspects, we find these are from sojourns between the earthly appearances or activities in material forms; and are latent and manifested through the dream urge - not vision, but daydream, or the intents that arise from associations or activities. ***1686-1***

And the following reading relates dreams and visions to the activities of our real self.
Whether the body desires or not, in sleep the consciousness physically is laid aside. As to what will be that it will seek, depends upon what has been builded …. for such experiences as dreams, visions and the like, are but the ACTIVITIES in the unseen world of the real self of an entity.
CONSCIOUSNESS - [physical] consciousness - see - man seeks this for his OWN diversion. In the sleep [the soul] seeks the REAL diversion, or the REAL activity of self. ***5754-3***

'Cause and Effect'
by Russell Bowey

Causes and effects are EVIDENT in a material world. While one follows the other, they are as interlocking as day and night. ***Edgar Cayce Reading 343-2***

We live in a material world of cause and effect. But what if the spiritual world reverses that. The effect in the spiritual world creates the cause in the material world? The Edgar Cayce readings say that karma is just memory. But what is it a memory of? Perhaps these lessons are not necessarily sequential. We only assume that a past-life event must be the cause of present-day karma.

Precognitive knowing (dreaming of something before it happens) violates the principles of causality, that an effect does not happen before its cause. Paradoxes are common when dealing with physical and spiritual realities.

The Cayce readings suggest that nothing of importance happens to us without first being previewed in a dream.
…. for dreams are that of which the sub-conscious is made, for any conditions ever becoming reality is first dreamed. ***136-7***

The readings also suggest that one explanation for the déjà vu phenomenon is that our dreams often foreshadow future events (also known as déjà rêvé). Such precognitive dreams may be forgotten, or not even recalled in the waking state at all, and only when those events unfold in our waking life are they experienced as a feeling of déjà vu.

Edgar Cayce's secretary, Gladys Davis, had a precognitive dream in January 1934 which became an actual experience in April 1935. So she asked for an explanation in a reading:
(Q) [288]: Please explain how physical conditions may come to pass as dreamed of at times regarding individuals. Are such conditions set at the time dreamed of? Why would one dream of any given condition?

(A) The law of cause and effect is immutable, by choice in individual experience. Or choice [will] is the factor that alters or changes the effect produced by that which is the builder [mind] for every experience of associations of man, in even material experience.
Hence as thought and purpose and aim and desire are set in motion by minds, their EFFECT is as a condition that IS. [my emphasis] For its end, then, has been set in that He, the Giver of the heavens and the earth and those things therein, has set the END thereof. DREAM is but ATTUNING an individual mind to those individual storehouses of experience that has been set in motion.
Hence at times there may be the perfect connection, at others there may be the static of interference by inability of coordinating the own thought to the experience or actuality or fact set in motion. Hence those experiences that are visioned are not only as has been given to some, to be interpreters of the unseen, but to others dreams or as dreamer of dreams, to others as prophecy, to others healing, to others exhortation, to this and that and the other; yet all are of the same spirit. Hence this is the manner as may be seen. This has little reference to BODY-DESTINY, but much with the MIND. ***262-83***

Déjà vu could also be explained as a re-viewing, or remembering, of an experience from a past incarnation. If you and I were sitting in a café having a conversation, for example, when one of us suddenly realised we'd had this same, or similar, 'modern day' experience some time before; that's déjà vu. This is also called 'anamnesis', or memory from a past life (a term first used by Plato & Socrates). Or perhaps déjà vu is simply a way of knowing that your life is unfolding as it should, as it was pre-ordained to unfold, and confirmation you are on the right path.

The following Cayce readings expand on the principle of cause and effect.

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'Cause and Effect'
by Russell Bowey

Continued from Page 6

It is not all for an entity, or a soul, to have knowledge concerning law; whether karmic law, spiritual law, penal law, social law, or what not. The CONDITION is, what does the entity DO ABOUT the knowledge that is gained! Is the knowledge used to evade cause and effect, or is it used to coerce individuals into adhering to the thoughts of self? or is it used to AID others in THEIR understanding OF the law, and THUS bring the cause to that position where the WILL of the Creative influence is supreme; or the power that comes with making the will one WITH the law of love, of karma, of cause and effect, of every influence - one WITH Creation! ***342-2***

Now, in describing the conditions as we find that disturb the physical forces of the body, it will be at times difficult to differentiate between cause and effect. ***576-1***

It is a natural law, as two and two make four. It is the natural consequence, it is the activity of cause and effect that is so often expressed in your conversation and the more in the activity.
But remember these are spiritual laws as well as material, for without the SPIRIT, without the motive, without the desire, without the will, these become as naught.
For all knowledge or all power is of Creative Forces - or God. And it is a law that is love, if man will but embrace and live and manifest same in the daily experience. ***1432-1***

(Q) Were my parents selected by me before my present incarnation? Is such a choice usually accidental or deliberate?
(A) A whole dissertation might be given on this subject! and it would be necessary, in order to give a full explanation. Remember, LAW - physical, mental and spiritual - is EVER active! and yet may be RETROACTIVE at times.
There is the law of cause and effect. There is the law of attraction. These are not JUST the same, though they join one to another. Hence the individual entity, or self, CHOSE - partially - because of there being created the channel through which expression might be found. ***2170-1***

To be sure, the experience of life is cause and effect, which is the first premise of the mental application of the entity in the symbols of its mental, physical and spiritual manifestation. Yet, all should move in straight lines towards a goal. Hence set an ideal first. ***2648-1***

A very well-known axiom from the Cayce readings (paraphrased) states: '**Spirit is the life, mind is the builder, the physical is the result**.' However, based on the above reading about setting an ideal first, and this reading: *Mind is the factor that is in direct opposition of will.* ***3744-2***, I believe that axiom should be rephrased as: **Spirit is the life, will is the chooser, the ideal is the patterner, mind is the builder, the physical is the result**. That way, we can ensure that what our mind manifests in the material world, is in accordance with our highest spiritual ideals.

'New Thought' author Neville Goddard, in his book 'Out of This World' explains how our imagination and will, combined, bring about manifestation: 'Assumptions awaken what they affirm. As soon as man assumes the feeling of his wish fulfilled, his four-dimensional self finds ways for the attainment of this end, discovers methods for its realization. I know of no clearer definition of the means by which we realize our desires than to experience in imagination what we would experience in the flesh were we to achieve our goal. This experience of the end [effect] wills the means [cause]. With its larger outlook the four-dimensional self then constructs the means necessary to realize the accepted end.... How the waking dream becomes physical fact is not our concern. Our acceptance of the waking dream as physical reality wills the means for its fulfillment.'