

# SOUTHERN LIGHTS

*News from Our Centre in Central Victoria*



We are pleased to announce that we are now on Facebook at:

*Edgar Cayce Australia Inc*

Look for the A.R.E. 'dove' logo to open the correct page.

The Facebook page will help us to provide more up-to-date information about our activities, including the next Prayer Group meeting in Creswick, on Sunday 19<sup>th</sup> June.

I would like to thank my daughter, Genevieve, for setting up the page.

Remember our website:

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

And our contact email addresses:

For General enquiries: [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org), for  
Study Group enquiries: [bel@edgarcayceaustralia.org](mailto:bel@edgarcayceaustralia.org), & for  
Prayer Group enquiries: [donna@edgarcayceaustralia.org](mailto:donna@edgarcayceaustralia.org)

**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](mailto:russell@edgarcayceaustralia.org) or phone us on (03) 5345 2945.

## ISSUE 8, AUTUMN 2016

Welcome to our Eighth issue



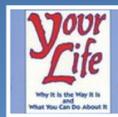
Editorial - 'Reaping What You Sow' - by Russell Bowey

2



When the Morning Stars Sang Together - by Russell Bowey

2



Like Begets Like and the 'Golden Law' - by Bel Casey

3



Meditation: As Easy as Baking a Cake - by Anonymous

4



A Work in Progress - by Russell Bowey

5

*To Make Manifest the Love of God and Man*

## Editorial – ‘Reaping What You Sow’ – by Russell Bowey

The Laws of Nature are immutable. When you plant bean seeds, you do not expect to harvest mushrooms.

Similarly, if you sow the fruits of the spirit – patience, kindness, love, charity, faith, compassion – those are what you will reap.

*Sow the fruits of the spirit and leave the results to God—that is God's way. 1877-2*

Unfortunately, we also have a tendency to sow the seeds of fear, hatred and condemnation, and the readings warn us:

*CONDEMNATION for such is CONDEMNING self, and .... that builded or held against another is builded within self's OWN environ, and must be met in some manner or form. 6-2*

If we condemn the beliefs or actions of others (or ourselves), then we must eventually harvest exactly what we have sown, in this lifetime or a subsequent one.

I found it encouraging, therefore, when I read the following two headlines in the news this week:

**‘Church of Scotland takes historic decision in favour of gay clergy marriages’** and;  
**‘Righting the wrongs: Gay community to receive formal state apology’**

I applaud the actions of the Church of Scotland and the Victorian State Government in taking the lead in overcoming the prejudice towards those wishing to be in same-sex relationships, and enabling them to live their lives in ‘honesty and integrity’.

From Report of Reading **479-1** (for a 21-year-old male): *It's important to remember that the soul is not male or female. The soul can also change sex from one life to another. With reincarnation, every soul has had a myriad of lovers and sexual relationships. What the soul is held accountable for is not the*



*sex act, but rather the intent of the relationship. What was the person's ideal? ... a relationship based on sex alone was considered counterproductive.*

*However, a loving ... supportive relationship between two adults with sex as an ingredient would not be considered problematic by the Cayce readings.*

---

## When the Morning Stars Sang Together

### By Russell Bowey

The first ‘Life’ reading that Edgar Cayce gave for himself (in February, 1924), indicates he was one of the first group of souls to enter this plane, and was charged with great responsibility to help others:

*In that before this, we find in the beginning, when the first of the elements were given, and the forces set in motion that brought about the sphere as we find called earth plane, and when the morning stars sang together, and the whispering winds brought the news of the coming of man's indwelling, of the spirit of the Creator, became the living soul. This entity came into being with this multitude. As to the experiences as have been given in this plane, the earth, and the often sojourn upon this plane, we find all summed in this:*

*Take this thou hast in hand and make and mold it into the present plane's development, that thyself and others may know that God is God, and demands of His creatures that of the knowledge of self, that they may better serve their fellows, and in so doing present themselves as the ever giving force, bringing to others to the knowledge of Him.*

*There are many other influences as have been shed abroad in the earth's plane from the entity's sojourn there. These are given that all may know and understand that the record of each soul is kept in and unto that Great Day.*

*Be not deceived. Be not overcome, but overcome evil with good. 294-8*

# Like Begets Like and the 'Golden Law'

by Bel Casey

My spiritual journey began by discovering Edgar Cayce and his legacy to us. Since then I have changed beyond what I thought I could be. Having worked our way through all A Search For God books, our group decided to work with this Golden Law through the book "Your Life, Why it is the Way it is and What You Can do About It - Understanding the Universal Laws" by Bruce McArthur.

I am also reading "The Intelligent Heart; Transform your Life with the Laws of Love." This is by Bruce's son David McArthur who has included a lot of Bruce's work. Both of these books show us how to work with the "Universal Laws".

Bruce asks us to step aside and watch ourselves, and it can be challenging. At the same time he asks us to look deep within to our inner light and make it shine a little brighter. By asking us to work through our Heart, David is letting us know that we too need to treat ourselves aright.

By taking a good look at the Universal Laws, it seems that they all come down to one simple sentence. "As you do to others, it will be done to you." The Golden Law! Cayce said:

*"As ye would that men should do to thee, do ye even so to them" is not merely rote, not merely a saying, but is a Universal Law a universal consciousness. For it brings that which is the helpmeet, "Whatsoever ye sow, that shall ye also reap." (1837-1)*

The following are taken from the writings of various religions and show this universal consciousness.

Christian: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself." (Jesus)

Judaism: "What is hateful to you, do not do to your fellow man; that is the entire law; all else is commentary." (Hillel)

Buddhism: "All men shrink from suffering and all love life; remember that you too are like them; make your own self the measure of others, and so abstain from causing hurt to them." (The Dhammapada)

Muhammad: "Do to all men as you would wish to have done unto you; and reject for others what you would reject for yourselves." (Hadith)

The Hindu Vedas: "Do not to others what you do not wish done to yourself; and wish for others too what you desire and long for, for yourself - this is the whole of Dharma, heed it well." (Mahabharata)

Confucius: "Do not unto others what you would not have them do unto you." (Analects)

It would be a different world, if all people listened to the wisdom of their great prophets.

For those on the Spiritual Path, it is a life's work. No public holidays, weekends or sleep-ins. It is 24/7. Persistent and consistent application is required until it becomes a natural part of our being. Our major stumbling block is that we are human; spiritual beings in a physical body. We need to change our stumbling blocks to stepping-stones. We will fall at times then carry on. We need to be gentle with self at these times.

Looking at myself since we started studying this book "Your Life" I can see a renewal of my spiritual being. I am fine tuning myself, and this work and the ability to look so thoroughly at myself is due to the SFG Study work.

Here, I shall let Edgar Cayce have the final word.

*GC: [Reading first paragraph.] Man is endowed with no greater ability that of being able to step aside and study self. Down through the ages there has come the command from the great teachers - "Know Self." It is the key to the door which bars the way to the path of light and understanding of universal law and its creator. (262-10)*

# Meditation: As Easy as Baking a Cake

By Anonymous

The following is a simple analogy recipe for a Cayce-style meditation.

## 1. Decide what type of cake you wish to make.

Edgar Cayce's concepts on meditation suggest the importance of having the right ideal and purpose in meditation. It is therefore important to choose the type of meditation you wish to have and what consciousness you wish to raise within yourself in meditation.

'A Search for God' Book 1 speaks about the ideal in meditation and says the following: 'Let us not become involved and confused by material means to meditation, but rather consider first the fundamental reason for it and make that reason in harmony with the highest desire we can conceive.'

It goes on to say 'A higher state of consciousness is the aim and purpose of deep meditation. It is important, therefore, that attention be fixed upon the ideal which is to be raised.'

The book gives us an idea of what type of ideal we should aim for when it says, 'If the ideal, the image, the mark of a high calling, is a standard which is in accord with the highest aspirations for service which we can recognise, then we bear the mark of the Lamb, the Christ. As we raise this, we are able to enter into the very presence of the Creative Forces.'

It also speaks of using the ideal as an inner feeling rather than focusing on words alone such as in an affirmation. Therefore if using an affirmation for your ideal, focusing on the feeling the affirmation evokes is helpful in raising the consciousness. Also mentioned is having 'a strong desire that the meeting with the inner self and God be unobstructed and unmarred by other distractions.'

## 2. Collect the ingredients you need and mix together

Everyone has their own personal routines to prepare for meditation. Whether it's lighting a candle, wearing loose clothing, soothing music before meditation, a tidy room etc.

Again from ASFG Book 1 we have, 'For some, the simplest approach is best, for others, a complicated procedure is necessary.'

Without losing sight of the purpose of meditation it is best to use the ingredients that help us individually to get into the zone.

Prayer (of attunement, of protection and for others) is also another wonderful and recommended way to prepare for meditation, as it begins to raise the consciousness by the very act itself.

## 3. Bake mixture in a moderate oven (not too hot, not too cold – here we can see advice from the Revelation or Goldilocks and the three bears in play).

If we have prepared ourselves well with the ideal we can understand how meditation works using the following analogy. Just like the oven permeates the cake mixture with warmth and the cake rises, so in meditation does God permeate us and a higher consciousness is raised within and throughout our whole being. God acts like the oven and the ideal that we chose to hold for our meditation is that consciousness that is raised within us.

## 4. Serve cake generously to others

Service and giving out prayers and love to others is the icing on the cake when it comes to sharing around the love that has been raised in meditation. 'My cup runneth over, surely goodness and mercy shall follow me all the days of my life'. Psalm 23 is all about this.

I was also told once that the best preparation you can have for your next meditation is really living and acting on the ideal that you have set for yourself.

*If readers have their own personal story of how their lives have been touched by a concept, a book, or an event, we invite you to share it through this Newsletter. Contributions can be sent to:*  
[russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org)

## A Work in Progress – by Russell Bowey

In her A.R.E. Press booklet ‘The Politics of Hope’, Linda Gerber Quest refers to our spiritual evolution as ‘...a work in progress. It is work in which we are all involved, wittingly or unwittingly, willingly or unwillingly, helpfully or obstructively. It is the work of bringing in a New Order of Ages, and of developing into a better kind of man.’

You have probably noticed that the ‘political process’ is in top gear as federal elections loom both here and in the US. It is therefore a fitting time to re-visit what the Readings advised 80 years ago, and how we have been progressing, both individually and collectively, in the ‘work in progress’ since. Reading **1467-3** stated: *Political and religious views (are) the basis of many disputes in the lives of individuals.* Watching the evening news, there is obviously much work still to be done.

So what do we expect of ourselves and of our elected politicians? What can one individual do in relation to group and national karma?

Firstly, as these three readings suggest, you should look for guidance within your own self:

*You must find harmony within self, you must find security within self, as has been indicated. Ye cannot create it about you until you have it within yourself. 2970-1*

*Know, it is as has been given of old, "Lo, it is within thine own self that ye must find peace, if ye would have peace with others." If you would have friends, show thyself friendly, if you would have love, be lovely in thy treatment of and thy associations with others. If you would find patience, brotherly love, kindness, manifest it in self and it will come to thee. 2509-2*

*Begin in thine own self and with the one next to thee, and that which is not applicable in the life of thy son, of thy wife, of thy brother, ye cannot apply in a universal sense. Begin with self. Find the peace in self and ye will find that ye can bring it to others. For as indicated, "It must needs be that offenses come," that disturbances arise, but fear not, for thy Ideal has overcome the world. And as ye abide only in Him may ye be at peace with the world. 3902-2*

You can then carefully choose the (political) groups with which you affiliate using these criteria:

- . Align with groups that are oriented toward service to others, rather than self-service of the ‘in-group’ alone. What is the group trying to accomplish?
- . Assess the group values, ideals and purposes (manifested, not just stated). Are they in accordance with your highest ideal?
- . Be a channel of blessings, example, or leaven within the group. What part are you playing in making the efforts of the group a success?

Remember that the readings recommended working with a group, not for a group:

*(Q) In what way can I best serve as a member of the Association (the A.R.E.)?*

*(A) Study to show thyself approved unto God, a workman not ashamed, rightly dividing the words of truth and putting stress where it belongs, and keeping self unspotted from the world. It is not to serve the Association, it is to work with it that the glory of God may be made manifest in the earth. It is Association by name only, the work is within thine own heart and mind to the glory of Christ, the King. 5277-1*

Linda Gerber Quest finishes ‘The Politics of Hope’ with this statement:

‘All mankind should now know that there are two kinds of law—Universal or Divine law, and manmade or conventional law.... In contrast to manmade law, universal law is inevitable and immutable. It cannot be changed by man. But men can change their relationship to it at will, by choice. When a man comes to know this, he becomes a spiritual man in consciousness and a true politician in activity, for he works without ceasing to replace what is bad and to improve what is good—in himself and in his relations to others. He ceases to wait for deus ex machina to rescue humanity; instead, he looks to the Divine principle within himself for guidance and acts accordingly. He ceases to blame others for failures and shortcomings; instead, he does what he can to hasten the solution.’

*With God nothing is impossible, and the individual that may give himself as a channel through which the influences of good may come to others may indeed be guided or shown the way. The influence for which there is a great cry in the Earth to-day—and To-day is the accepted time. 165-21*