

# SOUTHERN LIGHTS

*Spring – A Time of New Growth & Flowering*



We are excited about our 2019 Conference – Edgar Cayce on Reincarnation – Your Odyssey Through Time. 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.

We are also excited about our new-look website:

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

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

## Editorial – ‘The Inner Life in the Digital Age’ by Russell Bowey

I recently listened to Sebastian Smee, an author and art critic, being interviewed about his newly-published essay ‘Net Loss: The Inner Life in the Digital Age’. His essay asks: “What is the inner life? And is it vanishing in the digital Age?” The average Australian aged over 14 spends almost 6 hours on social media every week (some probably a great deal more), but is that making them happy?

In the interview, Smee claimed we have lost touch with our inner life because of the digital age. He describes our inner self as the part of us that is most in touch with the truth of our mortal situation, but there is a tension between that and the part of us that we are presenting on-line all the time.

Tom Whitty, a journalist and former managing editor of Network 10’s ‘The Project’, was also part of the same interview. In the two months since leaving ‘The Project’, he had largely disconnected himself from social media. He had come to realise that his job had become his inner

life, but his true identity was not defined by his ‘digital self’. Through social media our lives are being carved up into little parcels of attention, with no time for in-depth conversations, and that is feeding into our anxiety. When you are not on-line, what is going on behind your back? What are you missing out on? Whitty felt he had what he called ‘Imposter Syndrome’ – having an inner life that he dared not share.

Smee states that our inner life also needs feeding, and is our ‘real work’. He suggests that we connect with beauty in nature, with great art work and inspiring music rather than relating with each other by how many ‘likes’ we receive on-line.

The Edgar Cayce readings identify these two parts of ourselves (the outer self and the inner self) as the ‘personality’ and the ‘individuality’:

*Personality is that ye wish others to think and see. Individuality is that your soul prays, your soul hopes for, desires. They need not necessarily be one, but their purpose must be one ... 5246-1*

*Here, for the entity, personality and individuality should have some analysis, so as to give the entity a concept of what we mean by personality and individuality: Personality is that which the entity, consciously or unconsciously, spreads out before others to be seen of others. (Individuality) is for the universal consciousness that is part of the soul-entity's activity. (Personality) is the personal, or the desire for recognition, or the desire for the other individual to recognize your personal superiority. 3590-2*

*Personality is that seen by others. Individuality is that which shines out from within, separating one from another. The nearer one becomes to that which will give its INDIVIDUALITY - yet losing itself in the whole - the MORE individuality one attains! 345-2*

The ultimate expression of our individuality / personality is this: *For the individuality of a soul must be lost in the personality of the Christ - in God. 3343-1*

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

Our new-look website [edgarcayceaustralia.org](http://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 key-note speaker 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.’

We will also include a session playing the fun board game ‘Sojourns’, a reincarnation-themed game based on the Edgar Cayce readings, created by Russell Bowey.

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

# 'A CLOSER WALK'

## by Bel Casey

Some time ago, I felt I needed guidance. From the many books I have, I randomly chose, "Synchronicity as Spiritual Guidance" by Mark Thurston. Sometime later, while waiting for sleep to claim me, a song kept running through my head; it was only the music, the words escaped me. Again time passed and I picked up an old Venture Inward, to read before sleep. An article by Mark Thurston caught my eye. Titled "A Closer Walk with God". The tune I had heard was "Just a Closer Walk with Thee" a lovely old hymn.

During this time, my SFG study group had as a 'homework' "Trust in the Divine Within". Cayce and Jung call it our 'individuality' our spiritual self, as opposed to our personality our ego or human self. For me, I feel that this 'opportunity' has been a great help to me, and perhaps that is why this discipline has been extended somewhat.

The article was based on one of Edgar Cayce's Great Readings number **5758-1**; it is worth reading. Among others, this was one of the last Christmas readings that Edgar would give.

During this time I knew and felt the presence of God and the angels guiding me. It had been an uplifting but not an easy time. My health was up and down, insomnia kept sleep at bay and simply put, the stumbling blocks outpaced the stepping stones; and yet I kept calm.

Part of the reading talks about how we can find our way back to God. *"Thus each individual must do unto others as he would have his Brother, the Christ, his God the Father, do unto him....Forgive, O God, as I forgive others...Less and less of then self, more and more of perfect love"*.

The reading also talks about the personality of the Group and what the group is. The particular group who asked for the reading was a spiritual group. There are many groups that we belong to; family, friends, community, and work, among others.

Perhaps it is up to us as an individual to use the "Personality of the Christ Consciousness", as our

basis of behaviour, in order that the "*individuality of each group*" feels the aura, peace and love that is shining on the group. In this way, the group can at some level, experience a closer walk with Spirit. The reading continued:

*"In this manner may the group as a group become a power for good, a power magnifying and glorifying the Christ-Life in the church, in the community in the nation, in the world."*

Perhaps also we can consider that when we are out in the jungle of everyday living, this too is a group. We may be driving, walking, shopping or even on the phone to a Telco or similar, and this is where the Light of the Christ is really needed. By using the fruits of the Spirit, kindness, consideration and patience among others, without any thought of earning a reward we unknowingly help many.

For instance, during this time I had a medical appointment with a specialist that the hospital messed up and I missed it. While I let them know I was distressed as it was likely that I would not get to see my doctor before next year, I retained my peace within, joked a bit about mishaps and thanked them for the effort they put in in getting me an appointment a week later. That was a day when the stumbling blocks came thick and fast and yet I was at peace within all day.

At the end of the reading, each member of the group was given a personal message. Perhaps the following one (for group member 3374) is how we can apply that which we know within is right living:

*"Grace and love are virtues in thee. Keep them in such ways and manners that thy life may direct others, though you speak never a word. For what the body-mind is speaks louder than what people say. Keep the faith."*

*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 CHRIST CONSCIOUSNESS'

by Russell Bowey

In 1941, the author Thomas Sugrue was working on the manuscript for his biography of Edgar Cayce titled 'There Is A River', and he received a reading (5749-14) in which he asked a number of questions about subjects he wanted clarified.

One of the questions and answers was about the 'Christ-Consciousness':

*(Q) Should the Christ-Consciousness be described as the awareness within each soul, imprinted in pattern on the mind and waiting to be awakened by the will, of the soul's oneness with God?*

*(A) Correct. That's the idea exactly!*

Carl Jung described this pattern as the Christ archetype, and he stated in his book 'Liber Novus': "No one can be spared the way of Christ, since this way leads to what is to come. You should all become Christs." He also said: "To be Christ oneself is the true following of Christ."

Mark Thurston in his book 'The Inner Power of Silence' identified in the Cayce readings the following 12 qualities of this pattern (Christ-Consciousness) and its expression. It is:

- . relevant to human experience
- . available to every individual
- . being of service to others
- . seeing God in every expression
- . obedient to the inner law
- . able to find humour in all situations
- . expressing compassion for others
- . living in the present
- . seeking forgiveness of self and others
- . being patient
- . expressing humility
- . placing emphasis on the spirit in which one acts

Manifesting these qualities will activate this pattern in one's life. The Christ-Consciousness will remain a latent potential within the unconscious unless you exercise your will to choose it.

What then is the Christ and how does that relate to Jesus? In reading 2533-7, given in 1943 for a 38-year-old man, Edgar Cayce explained the difference between 'Christ' and 'Jesus':

*(A). Just as indicated. Jesus is the man — the activity, the mind, the relationships that He bore to others. Yea, He was mindful of friends, He was sociable, He was loving, He was kind, He was gentle. He grew faint, He grew weak — and yet gained that strength that He has promised, in becoming the Christ, by fulfilling and overcoming the world! Ye are made strong — in body, in mind, in soul and purpose — by that power in Christ. The POWER, then, is in the Christ. The PATTERN is in Jesus.*

The original Norfolk Study groups received a number of readings that emphasized the raising of the Christ Consciousness, and they also sought clarification about the Christ Spirit:

*For the Lord hath called thee to service, and will direct thee - if ye will keep His ways. For the Christ Consciousness awakens, arouses thy consciousness to a greater and greater service to others. 262-116*

*(Q) Please explain clearly the difference between the Christ Consciousness, the Christ Spirit.*

*(A) As the difference might be given in that which makes for the birth in the flower, and the flower. The consciousness of the Spirit and the abilities to apply same are the differences in the Christ Consciousness, the Christ Spirit. 262-29*

And the Glad Helpers Prayer Group received an affirmation in this reading, to be sent to those who they were aiding in prayer:

*THERE IS BEING RAISED WITHIN ME THAT CHRIST CONSCIOUSNESS THAT IS SUFFICIENT FOR EVERY NEED WITHIN MY BODY, MY MIND, MY SOUL. 281-7*

In reading 2441-4, given in 1942 for a 36-year-old woman, Edgar Cayce was asked:

*Q. What is the main purpose of this incarnation?*

*A. To glorify the Christ Consciousness in the earth — in the lives of those with whom ye come in contact, and to live the same thyself.*

## EDGAR CAYCE'S STORY OF CHRISTMAS

### TEXT OF READING 5749-15

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of June, 1941, at the Tenth Annual Congress of the Association for Research & Enlightenment, Inc.

*GC: You will have before you the enquiring mind of the entity Thomas Sugrue, present in this room, who seeks a continuation of information given on the life of the Master and its history in the material world, given in Readings of June 27, 1937 [5749-7 and 5749-8]. Because of the purpose for which this information is to be used, he asks at this time for a description of a literary nature of certain events in the life of the Master which are known to us in outline but not in detail.*

*You will give these as presented - first the birth of the Master at Bethlehem beginning with the arrival of Mary and Joseph at the Inn. You will include such details as weather, time, conversation with Inn Keeper, number of people at the Inn, types they represented, recreations and occupations engaged in during the evening, what was being eaten and drunk, whether the guests knew the Child was being born, actual time of birth, etc.*

*EC: Yes, we have the information that has been indicated respecting some of the events surrounding the birth of Jesus, the son of Mary, in Bethlehem of Judea.*

*The purposes are well known, for which the journey was made in the period. The activities of Joseph are well known. The variation or difference in their ages is not so oft dealt upon. Neither is there much indicated in sacred or profane history as to the preparation of the mother for that channel through which immaculate conception might take place. And this, the immaculate conception, is a stumblingstone to many worldly-wise.*

*The arrival was in the evening - not as counted from the Roman time, nor that declared to Moses by God when the second passover was to be kept, nor that same time which was in common usage even in that land, but what would NOW represent January sixth.*

*The weather was cool, and there were crowds on the way. For, it was only a sabbath day's journey from Jerusalem. There were great crowds of people on the way from the hills of Judea.*

*The people were active in the occupations of the varied natures in that unusual land. Some were carpenters - as those of the house of Joseph, who had been delayed, even on the journey, by the condition of the Mother. Some in the group were helpers to Joseph - carpenters' helpers. Then there were shepherds, husbandmen, and the varied groups that had their small surroundings as necessitated by the conditions of the fields about Nazareth.*

*In the evening then, or at twilight, Joseph approached the Inn, that was filled with those who had also journeyed there on their way to be polled for the tax as imposed by the Romans upon the people of the land. For, those had been sent out who were to judge the abilities of the varied groups to be taxed. And each individual was required by the Roman law to be polled in the city of his birth.*

*Both Joseph and Mary were members of the sect called the Essenes; and thus they were questioned by those not only in the political but in the religious authority in the cities.*

*Then there was the answer by the inn keeper, "No room in the inn," especially for such an occasion. Laughter and jeers followed, at the sight of the elderly man with the beautiful girl, his wife, heavy with child. Disappointments were written upon not only the face of Joseph but the inn keeper's daughter, as well as those of certain groups about the inn. For, many saw the possibilities of an unusual story that might be gained if the birth were to take place in the inn. Also there was consternation outside, among those who had heard that Joseph and Mary had arrived and were not given a room. They began to seek some place, some shelter.*

*For, remember, many of those - too - were of that questioned group (Essenes); who had heard of that girl, that lovely wife of Joseph who had been chosen by the angels on the stair; who had heard of what had taken place in the hills where Elizabeth had*

## EDGAR CAYCE'S STORY OF CHRISTMAS

(Continued from Page 5)

*gone, when there was the visit from the cousin - and as to those things which had also come to pass in her experience. Such stories were whispered from one to another.*

*Thus many joined in the search for some place. Necessity demanded that some place be sought - quickly. Then it was found, under the hill, in the stable - above which the shepherds were gathering their flocks into the fold.*

*There the Savior, the Child was born; who, through the will and the life manifested, became the Savior of the world - that channel through which those of old had been told that the promise would be fulfilled that was made to EVE; the arising again of another like unto Moses; and as given to David, the promise was not to depart from that channel. But lower and lower man's concept of needs had fallen.*

*Then - when hope seemed gone - the herald angels sang. The star appeared, that made the wonderment to the shepherds, that caused the awe and consternation to all of those about the Inn; some making fun, some smitten with conviction that those unkind things said must needs be readjusted in their relationships to things coming to pass.*

*All were in awe as the brightness of His star appeared and shone, as the music of the spheres brought that joyful choir, "PEACE ON EARTH! GOOD WILL TO MEN OF GOOD FAITH."*

*ALL felt the vibrations and saw a great light - not only the shepherds above that stable but those in the Inn as well.*

*To be sure, those conditions were later to be dispelled by the doubters, who told the people that they had been overcome with wine or what not.*

*Just as the midnight hour came, there was the birth of the Master. The daughter of the inn keeper was soon upon the scene, as was the mother of the daughter, and the shepherds that answered the cry - and had gone to see what was come to pass.*

*Those were the manners, and the ones present soon afterwards. For, through the period of purification the Mother remained there, not deeming it best to leave, though all forms of assistance were offered; not leaving until there was the circumcision and the presenting in the temple to the magi, to Anna and to Simeon.*

*Such were the surroundings at the period of the birth of Jesus.*

*The above Christmas reading first appeared in the A.R.E Council, Melbourne, Australia, Newsletter in December 1980 - 38 years ago!*

The following reading (2533-7) also appeared in that December, 1980 Newsletter, and is a timely reminder of the ideals we can live at this time of celebrating with family and friends - the Christ-Mass spirit:

*Then, as ye go about thy daily tasks, in associations with others, let thy words, thy acts, thy thoughts, be ever, "LORD, THY WILL BE DONE IN ME TODAY."*

*This does not mean that there is to be long-facedness, but JOY - even as in Him when He wept with those that wept and rejoiced with those that did rejoice; even supplying the wine, even of greater flavor and potency than the bridegroom was able to supply.*

*He was ALL things to all men. YE, under His direction, by that constant prayer, may be - daily - all things to all men. Thus will each soul be GLAD, be JOYOUS, in thy coming, and sorrow at thy going.*