

SOUTHERN LIGHTS

*Spring is a time of new growth,
blossoms and colourful flowers*



Learn also from the flower that where thou art, ye, too, may make that place more beautiful for your being there, whether it is in this or that or whatever place. Whether in the hovel or in the home of the mighty, make it beautiful as do the flowers. 5122-1

Remember our website:

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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

Conference Report by Russell Bowey

Over five years ago, (in mid-March 2019), Edgar Cayce Australia hosted A.R.E.'s then Executive Director & CEO, Kevin Todeschi, as presenter for a two-day conference at the RACV Goldfields Resort in Creswick, Victoria. Titled "Edgar Cayce on Reincarnation: Your Odyssey through Time." That conference (12 months in the planning!) was enthusiastically attended by over sixty conferees from all over Australia, and two from overseas. We had decided to organise another conference in 2020 or 2021 but Covid prevented us from such activities until this year.

We would like to thank Anne Glen (our member in Scotland) who earlier this year suggested that it would be nice to have a conference while she was visiting us in November, so we all jumped into planning mode and, like the readings suggested, "Worked like thunder" to make it happen (with a lot of help from the Adjustment

Bureau).

The RACV Goldfields Resort just happened to have a conference room available on our chosen weekend, and the theme of 'Edgar Cayce on Healing: Body, Mind and Spirit' was chosen. All we needed to do was to advertise, and leave the results to God.

The three main presenters were Keith Alderson from Adelaide, Liz Power from Sydney, and myself (a Creswick local). We also had two group presentations, one focused on our experiences with the Cayce remedies, and the other our life-transforming experiences with the study group work.

Once again the resort, including the conference room, food, accommodation and support staff was first class, and 22 conferees from five states and territories (and Anne from Scotland), had a truly wonderful time. Through a mixture of talks and workshops, including each person giving

themselves their own Cayce reading during the presentation on 'Be Your Own Psychic', healing was thoroughly explored.

I am still feeling on a high, and I can't recall a previous activity with as much fun, joy, love and laughter as this group engendered.

I would like to thank our ECA members for all their efforts in organising this event, and all the attendees for bringing such a positive energy, and offering encouraging feedback. We certainly don't want to wait five years to have another conference!

Hence, as the work of the Association - in its ideals and purposes - is to pass on to others that which has been found to be of help or aid in individuals' experience, so will the leaven be made that will determine - then in groups, then in masses - as to the value of such efforts in this material world. 254-66

Edgar Cayce on 'Ministering to Others'

(Q) Have I any special talent that should be developed?

(A) As indicated; as ye are able and as ye are given the body to minister to the needs of the physical bodies of many, ye have the talent also to minister at such times (and oh, what an opportunity!) to the mental needs of those that are soul sick as well as in body and mind.

Point ye the way, then, to Him at such times. That is a talent; yea, has He not given into the keeping of all, in every walk of life who may minister to the needs of bodily ills, the opportunity to tell others, to tell those physically ill of the love of the Father, of

the abilities in Him, of Him who stands between those influences of good and evil, the crossroads of choice, that every one and every soul each day must cross? And ye may point the way - ye that have been endowed, either physically, mentally or spiritually - for such a service. What a responsibility! And so many in thine own field, in thine own understanding, have shirked their duty, have failed Him and put Him to shame who hath said, "In me is life, in me is health, in me is strength." And ye in thy blindness have pointed the other way. Then, minister as is shown thee by Him. 683-2

'Life as Metaphor'

by Russell Bowey

A metaphor is a figure of speech or a symbol that is often used to convey an idea by comparing something that is known, to something that is possibly unknown, but similar.

Many of the dreams we recall from our unconscious nocturnal experiences, are cloaked in metaphors which are trying to convey, in symbolic form, a message about our lives that we are not consciously aware of, or perhaps ignoring.

Which is why one of the best ways that we can interpret our dreams is to ask: "Is the theme of this dream situation or occurrence similar to what is currently happening in my waking life?"

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?"

Now, 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 the character Neo in the movie '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. Which means that most of our 'waking' experiences are metaphors for something occurring on another level of our being.

I have a creek running along the eastern boundary of my property. There are many mature trees growing in the gully on the far side of the creek.

My wife Marija's favourite tree was a majestic oak that she used to communicate with, both at a distance while seated on the lawn area in front of our house, and while holding its leaves as we passed it on our walks in the gully. She was always concerned about its health and wellbeing.

About 12 months after Marija died, I was mowing the grass next to the creek when I noticed some leaves and branches blocking my access, that shouldn't have been in that part of my garden. I stepped back to better assess the situation and saw that the oak tree had fallen across the creek onto my property.

When I walked in the gully to have a closer look at the trunk of the tree, I discovered (to my surprise) that the oak had actually been two trees with their trunks touching and from the front and back appearing to be one tree only.

I realised that this was a metaphor for my relationship with Marija; we had been growing as one, supporting each other, but now one of us had died, leaving the other alone, but still standing. I will be keeping a watchful eye on the health of the surviving oak!

‘Laugh, and the World Laughs with You’ by Russell Bowey

At our last conference, held in Creswick in 2019, I was concerned that our presenter from the A.R.E. – Kevin Todeschi – would be lacking in that essential ingredient that makes, or breaks, the success of any event – Humour!

I was relieved to find Kevin had a very ‘Aussie’ sense of humour, and he had us laughing uproariously, not only during his presentations, but during our shared meals together as well!

He told one conferee that if he came to Virginia Beach he would treat him to a free colonic irrigation, and that with the latest upgrade to the spa facility the colonic machine now had much improved water pressure!

I found that at our most recent conference, just over a week ago, the fun and the laughter were just as much a part of the experience as five years ago. And I love how self-deprecating our Aussie sense of humour can be.

As we were packing up after the conference, I was carrying a box out to my car parked at the front of the resort building. The resort has a magnificent golf course, and a golf cart, with two golfers and their clubs, was parked at the front entry. I had the urge to walk over to them, and I asked the closer man “What is your handicap?” To which, in unison, they both replied “Golf”. They had obviously had a frustrating afternoon on the course!

The Edgar Cayce readings are filled with suggestions to see the humorous side of life and to laugh often. His son, Edgar Evans Cayce, even put together a little booklet of some funny gems from the readings titled “Humor from the Edgar Cayce Readings”.

One that should cultivate more the humorous side of life; see some wit, some humor. Not that which is at the expense of another; that is, never laugh at anyone, but laugh WITH others often. 2327-1

... it is well to cultivate patience and humor. Remember, man alone in God's creation is given the ability to laugh, the ability to make those relationships personal between one another, to make them creative and individual - by choice. 2995-1

Keep in as cheery and as active a mood as possible. Always see the funny side. Laugh at every condition that comes. 480-30

Keep an attitude of helpfulness, cheerfulness, hopefulness. BE OPTIMISTIC! At least make three people each day laugh heartily, by something the body says! It'll not only help the body; it'll help others! 798-1

Know that there must be the ability to laugh under the most straining circumstance. There must be the ability to see the sublime as well as the ridiculous. 1823-1

Cultivate the ability to see the ridiculous, and to retain the ability to laugh. For, know - only in those that God hath favored is there the ability to laugh, even when clouds of doubt arise, or when every form of disturbance arises. For, remember, the Master smiled - and laughed, oft - even on the way to Gethsemane. 2984-1

For if ye lose that ability to laugh, ye lose that ability to be joyous. And the religion, the principle of the Christ-life is joyous! 3003-1

Yet the entity has within itself the appreciation of humor, seeing the optimistic side as well as the pessimistic side of any experience.... Hold, then, to that ability to be witty, to show proper wisdom. Quit being too serious. Laugh it off. 3685-1

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.

‘Do, and Say, Unto Others’ by Russell Bowey

When I was in my 20's, one of the most profound pieces of writing that affected me deeply was 'The Gardener 41' by Rabindranath Tagore. It showed me that even when we love someone, we often tend to say the opposite of what we would like to say to them, and then be left bewildered by what had just happened. The following is the first two verses of that poem.

'I long to speak the deepest words I have to say to you; But I dare not, for fear you should laugh. That is why I laugh at myself and shatter my secret in jest. I make light of my pain, afraid you should do so.'

I long to tell you the truest words I have to say to you; But I dare not, being afraid that you would not believe them. That is why I disguise them in untruth, saying the contrary of what I mean. I make my pain appear absurd, afraid that you should do so.'

With Christmas approaching, family and other social gatherings are being scheduled. These can be a time of great joy, but sometimes these occasions can lead to conflict and misunderstandings.

In July 1942, a 31-year-old woman asked this question of Edgar Cayce:

(Q) Please tell me the fault within myself of not getting along with my family and some people, and how may I correct this? I don't seem to be able to do anything about this condition, no matter what I do.

(A) This would necessitate a continuing of many of those suggestions that have been outlined at times for the entity. Remember - these are as the unchangeable laws : As ye mete to others, it comes back to thee. As ye would that others should do to thee, do ye even so to them. This applies whether in family or in just acquaintance, or associates of any kind. Know that the fault ye find in others is a reflection of a

fault in thyself. Be to others just as you would have others be to thee, and ye will remove much of that.

DO NOT hold the idea, "Well, I know what they are going to say or do, but I'll do as best I can." Disregard that! KNOW the spirit with which YE do a thing is the spirit that will respond to thee! 1688-9

So, it is not what we do, but the intention or spirit in which we do it, that will be returned to us, for like begets like.

This following reading poses this as a question asked of a 42-year-old man in January 1934:

Then, easily might the question be asked: Is the intention or the act the greater influence in the experience? 490-1

And in May 1941, a 65-year-old woman was told:

For, there are universal and spiritual laws that are a part of the self as well as of the universal consciousness. For, like begets like in every phase of material, mental and spiritual experience.

For, as in the material world ye find that ye do not gather figs from thistles, neither in the mental world may one think hate and find love in one's bosom; neither in the spiritual realm may one entertain the desire for ego to express irrespective of others and find the beauty of the spiritual thinking life. 2560-1

And later in the same reading she asked this question:

(Q) Why is it that I often say things I have no intention of saying and only realize it after they are said? What causes me to do this?

(A) As indicated, the confusion of impelling influences. Thus the needs for keeping oft that meeting with thy better self within thyself. 2560-1