

SOUTHERN LIGHTS

The Edgar Cayce Legacy

Edgar Cayce's Private Desk on Display Outside the 'Vault' at Virginia Beach



The body of work encompassed by the Edgar Cayce Readings is a vital resource in the evolution of mankind. The readings themselves emphasize this importance.

By the reports, as these may be considered, there is - there has been - there may be, in the light of the experience under this particular manner of presenting same, more good in the lives of individuals than there has EVER been accomplished before. ('Work' Reading 254-64)

Edgar Cayce Australia, Inc.

Edgar Cayce Australia, Inc. was formed earlier this year 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 areaustralia@bigpond.com or phone us on (03) 5345 2945.

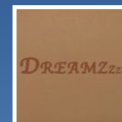
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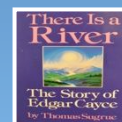
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To Make Manifest the Love of God and Man

Editorial 'Who's in Charge Here?' – by Russell Bowey

As an organisation, the A.R.E. had a unique advantage; for 14 years until Edgar Cayce's death, the 'Work Readings' had set out clear guidelines for the pursuit of its ideals and purposes.

I believe these readings ('254' Series) are as important today in establishing the foundations for the 'Work' of any organization or business.

In the early 1980's, during a severe downturn in the property market, I was shown a training manual that was given to all the agents who worked for R Malcolm Real Estate, which at that time operated many branches throughout Melbourne's south-eastern bayside suburbs.

Ralph Malcolm and his wife Shirley had established an A.R.E. centre in Melbourne in the mid 1970's.

The manual set out operating guidelines that could have come straight from the Cayce readings (and actually did!).

Ralph then told me of a phone call he had received from RESI (Real Estate's peak body) asking him why his agencies were not only out-performing other similar businesses, but were the only ones who were increasing sales.

He shrugged and said, "How could I explain to this man the principles on which my business operates so successfully have come from a psychic?"

So, what are these principles? The readings state *'individuals must first seek that they be of service. Service rarely seeks individuals. God has given every man his abilities. Man seeks to apply same to God's service. This is God's work' (254-31)*



Welcome Sign in Virginia Beach

When we realize who we are really working for, who's really our 'Boss', then the true work of any group, organization or business has a different meaning and offers unique opportunities for service and personal growth.

Dreams Can Help Us to Change Our Attitudes – By Russell Bowey

In 2013 I attended the A.R.E. member's Congress in Virginia Beach. As part of the Congress experience, members are encouraged to participate in 'Sharing Groups', with specific goals of offering feedback to A.R.E. about its direction.

During the first sharing group I had a growing feeling of discomfort within the group, and started to judge the group members and how the group was being (or not being) led. That evening, I had decided that I wouldn't return for sharing group the next day. That night I had this dream:

Edgar Cayce had been to my house but had left behind his reading glasses. My daughter (currently 25) who looked about 4 or 5 years old, rushed over and grabbed the glasses and folded them in half across one lens (lenses were large plastic squares).

I took them from her and straightened them out, but that lens had a crease across the middle - distorting the view through it. I was angry with my daughter.

Upon awakening, I knew the dream had to do with my attitude towards the sharing group, and that my handling of the situation was very childish, resulting in a distorted view of what was 'really' happening in the group. I decided to be part of the group again that day.

Well, of course I had a delightful time, the group was wonderful and everyone shared some profound experiences and insights.

I realised the group hadn't changed at all, but my attitude had certainly changed for the better.



Some of the happy attendees enjoying the first day of 2015 at the Creswick New Year's Gathering

A New Year's Eve / New Year's Day Gathering - by Annie Glen

On December 31st 2014, we gathered in Creswick at the home of Russell and Marija Bowey; we were there to farewell the old year and to welcome in the New Year by sharing a group meditation – a wonderful way to greet the birth of the year.

On New Year's Eve, we were all invited to cast our minds back over 2014 and pick out the year's highlights; to select those events that held particular meaning for us.

This was certainly something new and different for me as, so often at this time of year, we are so busy preparing for the arrival of the New Year that reflecting on the year that is coming to a close does not enter our minds.

But – what a wonderful experience! As we shared our memories and revisited the happy times that had flooded back to us, there was a strong feeling that we saying goodbye to a year that been - quite simply – good.

Again, the sentiment that we are more than happy to see the back of the year that is ending is often expressed, but this process of reflection completely changed that because our focus had been very positive.

New Year's Day dawned – the first day of the first month of the New Year – and we gathered, once again. Having meditated and got ourselves, and the year, off to a peaceful start we were ready for another activity and settled ourselves for a Guided Reverie.

The purpose of this was to find a theme for our year ahead; to search for a word that would help us set our intention for the year; it would be part of the framework of our larger soul contract and would guide us throughout the year. As we shared our experiences we were quite intrigued by what we discovered and there were more than a few surprises.

Most agreed that it was a helpful and enlightening experience. And again, we often ponder on what the unfolding year holds for us but the reverie gave us something concrete to work with and towards; we felt as if we had a plan and a definite path to follow rather than just waiting to see how the year developed.

By some small coincidence, the January edition of one of the monthly magazines carried an article about New Year's resolutions and cautioned against setting them – although, we probably know that it is a waste of time and we set ourselves up for failure. Rather, the writer suggested that it is more beneficial, and more likely to succeed, if we choose a broad topic/issue/theme that we can use to give us direction over the course of the year. It seems as if we, and the magazine's writer, were tapping into Universal energy.

2016 is a little way off but make plans now to include these activities in your New Year's aspirations.

My Favourite Cayce Reading – By Anonymous

One of my favourite readings is an extract from reading number 2376-3 which says;

Be GLAD you have the opportunity to be alive at this time, and to be a part of that preparation for the coming influences of a spiritual nature that MUST rule the world. These are indicated, and these are part of thy experience. Be happy of it, and give thanks daily for it.

As a member I can access all the Cayce readings on the A.R.E.'s website. I discovered that this extract was from a physical reading given in 1942 (in the middle of the Second World War) for a twenty-five year old woman suffering from anemia, poor digestion, spinal subluxations, and abdominal lesions.

This period must have been a worrying time for much of the world's population, and this young woman would have been no exception. But I also feel that this extract is timeless in its application to any age and any situation.

It speaks to me of gratitude for the opportunity to focus on being part of something that is far greater than my own small endeavours.

It also speaks to me of hope, no matter what dire circumstances are portrayed on the evening news bulletins.

And, it speaks to me of faith, because there is absolute certainty in the words of this reading that the spiritual forces will indeed overcome the forces of darkness.

Cayce could clearly see that a major cause of this woman's physical problems was her mental state, and the reading also advised her:

Keep the correct mental attitude; that is, not holding grudges, being kind, being affectionate, long suffering, manifesting patience - which is required at times with those conditions about the body. But keep creative ever in the activities.

The focus on healing the mind is also given in the final question and answer:

(Q) Is there any way I can aid myself at home to lessen these pains?

(A) These most will be by the MIND, and by the attitude that is taken towards things and peoples also.

An aspect of the Cayce readings that I find very endearing is the humour in some of the answers to the questions asked. This reading 2376-3 is no exception as this exchange shows:

(Q) Should any of the teeth be removed or fixed?

(A) As indicated, there should be some local attention to some of the teeth. None as we find need really removing, but with the better diet these may be prepared or rearranged in such manners as to be of mighty good use - and good use can be put to them.

(Q) Please give specific teeth that need attention.

(A) Let the dentist do something!

I love the part about putting the teeth to good use, which can be construed in a number of ways.

And finally, I also love this answer (although I feel the source was getting exasperated by this stage of the reading):

(Q) Have the osteopathic treatments, that I've had given by Dr. Irvin, been helpful to me, especially thru my right shoulder and back?

(A) If they hadn't, we wouldn't tell him to give some more!

Stories of favourite readings can be emailed to areaustralia@bigpond.com

Books Along the Path - By Bel Casey

We are drawn to books, or come across them in a serendipitous way. Our soul has sent out a call and has been heard. All souls are on a journey, and if you are called by the soul of Edgar Cayce, you are in for the ride of your life. Your soul is continuing its journey home.

Reading 'There is a River' started me on the path to a new life, with a better understanding of myself and the world and the people around me. It is a journey that continues today.

'Edgar Cayce, An American Prophet' gave me a deeper and more profound picture of just who Edgar was. It gives a greater picture of his family and friends that stayed with him through his journey. Together these books can help you plot your course on your journey to Enlightenment.

If you are a newbie to 'The Work', an old timer, (revisit) or have never heard of him, then I can recommend reading both of them to bring Edgar Cayce alive in your mind.

Thomas Sugrue: 'There is a River'

The title 'There is a River' comes from a line in the 46th Psalm.

My spiritual journey began when I read 'There is a River'. Sugrue first met Cayce in 1927 and became a close family friend and Cayce's biographer. This story documents Cayce's life, struggles and his amazing gift as a Seer. For me it was a raft in a stormy sea of personal confusion. My soul thirsted.

This book is more about the man himself, but enough is revealed of 'The Work' to appreciate the value to be found in the Readings Cayce gave. For me, it is the information for our Soul's journey that has truly enriched me.

An interesting personal experience occurred during the late eighties when I decided to re-read the book. I popped it in my handbag meaning to read it during my lunchbreak, but decided at the last moment to join others for lunch at the local café.

I grabbed my wallet and left my handbag behind, discovering on return that it had been stolen.

Shortly after, a local shop phoned the office to say it had been left in the change room. On picking it up, the only thing missing was 'There is a River'. Hopefully the thief was enlightened!

Recently I re-read the book and was once again uplifted by the story.

Sidney Kirkpatrick: 'Edgar Cayce an American Prophet'

It was not until 2013 that I read Sidney Kirkpatrick's book, 'Edgar Cayce an American Prophet'. From the moment I first started reading it, I was hooked. With an easy-to-read style that brought Edgar Cayce to life as a warm blooded and fallible human being.

The dedication to time and energy spent on researching the man – his life, struggles and the Readings by the author – was incredible. I developed levels of understanding of myself through getting to know more of this incredible man with his amazing psychic power.

Both of these books make for insightful and compelling reading and anyone wishing to change their life could benefit greatly. They show Edgar in different ways, and coincidentally, both authors started out as sceptics.

Yet, as you read their words you can feel their genuine belief in the man and his Gift.

While Sidney's story provides a more in-depth description of Edgar, and more information on the readings themselves, we need to remember that even though it was written almost 60 years after Edgar's death, the modern-day technology at the author's disposal would have contributed to this.

PS: You are welcome to share your experience with books that have helped you along your path. These can be emailed to areaustralia@bigpond.com