

# SOUTHERN LIGHTS

*News from Our Centre in Central Victoria*



Our monthly Prayer Group meetings have resumed after the December break, with topics discussed 'Relationships' (January) and 'A Search for God' (February). The March meeting will be on the topic of 'Diet & Health' and everyone (not just Prayer Group members) is welcome to attend.

We are still aiming to offer a Skype-based introduction to A Search for God over 4 - 6 weeks if we have enough interest in this unique opportunity for spiritual development. Please contact: [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org)

Remember our new website:

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

And our new 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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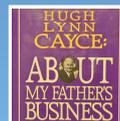
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*To Make Manifest the Love of God and Man*

## 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 – ‘Empathy’ – by Russell Bowey

I heard a philosopher, Roman Krznaric, being interviewed on the radio recently. The topic was ‘empathy’ (he is the author of ‘Empathy: Why It Matters And How To Get It’), and he shared some interesting ideas. He was critical of the self-help industry, and the current epidemic of hyper-individualism and rampant narcissism. Our society is more connected than ever before, but in a sense we are in fact lonelier than ever before.

Krznaric believes that the keys to well-being include increasing our emotional intelligence, and actively seeking engagement with people who are different to ourselves, even those whose views we don’t agree with.

I know we naturally tend to seek out like-minded individuals and groups in our personal and on-line networks; but are we actually searching for those sharing similar IDEALS, rather than similar IDEAS?



My wife and I belong to a DOVE group which meets monthly to discuss different topics with people from diverse backgrounds and interests. We often don’t agree, but we certainly learn from, and about, each other.

To ‘know oneself’ takes both introspection and ‘outrospection’ – or developing relationships and empathic thinking with others. In reading 987-4, a forty-nine-year-old housewife asked about her worst fault. Edgar Cayce replied: *What is ever the worst fault of each soul? SELF – SELF!*

She then asked how may it (selfishness) be overcome?

*Just as has been given; showing mercy, showing grace, showing peace, longsuffering, brotherly love, kindness - even under the most TRYING circumstances.*

*For what is the gain if ye love those ONLY that love thee? But to bring hope, to bring cheer, to bring joy, yea to bring a smile again to those whose face and heart are bathed in tears and in woe, is but making that divine love SHINE - SHINE - in thy own soul!*

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## Like Begets Like – in Action By Russell Bowey

Our Study Group completed ‘A Search for God Book III’ at the end of 2015, and we decided to study Bruce McArthur’s excellent book on the subject of Universal Laws: ‘Your Life: Why It Is The Way It Is And What You Can Do About It’.

We are currently working with the material around the theme of ‘Like Begets Like’ and setting our weekly disciplines to observe this Law in action in our own lives and the lives of others.

One member of our group shared a practice he has been using for some time; before falling asleep each night he reviews all of the day’s events, and reflects on three events for which he is grateful.

My wife Marija and I have been using this practice for a few weeks now, and we have been amazed and delighted with the changes in our lives, especially in our relationships with others.

Every night we are sharing with each other more and more daily events and incidents that have generated an ‘attitude of gratitude’ and for which we are truly thankful. The more we have focussed on the ‘blessings’ in our lives, the more ‘blessings’ the Universe has given to us.

*...for to Him, to His laws, must all come; the nearer we apply same in keeping with same, the greater blessings to self, the greater may be the blessings OF self upon others. 2906-1*

# Miracles – Our Soul’s Gift to Others

by Bel Casey

During my soul’s journeying, I have accepted the tiniest of a happening, to larger events, as miracles. For me, to be in the Earth at this time and to discover the Edgar Cayce readings and the A Search for God study group is a huge miracle. I would like to share another miracle that showed me just how close God is.

While driving back to Melbourne from Perth I fell asleep. Fortunately for me, I was on the Nullabor Plain. There was only one other car a good distance behind me, and it seemed to be driving strangely. I was concerned as I wanted to pull over to rest. Perhaps he was aware of my driving! I woke up driving on the unpaved side of the road.

All these years later I am still in awe of the unfolding drama. Where I went off the road had recently been graded for at least 2 kilometres and all the white posts removed. At this instant I became aware of a presence and a voice within. Firm and quiet, it told me what to do. “Take your foot of the accelerator. Don’t brake. Keep straight, don’t turn the wheel. Wait a moment.”

I felt calm and collected throughout the whole 10 - 15 seconds. As I came back on the road, I gave thanks and drove to the next rest stop. Obviously I was meant to continue my journey on Earth. A miracle indeed!

In researching the Cayce readings, the word “miracles” is mentioned 76 times. Of these, over sixty percent have similar themes. Either, ‘Thoughts are Things/Deeds’, for example:

*Ever will the Entity set this truth before self, and burn same in the innermost recesses of the being. Thoughts are things, and may be miracles or crimes in action. These come that all growth in whatever direction this thought of the mental body, or the spiritual body, may be directed by the attributes of the mental, spiritual or physical body. 105-2*

It is interesting to note that one person had 15 different readings that repeated this theme, crimes or miracles. One can only wonder if he did, indeed, receive the message in the end.

Or the other theme, the ‘Currents Running Through’, for example:

*For MIND is the Builder, and as its currents run - through those forces of the natural expressions through that felt - they build miracles in the experiences of these that keep that oneness of purpose for BEING the expression of Creative Forces in the experience and lives of others. 1463-2*

For me, this ‘Current’ is that of the Christ that is within us all. The Spirit in which Jesus, the Christ, came into the Earth to guide us to reclaim our heritage. Our Spirit within.

*"In blessing I will bless thee, saith the Lord." Then, as ye bless those in word, in deed, that thou hast found, that thou hast met, so does it increase about them those associations of the Creative Forces and influences of the Great God - LOVE! And thus - for thoughts are deeds, and as their Currents run they become MIRACLES in the experiences of those in whom the love or the blessing is held. 833-1*

By using the Fruits of the Spirit, in our daily lives, we too can bring miracles into being, for others, this Earth we reside in, and for all that is of the Earth.

This is succinctly put by Bruce McArthur in his book, ‘Your Life’:

***The spirit in which I act will create and return to me in the same spirit.***

As individuals, and as a group, we certainly can create miracles.

# Releasing Unwanted Life Patterns: A Cycle Finally Completed

By Marion Parsonage

How do we look at dis-ease? How do we look at repeated life / relationship challenges? How can we view our lives through the lens of reincarnation and all we bring with us?

Not long before I turned 17, I was involved in a severe car accident. As a consequence, I have lived with pain as a constant companion for close on 50 years.

At times it may have slowed me down, as I often felt as though I had been 'booted' in the back, but until 8 years ago it had never stopped me.

My friends have called me an optimist or a romantic; my critics have labelled me gullible, slow to learn, or just plain stupid. I am what 20<sup>th</sup> Century psycho-pop called a Serial Monogamist.

One marriage yielded 2 daughters, one partner gave me another daughter, and finally another marriage resulted in 3 adult step-children.

Each marriage / relationship seemed to end in disaster, and each took more of my finances, possessions and self-worth. The beautiful balance for all the pain was my children. Disowned, or abandoned, by their fathers, they were all my children.

The belief in reincarnation has been part of my life for 33 years. I have studied it, meditated on it, and received my own revelations about it.

But it was not until a recent healing session with Marija Bowey that it was revealed to me that in many former lives I had been with men who, in one way or another, had taken from me, stolen from me, or been abusive.

I had, in those lives – just as in my current one – believed I could manage the situation. That was until, in one former lifetime, my partner used the money I earned from my business for something I believed was unethical.

This led to many arguments, as I felt my own integrity was being compromised. The final argument ended in violence and resulted in my being beaten and kicked until I died. Apparently I remained conscious until death.

This was the pain I now carried with me. The car 'accident' was only the means to manifest it in this incarnation. My relationships were all necessary.

To meet again, all in one lifetime until, finally, I was strong enough and humble enough to acknowledge the truth and declare: "I don't want to do this again; I don't want to take any more of this pain, these destructive relationships, into my future lives. It must end now".

With Marija's help, and the help of those who work with her, with prayers and much love from my friends, and with unlimited gratitude on my part for all the opportunities I have had to experience everyone and everything, I have now completed a cycle.

I am looking back at my pain, as well as my relationships, and, most importantly, my 'Self', much more kindly now. It is with a true sense of awe that for the past 2½ months, in every aspect of my life, I have been pain-free.

## 'A Very Special Gift'

### A personal story about reading Hugh Lynn Cayce's biography 'About My Father's Business'

by Anonymous

On a very ordinary day I did a very strange thing. I went to check the letterbox and as I stood in front of it, I put my hands on my hips, stared it down and spoke to it saying, 'Now for once I would like to receive something nice in the mail, something other than a bill to pay'.

I then laughed at myself for my nonsense and proceeded to see if there was any mail. Well imagine my surprise that inside was a package addressed to me. I hadn't been expecting anything and when I looked at the parcel I discovered it was from A.R.E.

I went inside and opened it up and it turned out to be a gift for being an A.R.E. member. It was a book – Hugh Lynn Cayce's biography 'About My Father's Business', by A. Robert Smith.

I do not intend to give a book review here other than to say I thoroughly enjoyed reading Hugh Lynn's story, found it very interesting and that I found his honesty about himself both confronting and liberating at the same time.

The part of his story that I felt a deep connection to, and which has helped me immensely, was the part where he shared what an angry person he was and that people were really scared of him.

He then told the story that when he went to Egypt and the pyramids, he had prayed about his anger problem. He was given a vision that showed him where his anger had come from.

His vision showed him that in a past life he had been a slave on a ship with a very harsh overseer who treated him very cruelly, and he became so very angry that he had carried that anger into his life as Hugh Lynn. His story and the way it was written certainly touched my heart.

I also really connected with the story because I have been on the receiving end of many people's anger in my life. In one instance, at age sixteen, my father actually had a heart attack and died after he had been yelling at me.

Hugh Lynn's story opened my eyes to the suffering that people with anger may have had in past lives – or anywhere. It gave me a whole new perspective and understanding about the angry person.

It also marked the beginning of my journey and a shift in consciousness within myself of caring about the person who is angry, rather than taking their anger personally and reacting to it with fear.

I have slowly grown since reading the book and now pray when people are angry, and I feel so much stronger when in those situations. Of course it would be interesting to know what my karma has been to attract such angry people in my life, as I am aware we are always meeting self.

However for me it has been more important that with my growth things are better now and my love for others who are angry is now more complete.

Hugh Lynn's story has helped with the healing of myself and I feel that changes in my reactions to people's anger, combined with prayer and concern for them, helps them also. The book I received from A.R.E. certainly turned out to be 'a very special gift'.

*If readers have their own personal story of how their lives have been touched by 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)