

# SOUTHERN LIGHTS

## Grand Opening of Café

*Playing 'Sojourns - The Game' in the new Cayce/Miller Café  
in Virginia Beach*



Edgar Cayce Australia congratulates CEO Kevin Todeschi and all the ARE team in Virginia Beach on the completion and opening of the Cayce/Miller Café, de Laski Education Center, Spa Center and 'Stairway to Heaven' in the old Cayce Hospital building. An amazing transformation and welcome addition to the facilities at ARE Headquarters – especially for visitors from 'Down Under'.

## ISSUE 1, WINTER 2014

Welcome to our First issue



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*To make manifest the love of God and man*

## 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](mailto:areaustralia@bigpond.com) or phone us on (03) 5345 2945.

## Editorial – We are all ‘Employees of God’ – by Russell Bowey

I was in Virginia Beach for ARE Congress in June 2013 and for exercise I walked along Atlantic Avenue early every morning during my stay. Many mornings I noticed an older man carrying a plastic bag and as he walked he collected bottles, cans & papers littering the street.

One morning I greeted him with my usual ‘Good morning’ but also remarked ‘That must be a never-ending task’. He smiled and responded ‘Yes, but at least I have job security’.

That response has had a profound affect on me, and although I did not see him on my morning walks in June this year, I keep thinking about this

man’s amazing attitude and his dedication to such a thankless task in the service of others.

I gradually became aware of the fact that we each are ‘Employees of God’ as we endeavour to render loving service to all those we encounter in our lives. There is no monetary reward for our service, but, as with the litter-collector, each of us has ‘job security’ for life.

In an age when tenure of employment, and even finding a satisfactory form of meaningful employment, is increasingly difficult for most of us, the idea of finding permanent employment in God’s service is a great comfort.



*Statue of King Neptune on the boardwalk at Virginia Beach*

## Edgar Cayce Australia’s Lending Library



*Part of the lending library (over half of the books are about Edgar Cayce and the readings) in the meeting room at Creswick, Victoria*

As a service to members, Edgar Cayce Australia has a lending library of books on many subjects including Diet, Health, Spiritual Development, Ancient Civilizations, Angels, Dreams, Prophecy and Reincarnation.

The library, comprising almost 900 titles, was donated to our group by Olive Bell when she closed her centre in Brisbane.

We also currently have over 70 new titles for sale, including John Van Auken’s latest book ‘Edgar Cayce on the Spiritual Forces Within You’, and a new 4<sup>th</sup> Dimension Press title ‘Mysteries of the Supernatural’ by Darrin William Owens.

For a list of library books, and new books for sale, please email [areaustralia@bigpond.com](mailto:areaustralia@bigpond.com) or phone us on (03) 5345 2945.



*Some of the members of the Melbourne Search for God Study Group who have been meeting together for about 25 years*

## Spiritual Growth and the Search for God Program by Bel Casey

“Welcome home darling” My soul trembled, and tears filled my eyes at these words, I recognized their truth; truly I was home.

The smiling, dark-haired lady who greeted me, introduced me to the dozen or so people present and I was met again with smiles and hugs. This was the start of my journey to salvation. My soul had been calling to me for many years but I had no idea where to seek. A small ad in a paper I did not usually read, caught my eye.

“Edgar Cayce SFG Groups starting, phone XXXXXX.”

I had read ‘There is a River’ by Thomas Sugrue, knew about Cayce and was keen to know more about him. Back then (1977) there was no internet, and I had no way of knowing if Australia had people active in the work.

I also had no idea of what a SFG study group was, nor how much of a challenge it would initially present. Study group work is about more than finding God.

It is a Journey in self-discovery and accepting that God is within. I was not immediately on the path to righteousness. Back then, cooperation was obeying others, and I had no idea of Self, or my life’s purpose, let alone my “Ideal”. Patience was something that was tried, and I seemed to go out of my way to find stumbling blocks.

I eventually caught on to finding the stepping-stones leading me to become a whole person, physically, mentally and spiritually. All with the help of the fellow members of the Search for God Study groups I have been in. ASFG study group has put LIFE into my life.

There is so much to share, so many memories, moments of enlightenment and upliftment, and yes, dark nights of the soul. Group work has sustained me throughout the years. My voyage to enlightenment, especially with the group who has travelled with me for the past twenty-five years or so is the most precious gift from Spirit.

**Continued P4**

**(Search for God...cont.)**

*We grow in knowing and sharing, we learn so much from each other's understanding. It is about companionship, sharing, caring and applying self.*

**What is a SFG Study Group?**

'The Work' consists of studying the Books compiled from the Edgar Cayce readings in the 262 series and reduced to two small volumes, I and II. Edgar Cayce and the SFG Group number I completed this work. I salute them.

Reading 262 -1, Q9 provides us with the first Lesson of Book I.

*9. (Q) What would be the best subject for the first lesson? (A) Cooperation. Let each seek for that as will be THEIR part in this lesson, and IT will be given each as THEY ask for same.*

Each book consists of 12 Lessons, Book I begins with Cooperation and finishes with Love. Between the Preface and the first Lesson is one of the top 3 tools in the SFG kitbag. Meditation! Book II begins with Opportunity and finishes with Spirit, which is followed by Meditation! Meditation is important.

Other tools in the journey include Prayer, the study and sharing of Dreams, the weekly Discipline Reports (applying concepts from SFG in your daily life), Bible reading (or the like) and the enormous benefit of the positive feedback and uplifting discussions that follow.

The seeming simplicity of the two SFG books and the tools we use belies the depth of knowledge contained within, the secrets discovered about self, and seeing self evolve is wondrous. The work can sometimes seem frustrating, but is always uplifting.

**What We Offer**

We are offering support to anyone who is interested in starting or joining a SFG study group.

There are three possible ways to participate.

1. Face-to-face group meetings. These are usually held at the home of the group members.
2. On-line. By using Skype or a similar program a group can meet weekly with ease, even if located in different states.
3. Message Board. There is a Message Board currently operating using the Lessons from the SFG books (refer below for Message Board details).

Information about face-to-face and on-line groups can be obtained by contacting:

Bel Casey - email: [90.emmaline@gmail.com](mailto:90.emmaline@gmail.com)

**How the Message Board works.**

If you are living in a community where joining a face-to-face group is not possible, our Message Board may provide a way for you to meet with others on-line. As with other SFG groups the Message Board uses four basic tools; SFG readings, practical application, daily meditation and prayer.

The Message Board has an Administrator to facilitate discussion and monitor the Board so that it stays organised and up-to-date. My name is Suzanne Wallace and I welcome you all.

To participate, use the link below and register or contribute as a guest. Each month we will work on a chapter from the SFG Books. I hope that the Edgar Cayce Australia Message Board will provide a forum of rich relationships and nourishing learning.

<http://www.edgarcayceaustralia.proboards.com/#ixz338uRvZPW0>

# Glad Helpers Down Under

## By Russell Bowey

The Glad Helpers Down Under prayer healing group has been meeting since the mid 70's and currently has 9 members based throughout Victoria and one in Scotland.

We are affiliated with the Glad Helpers prayer healing group in Virginia Beach which was originally formed by Edgar Cayce in 1931. The 281 series of Readings on the subjects of Prayer and Meditation was given to the members of this group over a period of 13 years.

According to the readings, this group had its foundations at the time of Ra Ta, the High Priest in Egypt, around 10,500 BC. Reading 281-44 states that members of the group in Egypt were 'aiding through prayer, meditation, and *living* each day among their associates in such ways as to be in keeping with that for which they prayed and meditated.'

In the prayer group, meditation is used to raise the Consciousness of The Christ within themselves. Once raised, they offer this in prayer, or laying-on-of-hands. Reading 281-41 states '[Meditation] is the attuning of the mental body and the physical body to its spiritual source.'

The Prayer Group offers three types of prayer.

### 1. Healing Prayer (Requested by Recipient)

Healing prayer should only be given for those actively seeking help, or for young children or those seriously ill who cannot request prayer for themselves. If possible, the requester should be in a receptive state – physically, mentally and spiritually. Reading 281-3 states 'There must be the wholehearted cooperation upon the part of those desiring aid... first, there *must* be the *desire* [by the individuals to be healed], that can only come within self; *God* cannot save a man that would *not* be saved!'

Without the knowledge or cooperation of the recipient, destructive patterns or attitudes could be preventing healing or worsening an illness.

Therefore, as individuals and as a Prayer Group, we use healing prayer *only* for those who have specifically requested such prayer and who will accept responsibilities for their own attunement and healing.

**2. Surround Prayer.** Surround prayer is for those about whom we are concerned, but who have not asked for our prayers, and generally for those whom *we have asked if we can pray for them.*

Through such prayer, the energy raised is used to surround the individual in an envelope of energy, helping to cut off negative influences from the outside, 'as the defense against influences that would hinder' (281-9). We may envision this protection as an enfolding white light.

Surround prayer is recommended for those who have not requested healing prayer, or who are not likely to participate actively in the attunement and healing process, as well as those who are dealing with addictions or mental illness.

It is also helpful to include with this list all those who have no-one to pray for them, and those affected by adverse conditions (wars and natural disasters). The Prayer Group also offers surround prayer for the world's political and religious leaders.

**3. Prayer for the Departed (Passed Over).** The third type of prayer offered by the group is for those who have passed on.

The readings suggest it is important to help those souls who are transitioning out of the earth, so we maintain a 'Souls' section within the prayer list. Also, it is helpful to pray for souls in general who are caught in the earth plane (earth-bound spirits) and are unable to move on to their next experience.

For further information about the Glad Helpers Down Under, please phone (03) 5345 2945.

*Extracts from the ARE Booklet 'An Introduction to the Work of the Glad Helpers Prayer Healing Group'.*