

# SOUTHERN LIGHTS

*News from Our Centre in Central Victoria*



Some of the Prayer Group members and friends at the June meeting

The next Prayer Group meeting will be held in Creswick on Sunday 18<sup>th</sup> September. Please email or phone us if you would like further information.

Remember our new Facebook page:

*Edgar Cayce Australia Inc*

Remember our website:

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

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)

## ISSUE 9, WINTER 2016

Welcome to our Ninth issue



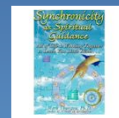
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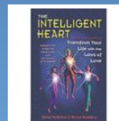
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*To Make Manifest the Love of God and Man*

## 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 – ‘What Colour is Your Balloon?’ – by Russell Bowey

I recently read about a study which showed muscle tension is what locks us into physical consciousness, and by relaxing the muscles we can move into altered states of consciousness; for example meditation or sleep.

Edgar Cayce was able to enter into an altered state of consciousness at will, but he needed to lie down on his couch and relax. Even then he was sometimes too tense. At the start of reading **378-26**, after Gertrude Cayce had given the instruction seeking advice about Mr (378), he stated: *“We are pressed too tight! We will release through here.”* (Then followed a breathing exercise).

Many years ago I had an experience where I was shown that we are all like balloons. The analogy shown to me was that in spite of the outward appearance of differences in colour (some are brighter than others), size (some are more inflated than

others), and shape (some are more twisted or deformed), we are all filled with the same substance: air (or spirit) and all surrounded by the same substance: air (or spirit). All that ‘separates’ us from this spirit in which we live and move and have our being is an extremely thin veneer of rubber, held in tension. We revert to being one with this spirit when we ‘pop’.

Release the tension, and we alter our state of consciousness!

Kevin Todeschi in his A.R.E. Press book ‘Twelve Lessons in Personal Spirituality’ states:

‘There is a common bond we all share as a collective humanity: There is but one God, and we are all God's children. In order to reawaken that sense of connectedness we share with one another, the readings state that the start of any spiritual journey should begin with the knowledge that the Lord God is One.

Regardless of the name we call God or the religion on earth that we feel drawn to, there is but One Creator, One Source, One Law.

In fact, perhaps more than anything else, this concept of "oneness" is the underlying philosophy of the Edgar Cayce readings.’

In reading **900-429**, this instruction is given: *The first lesson for SIX MONTHS should be ONE - One - One - ONE; Oneness of God, oneness of man's relation, oneness of force, oneness of time, oneness of purpose, ONENESS in every effort - Oneness - Oneness!*

If we can sense the unifying spirit underlying all creation, rather than focussing on the differences in the colour, size or shape of the balloons around us, we have an opportunity to manifest ‘Christ Consciousness’ in our interactions with others.

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## What You Give Away is What You Possess

### By Russell Bowey

These reading excerpts are wonderful examples of ‘What You Give Away is What You Possess’:

*But first KNOW ye the Lord, for the cattle and the gold and the silver are His, and all ye have is lent ye of the Lord! Only that ye give away, of self, of money, of time, of patience, of love, do ye possess! 1362-1*

*For all that ye may ever keep is just what you give away, and that you give away is advice, counsel, manner of life you live yourself. The manner in which you treat your fellow man, your patience, your brotherly love, your kindness, your gentleness. That you give away, that is all that ye may possess in those other realms of consciousness. 5259-1*

*That which we give enriches us, rather than that which we receive. 4208-12*

*For that ye give, that alone will ye possess. 1528-1*

*Thy brain is not thy mind, it is that which is used by thy mind! What then IS thy mind? The gift of God, that is the companion with thy soul, that is a part of same! Then if ye would develop that by its use, by its application, it is ministering good and goodness; not for self. For that ye give away ALONE do ye possess! For he that would have life must give it. He that would know the faculties of the psychic force, or the soul, must MANIFEST same in the relationships to spiritual truths, spiritual law, spiritual application. 826-11*

# Synchronicity (Coincidence / Chance): A Jungian Concept

## by Bel Casey

Recently, while having computer problems, I chose to go outside for a breath of fresh air and ran into a neighbor (A.). We chatted; I mentioned my problem, and she offered to help. During this time we talked about dreams, especially lucid dreams, God, Genealogy, past lives and a 'Dream Light' (which I had not heard of), and Facebook.

A. is a young Chinese student and we have formed a very close bond. Later, my computer crashed and I decided to sort out my 'Venture Inward' magazines, and continued doing so the next morning. Within a day, in different VI, I found articles that corresponded to the above, and more coincidental findings.

Genealogy: A. mentioned that she would like to track her ancestors. Not an easy task for the Chinese. Her ancestry goes back to the Mongols. In the 1999 Sep/Oct issue was an article, "Never Look Back or Don't Mess With the Mongols", a personal account about reincarnation and current life events. In the 1996 Sep/Oct issue, (spooky Eh) a small article on the 'Dream Light'. It is said to help develop lucid dreaming. Later I logged onto Facebook and there was an editorial post on finding your Chinese ancestors in Australia. Of no interest to A, but it alerted me to the fact that Spirit was talking. Had I internet connection, I would have continued with my Genealogy research and not sorted out my magazines.

Through this guidance, I was led to share my thoughts on synchronicity. What is synchronicity? Simply put, it is "Meaningful and Revelatory Coincidences" The readings mention coincidence only four times and synchronicity not at all. Chance, Oneness, Ideals, Cause, Purposes and Intuitive Guidance are all mentioned repeatedly, so I concentrated on 'Chance'. I feel that all of these are in action when Synchronicity occurs.

*For, as we have indicated, the entrance of a soul is not by chance... 2173-1*

All that we have come into this lifetime for – purpose, family, friends – has a cause somewhere in our past and present choices.

The readings say that while nothing happens by Chance, there are accidents, but not often. This includes all nations, and Heads of Nations.

*Each nation, each individual head of a nation, is not in the position it occupies merely by a "happen chance" but by the grace of God. 5142-1*

To live by the Universal Laws, and I believe that synchronicity is part of these Laws, we can, as seekers of the Light, look at the World and all that is unfolding and know that God is present. If there is no such thing as coincidence (chance), it stands to reason that Synchronicity is an actual event, and has been firstly set in motion by our own Soul. By the same principle that there is the odd accident, there is the odd synchronous event. Mostly however, there is something there guiding us and our own inner intuitive force is in action.

Synchronicity is when, usually within a day, one experiences, hears, sees or touches something at least 3 times. It can be something common, or something out of the normal. Take the word 'heart' for example. As you go through your day, you may hear or see something about 'heart' repeatedly. Where the heart is concerned, our physical, mental and spiritual health is very important. It is time to check things out.

Mark Thurston, in his book, "Synchronicity as Spiritual Guidance", provides productive insight on how we can use it daily. He describes it as "...an encounter with an ordering principle of the Universe." He also believes that as we use the guidance brought to us by synchronicity our Intuitive Senses and Spiritual Being grow, until we are acting more and more from our Soul level.

Free Will is a gift from the Grace of God. It is up to us to make the choice.

*(Q) ...describing my future life? Relate just what you see as you see it. (A) That is in thine own making. For, know, He, the Father, hath made thee a free-willed individual; choosing then (and choose YE) whom ye will serve. There is set before thee life and death, good and evil, choose THOU! 531-9*

## Book Reviews by Bel Casey: “The Intelligent Heart” and “Synchronicity as Spiritual Guidance”

### **The Intelligent Heart: Transform Your Life with the Laws of Love by David & Bruce McArthur**

“David McArthur and his father Bruce have written the wisdom of their years of research and real-life application. David is a lawyer, Unity Minister; and director of the Personal Empowerment and Religious Divisions of the Institute of HeartMath® in Boulder Creek, California, where he trains individuals and organizations in the use of universal laws.” (from the back cover of The Intelligent Heart)

I see “The Intelligent Heart” process as a Triune, in that it combines spiritual teachings with science and then draws in the Edgar Cayce readings to the party. For indeed it is a celebration of being able to use this book to transform one’s life. Happily, it is not only a breakthrough for self-transformation for those on the Spiritual Path, but for anyone who wishes to live a stress-free, happy and healthy life by harming no one, and applying the simple, but powerful, Universal Laws. Simply put, ‘Like Begets Like’, and ‘The Law of Love,’ the most powerful Universal Law.

*“When such Ahimsa (pure love) becomes all-embracing, it transforms everything it touches. There is no limit to its power.” (M.K. Gandhi)*

Using the energy of the heart to travel through our daily living is powerful and transforming. Just this morning I woke up feeling ill and with no energy, yet, I needed to shop and in order to shop I needed to drive. After saying my usual prayers before driving and going places, I spent a few moments listening to my heart and attuning myself to it.

It was instantaneous; I felt calmer, if not better and set off for the day. I was amazed at how calm and mindful I was, being considerate of others (even driving!) and my stress levels were very low.

The positive energy and calmness that comes out from us radiates all around, and like a candle in the dark, draws others to safety and change. By following the HeartMath’s® directions, we work on ourselves through the heart in order to live a better life. We do not try to change others, we do not have that right.

You simply apply a five-step procedure using the law of love that changes you from the heart level.

When I finished this book I decided to wait a while and then re-read it. I did not go too deeply into the exercises this time, and practised the exercises as I read. I felt I needed to read it through once, and then again. If you are interested in the HeartMath® organisation, google it!

### **Synchronicity as Spiritual Guidance by Mark Thurston, PhD**

Mark Thurston is an educator, psychologist, and author. He has been associated with the A.R.E. and Atlantic University (A.U.) for more than 40 years. He is a part-time faculty member at A.U., where he teaches courses about dream psychology, life purpose, and comparative spiritual philosophies.

In this book, Mark takes us on journey as to how we can, through taking notice of the coincidences in our daily lives, and using them to make decisions, small or large, we are working at one with the Universal Laws. He applies the principle of synchronicity-meaningful coincidences. This book shows us how to recognise the connections and then analyse them to ensure they do have meaning. We can then work out how best to apply the gifts from Spirit.

He shows us how to invite synchronicity into our life through the I Ching and I believe that through this, our Intuition and Soul blossom. Step-by-step we are guided through the process of using synchronicity as Spiritual Guidance, looking at Archetypes and Soul Patterns, how we can receive this Spiritual Guidance and then apply it. He also provides a 3 week mini workshop in which you can explore Synchronicity and Guidance.

There are also two guided reveries, one which can help you find meaning and purpose in your life and the other in which you are led to a guide who will provide you with an answer to a question for which you are seeking an answer.

A very good book to add to your reading list.

## Which is the Best Exercise for Me?

by Russell Bowey

With so much focus on the elite athletes at the Olympic Games in Rio de Janeiro, I decided to look at the advice given by Edgar Cayce regarding sport and exercise.

The readings suggested horse-back riding, swimming, rowing, bicycle riding, tennis, golf (all were events in Rio), and of course, stretching. However, walking was recommended as the 'best exercise' more than any other.

*Walking is better than any other character of exercise, but walk all over! Swing the arms and move the body! 340-12*

*(Q) What form of exercise would be well?*

*(A) As much walking as possible. 348-19*

*(Q) What exercise can she take? (A) Walking or the like is the best exercise for this body. 189-6*

*(Q) What exercises? (A) Walking is the best exercise for the body. Long walks. 457-7*

*It's well that each body, every body, take exercise to counteract the daily routine activity, so as to produce rest. Walking is the best exercise for this body; preferably in the evening. 416-3*

*Walking is the best exercise, but don't take this spasmodically. Have a regular time and do it, rain or shine! 1968-9*

I am not sure if Jared Tallent – Australia's most successful male athletics competitor, winning four Olympic medals in 'race walking' – would agree with the following reading:

*(Q) If there are exercises I should do daily, please describe.*

*(A) Walking is the best exercise that may be taken. This should be done moderately, of course, and NOT in any extreme or stress. 1152-8*

In this reading golf is recommended as an adjunct to walking:

*(Q) What exercise? (A) Walking is the best exercise, or golf included with same. 2307-1*

In the following reading, housework is suggested as an exercise. I can't wait to see that as an event at the Olympics!

*Take sufficient exercise in the open to keep the activities of the body. In such, and when such activities are taken, do those that may be termed the STRETCHING of the body as exercise. Walking is the best exercise! Not too much of same; as housework is a very good exercise, too, if you will do it along with those other things - but not OVERTIRING the body, ever! 715-1*

For those who experienced difficulty with walking, the readings suggested swimming:

*Do not take too long walks. A good deal of time spent in water is well, if the water is the correct temperature; as in swimming and that type of exercise, but not too long on the feet. 635-8*

I recently read an article about a study by sport scientists which showed that a particular exercise will be more beneficial if you believe it will be. Therefore a positive mindset, enjoyment of the activity, and affirmative beliefs and expectations, are prerequisites for the psychological and physiological benefits of any exercise.

In reading 903-14, Edgar Cayce offered this advice to a 28-year-old in her fourth month of pregnancy:

*Q) What exercise should body take daily? (A) The best exercise is walking in the open, and these should be well balanced with the physical, the mental, and the relaxations. These should be WELL divided. About two to three and a half hours daily should be given in REST, relaxation of the body, with as little MEDITATION during the relaxation as plausible, or possible. Then a twenty to thirty minutes of concentration in the MENTAL forces of body, as to desires, and visualization of the EXPECTANCY as body desires. Then at least an hour to two hours, morning AND evening, to exercise. This should be done in the open.*

The final say on the matter is from Harold J. Reilly, co-author of 'The Edgar Cayce Handbook for Health Through Drugless Therapy.' When asked: "Which are the best exercises?" he responded: "The ones you do."

Remember all these readings were specifically given for individuals! And of course, before attempting any form of exercise, strenuous or otherwise, consider first consulting your medical practitioner!