

SOUTHERN LIGHTS

Winter – A Time for Inner Reflection



Members of the recently-formed Adelaide Search for God Study Group

Anyone in the **Gold Coast / Brisbane** area interested in a Study Group, please email John at: john.jc.cowan@gmail.com

Anyone in the **Port Macquarie** area interested in a Study Group, please email Tom at: tommslatts@gmail.com

Anyone in the **Toowoomba** area interested in a Study Group, please email John at: bandajumah12@yahoo.com.au

We are excited about our new-look website (launching soon):

www.edgar cayce australia.org

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

And our contact email addresses:

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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 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@edgar cayce australia.org or phone us on (03) 5345 2945.

Editorial – ‘The Art of Pruning’ by Russell Bowey

It is the time of year when many plants and trees in our garden are dormant, and in need of pruning. The fruit and nut trees, and the rose bushes, that more than doubled in size over spring and summer, require to be trimmed back to a more manageable size, and to ensure a good harvest of fruit, nuts and many beautiful blooms in the coming season.

An on-line dictionary defines ‘pruning’ as: ‘trim (a tree, shrub, or bush) by cutting away dead or overgrown branches or stems, especially to encourage growth.’

A recent episode of ‘Gardening Australia’ on ABC TV featured a segment on the art of Bonsai, presented by bonsai master Megumi Bennett. She showed how training the shape of trees with wire and judicious pruning can achieve a beautiful, balanced, mature tree, with one example 64 years old!

The same on-line dictionary gave another definition of ‘pruning’:

‘reduce the extent of (something) by removing superfluous or unwanted parts.’

In reading **1158-2**, Edgar Cayce advised that the astrological influences from Jupiter, Uranus and Venus be pruned as part of the cultivation of the soul:

Hence we find an entity moved emotionally through its associations in the earth as well as by that which to the entity is as its ideal; a duty, a friendship, love, faith, hope, fellowship, longsuffering; enduring much. But learn ye patience, even with thine own self.

For few there be who comprehend that if they are patient first with their OWN selves they are then more capable of being, more able to be, patient with others. For as He, thine brother, hath given, "In patience ye become aware of your souls."

These then be the influences that are to be cultivated, that are to be nourished, that are to be



PRUNED, that are to be carried on in the application of thy relations with self as with others.

And in reading **282-4** he advised a similar treatment for (282)’s astrological influences:

The influences that exist from the astrological viewpoint are the seeds sown. Are they to be cultivated, or are they to be pruned and used as stepping-stones for the better conditions that may come in the experience of the entity?

Australian Conference in 2019 – See You There!!!!

We are excited to announce that planning for the International Asia-Pacific Conference in 2019 is well underway and further details will be announced as speakers, etc. are confirmed.

Edgar Cayce on Reincarnation - Your Odyssey Through Time

*RACV Goldfields Resort, Creswick, Victoria
15th – 17th March 2019*

The key-note speaker will be Kevin Todeschi (Executive Director and CEO of A.R.E. & Atlantic University), who is an expert on the topic, and other presenters, pricing, program, etc. will be announced on our revised website.

This is Kevin’s first visit to Australia, and his presentations will include: ‘The Akashic Records of the Past, Present and Future’, ‘The Akashic Records & The Illusion of Time’, and ‘Your Inner Oracle: Gaining Insights into Your Past and Future through Personal Intuition.’

We will also include a session playing the fun board game ‘Sojourns’, a reincarnation-themed game based on the Edgar Cayce readings, created by Russell Bowey.

The RACV Resort’s website is:

<https://www.racv.com.au/travel-leisure/racv-resorts/our-destinations/goldfields-resort.html>

'THE MASTER, MUSIC AND PRAYER'

by Bel Casey

When our time here on Earth is finished, most of us are greeted by our loved ones and angels to carry and welcome us over to the light. There are others, who, I guess, due to the way they lived, are greeted by the Master Himself. One of these was Edgar Cayce.

The day before Edgar died, Gladys is sitting quietly by his side. He stirs suddenly, asking, "Who is that man?" No one was visible but Gladys suspects it is the Master Himself. "He is playing beautiful music." Edgar states. "He is the musician as well, for He plays the harp".

In reading 5749-1 Cayce refused to awaken when prompted three times, but continued in his trance. As if present, he is describing Jesus who is at the Last Supper; he washes the feet of the disciples, then says "It is finished." Cayce goes on to say, "they sing the ninety-first Psalm. ...He (Jesus) is the musician as well, for He uses the harp."

Other readings mention Jesus as being a musician and a harpist, and that the music is an instrument of healing. Music is mentioned often in the readings as a means for harmony and solace for the soul. The readings are also a great source of information on vibrations, and music is possibly among the greatest of vibrations. A phrase Edgar often used was 'Music of the Spheres'.

"Then enter into meditation, in the wee hours of the morning, when the world at large is quiet - when the music of the spheres and the morning stars sing for the glory of the coming day, and ask the soul; and let the spirit of self answer". (440-4)

The following reading was for Cayce himself, after a vision he experienced while teaching Sunday School.

"One that has been endowed with an understanding of a peoples known as the Indian, that may by grunts, incantations, or in the various forms of expression to convey that which is being sought of the relations of one to another, is not understood by

one who has been endowed with an understanding of the other environs; as in France or in the U.S.A. Not understood, no; but when that language that bespeaks of faith, hope, kindness, love, is manifest it expresses, it conveys to the heart and soul of all a UNIVERSAL language; as does music, as does the beauty of a rose, as does the music of the spheres partake of that which is the closer to that relation as the soul, whether occupying this or that body, has with that Creative Force from which it emanated." (294-155)

As a child, Edgar had, with his mother, an experience showing him the power of prayer. She had been through a traumatic event, and in desperation, sitting on her kitchen floor, crying and holding onto Edgar's hands she prayed. Something he had never heard her do. He heard her prayers like music as he later described it. In a lecture given years later, simply put, each entity has a particular note, and when alone, or in small or larger groups, prayer becomes a powerful divine orchestra.

The music of prayer then is a powerful vibration that can work miracles. This is best described in a talk by Gladys Davis, at the 2nd A.R.E. Congress on the purpose of the Glad Helpers Prayer Group.

"When the teachers and the players are able to cooperate in bringing the greatest harmony from the notes given them, then the Master Musician (the Christ) becomes the orchestra leader, and perfect harmony reigns throughout."

(My thanks to Sidney Kirkpatrick for his article 'The Master Musician', Venture Inward Jan-Mar 2013, without which, I would not have been able to put together this small offering. If you are a member, I encourage you to travel back in time and read the full article. It has helped me understand much more about prayer).

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.

'THE MYSTERIOUS SPLEEN'

by Russell Bowey

The spleen is an organ found in virtually all vertebrates, and is located under the ribcage and above the stomach in the left upper quadrant of the abdomen. Similar in structure to a large lymph node, the spleen plays multiple supporting roles in the body. It acts as a filter for blood as part of the immune system. Old red blood cells are recycled in the spleen, and platelets and white blood cells are stored there. The spleen also helps fight certain kinds of bacteria that cause pneumonia and meningitis.

Surgically removing a diseased or damaged spleen is usually possible without causing any serious harm to the person. The expression "to vent one's spleen" means to vent (air) one's anger, usually in a forceful way.

The Edgar Cayce readings generally agree with the views of medical science on the spleen's function, but add some very interesting ideas on the link between the spleen, the blood and our mental states, and how our thoughts affect our physical bodies. Some of the following reading extracts even suggest that the spleen imprints our thoughts on the blood, or as this reading says: ... *for what we think and what we eat - combined together - MAKE what we ARE; physically and mentally.* **288-38**

The spleen in its functioning, which is to destroy the blood cells used by the brain in its functioning **3859-1**

Stimulate the activity as related to the spleen as it controls the destruction or supplying of energies to red blood cellular forces. **5013-1**

With each thought manifested in the brain, red blood cells are destroyed in the spleen. This is in all bodies. **5717-3**

In the action of the spleen, the brain forces or resultant forces of an active brain assist the body materially, especially as to WILL and power of control over self. **5620-1**

... for this (spleen) in the system is as the balance between the destruction of cellular forces that rebuild in the various portions of the system, and replenishing of ideas and ideals from brain's reflex forces. **5718-1**

FOR THOUGHTS ARE DEEDS, and are children of the relation reached between the mental and the soul, and has its relation to spirit and soul's plane of existence, as they do in the physical or earth plane. What one thinks continually, they become; what one cherishes in their heart and mind they make a part of the pulsation of their heart, through their own blood cells, and build in their own physical, that which its spirit and soul must feed upon, and that with which it will be possessed, when it passes into the realm for which the other experiences of what it has gained here in the physical plane, must be used. **3744-5**

The spleen being the destructive organ for the dead red blood corpuscles, also the organ that works WITH - as it may be termed - the imaginative, or the psychic forces OF the body; and the body being super-sensitive, or super-psychic in many respects, finds THIS portion often gives rise to not ONLY the fears, but also those DISTRESSES as affect the VEGETATIVE nerve system Fear the greatest bugaboo to the human elements, for in fear comes those conditions that destroy that vitality of that assimilated. **5439-1**

(Q) What is wrong with spleen, if anything?

(A) The strain is all that's wrong! And the spleen, we should remember, is that activity in the physical organism between the mental and physical consciousness. When there is fear, or when there are those conditions of disappointments in any nature that affects the imaginative body, we may expect it to affect the spleen. With the resultant conditions of near normalcy in digestion, in activity, in the active forces of the body, this - as we find - will come near to normal reaction. **264-15**

For, truly has it been said, as a man thinketh within his heart or within his blood supply, within the elements and vibrations that are created within the balance of those forces that course through this active force within a body, so IS the response of that body to the creative influence or destructive influence about it. Or, in common parlance, "As a man thinketh in his heart, so is he." **443-2**

FROM THE ARCHIVES - 'SURVIVAL SKILLS FOR THE NEW AGE' by Dean Hull

We, along with all living organisms, have the urge to survive. Life is precious for most people; and the will to live is paramount. Yet, life in this dimension is tenuous at the best of times. There is very little of which we can be certain.

If I were to choose a word which summed up these times it would probably be the Great Age of Uncertainty. Right at this very minute, insane men – Sons of Belial, to quote a term from the readings – are waiting with itching fingers ready not only to destroy their enemies, but the whole human race, and this beloved blue (or is it now grey?) planet. With this scenario – almost like the replay of some Atlantean newsreel from the Akashic record – how can anyone survive to welcome the New Age?

To espouse Survivalism, with its emphasis on “every man for himself”, is no answer. There is no inner peace in that philosophy. It is based on a fear response. It equates physical survival with the ought of life. And to quote the Master Jesus, “He who tries to find his life will lose it.” He will lose his faith and trust in God, his faith and trust in his fellow man, and ultimately his faith and trust in himself.

One Cayce reading suggests that life is to be used creatively rather than just drifting aimlessly. *“Know that life is not just all to live, but to make it - life - creative, as it of its nature IS - and not in that of self-indulgence nor self-aggrandizement; for these only bring disappointments, heartaches, headaches. Only that which is eternal or creative in its motive, in its purpose, can be and is that which brings harmony, joy and blessings.” 1999-1*

Another reading also urges the creative use of life rather than self-indulgence.

“Know that life is a river or a stream which is constant and each appearance is as a pool that may refresh, in which others may be refreshed or become stagnant and not get very far in a development in a material or earthly sojourn, or it may apply the truths of the spirit, as is the ripple, as is the roar of the cataract, as a part of the physical consciousness in every experience. Use the power thus generated - not to self-indulgence - but to beautify, but make the world a better place because ye have lived in it. Ye

can only do that by the hour, by the moment, by the day ye live. For ye are not promised more than one day in the physical consciousness at a time. Use it - don't abuse it!” 5392-1

Here the exhortation is to improve the world in whatever circumstances we may find ourselves. We are reminded that we really only have this moment in which to be creative. We ought to use that moment wisely.

The Sons of the Law of One have a mammoth responsibility to ensure that the planet does survive, and that it is a better place for our having been in it. This is no easy task to be sure. Those who scheme to destroy the planet are no different from the child who burns down his school! They need our love.

Let's do it right this time. Peace can only come when we, along with all mankind, adopt the one ideal – “I am my brother's keeper.”

EXPERIMENT

Try using this Prayer for Peace. Try living it.

Lead me from death to life,

from falsehood to truth.

Lead me from despair to hope,

from fear to trust.

Lead me from hate to love,

from war to peace.

Let peace fill our heart, our world, our universe

This article first appeared in the A.R.E Council, Melbourne, Australia, Newsletter in February 1984 – over 34 years ago! Dean Hull, at that time, was the co-ordinator for A Search for God Study Groups in the Adelaide region.