

SOUTHERN LIGHTS

A Time to Allow Your Inner Spirit to Warm Yourself and the Hearts and Minds of Others



What is 'normal' in our lives is often just our habitual behaviours being played out – often unconsciously. The coronavirus pandemic has provided us with an opportunity to 're-set', to attune to our higher self and re-align with our soul's purpose and our spiritual ideal. You will find inner peace and comfort to share with all those you contact each and every day.

Remember our website:

www.edgarcayceaustralia.org

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

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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 can also arrange 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 lending library in Creswick (near Ballarat, Victoria) please email russell@edgarcayceaustralia.org or phone us on (03) 5345 2945.

Editorial - 'I Have An App For That' - by Russell Bowey

It is now over four months since the Australian government launched the COVIDSafe contact tracing app, describing it as “a tool that helps identify people exposed to *coronavirus (COVID-19)* [and] ... helps us support and protect you, your friends and family.”

Questions have since been raised over the effectiveness of the app, and for a period of time during Victoria's second outbreak, state health officials admitted they stopped using the app altogether.

Apparently there's no way of knowing how many people actually ensure the app is activated on their smartphones when they step outside their homes. Unless apps are 'always on' and running in the background, you will have to activate them.

I find it interesting that 'app' is an abbreviation of 'application', which may be defined as 'the action of putting something into operation' or 'a request for something submitted to a higher

authority', or can also be 'sustained effort or hard work.'

The patterns of behaviour we choose to apply to our life situations could be described as our own built-in 'apps', but are often selected subconsciously as reactive choices (habits) rather than pro-active choices, especially when we are under stress.

These behaviour patterns are learned from observing our parents, siblings, peers, and sometimes from television or sporting role models. A great deal of this 'cultural conditioning' we may not even be consciously aware of.

We can use our will to choose a different pattern of behaviour more consistent with our highest ideals, which can eventually become our 'default' app. In many readings Edgar Cayce suggested the Christ as the perfect pattern (app) and the 'fruits of the spirit' as the best examples of this pattern, as stated in the following four readings.

If ye would know God, search for Him, for He is within thine own self! And as ye express Him in the fruits of spirit; love, grace, mercy, peace, longsuffering, patience, kindness, gentleness; ye will find such within thyself.
4082-1

For each soul, each mind, each entity is endowed with its choice. And the choice is the result of the application of self in relationships to that which is its ideal - and finds manifestation in what individuals call habit, or sub-conscious activity.
830-2

Know that choice is made by the will, guided by the mental according to that which - in the consciousness of self - is an entity's ideal.
1885-1

(Q) Should the Christ-Consciousness be described as the awareness within each soul, imprinted in pattern on the mind and waiting to be awakened by the will, of the soul's oneness with God? (A) Correct. That's the idea exactly!
5749-14

Edgar Cayce on

PERFECTION

(Q) What else is necessary for me to attain and retain physical perfection?

(A) Perfection is not possible in a material body until you have at least entered some thirty times...
(2982-2)

PEACE

Patience, love, kindness, gentleness, long-suffering, brotherly love. There is no law against any of these. For they are the law of consistency in the search for peace. For they of themselves bring peace...
(3175-1)

REINCARNATION

For, it is not by chance that each entity enters, but that the entity - as a part of the whole - may fill that place which no other soul may fill so well. For He hath not willed that any soul should perish. Thus with each material manifestation there is an undertaking by an entity to so manifest that it, as a part of the whole, may become more and more attuned to that consciousness, and thus glorify Him in the entity's relationships to others in any and in every experience. Each soul was, is, and is to be a companion with that creative influence or force called God.
(2533-1)

'The Higher Self as a Dream Symbol'

by Russell Bowey

I recently awoke from a dream where I was visiting an architectural firm (I was an architect before I retired a few years ago). The firm's principal gave me a set of car keys for a Toyota Landcruiser – offering me a test drive. In the dream I realised he was also the principal at a car dealership.

As I was going over the meaning of the dream (there was much more to the dream), I recognised that the principal symbolised my higher self.

I know that my higher self appears from time-to-time in my dreams in a number of different guises, including as a doctor, a teacher, a policeman – but almost always as an authority figure.

Last week I was re-reading a small A.R.E. booklet titled 'Dreams: The Language of the Unconscious' with four authors, including Shane Miller who contributed an essay 'Working With Dreams as Recommended by the Cayce Readings'. Shane was an expert on dreams and symbology, especially Biblical symbology. For many years during the 1970's and 1980's, Shane shared his knowledge with the Melbourne Search for God Study Groups before moving back to the US.

Shane described the appearances of 'the man' – the Overself or OverSoul – as he referred to his higher self, over a nearly five year period of dream records. The symbols showed up in the following forms:

- . A rider in cowboy costume in perfect control of a spirited horse
- . An elder brother
- . A beloved editor
- . A 'voice' speaking but without form
- . An ancient ferryman with an archetypal white beard
- . An efficient manager of a plantation and farm 'where everything grows'
- . A floorwalker in a huge department store
- . Master of a great house (who was asleep upstairs while Shane moved around downstairs)

- . A chauffeur
- . A man looking at Shane through the viewfinder of a camera
- . Elevator operator
- . Naval or army officer
- . Pilot of a plane, conductor of a trolley (usually white-bearded)
- . A quiet youth, who could speak French and acted as an interpreter
- . Proprietor of a store, restaurant, hotel
- . A young, well-set-up physical culturist by the name of 'Bestley', who was in firm charge of a whining invalid
- . A pastor, surgeon, doctor, school teacher

In his essay, Shane states: "the man" symbolizes that part of the individuality which did not take part in the "Fall of Adam" – the soul's experience in materiality. He remains "before the Throne," so to speak, to keep open for the adventuring soul the way back to the Creator. He is a witness to the activities of the soul in the earth but he takes no active part, being the Watcher, the Guardian Angel, the brother who never left the home when the Prodigal Son set off on his travels, in Jesus' parable.' He goes on to describe it as 'the self-conscious, individualized portion of God that is the unchanging core of each entity, whose mind constitutes the Superconscious Mind of Man.'

Or, as explained in the Edgar Cayce readings: *(Q) How may one be constantly guided by the accompanying entity on guard at the Throne?*

(A) It is there! It's as to whether they desire or not! It doesn't leave but is the active force. As to its ability to SENSE the variations in the experiences that are seen, is as has been given in the illustration - "As to whether in the body or out of the body, I cannot tell." Hence this sense is that ability of the entity to associate its physical, mental or spiritual self to that realm that it, the entity, or the mind of the soul, seeks for its association during such periods - see?

5754-3

'IMPROVING THE CASTOR OIL PACK: SHARING MY PASSION'

by Dianne Butterworth

Edgar Cayce intrigued me from the book authored by Sidney Kirkpatrick, An American Prophet. The biography, of Edgar's life, the hardships, the loyalty & love of Gertrude & Gladys, his abilities and finally making it to Virginia Beach as directed by the powers that be, enthralled me.

One of Edgar's healing methods to assist people under trance was the use of the heated castor oil pack. In Australia, I have noticed, if you mention castor oil the first reaction is "yuk" as people recall their parent giving this orally.

Australians require education about the health benefits of castor oil being applied topically and this is the biggest challenge for Shiane Wellness.

Castor oil has the healing properties of being: anti-viral, anti-fungal, and anti-inflammatory. I practiced with the DIY method for years. At the time I lived in a rural area. It was inconvenient to source the "ingredients", particularly the flannel as well as cumbersome and messy.

The castor oil pack remained impressed on my mind and I just felt there had to be a better way to deliver this amazing natural product to the community. In 2018, I commenced the research & development for a ready-made heated castor oil pack. Shiane Wellness was born.

Shiane is the combination of mine and my mother's name. My father-built boats as a hobby and he had wanted to name a boat "Shiane" and this name is in honour of him.

With Australian manufacturer Logikal Health, Shiane developed the packs with organic undyed, unbleached flannel infused with organic, cold pressed castor oil and air activated heat packs. Shiane developed and submitted patents for: a reusable belt and the disposable version which currently is available in 3 versions.

The disposable heated castor oil packs are ideal for travel and work. The packs were submitted to the Therapeutic Goods Administration and are ARTG listed.

The foiled line packs include air activated heat packs, organic castor oil infused organic flannel in a foil lined Ziplock pouch, wet wipes and instruction booklet on how to use the product.

Shiane trialled the packs with numerous people. The trialists mainly suffered pain & inflammation e.g. torn Achilles tendon, back pain, knee pain etc.

I have never understood my obsession with castor oil packs. It is a passion and I enjoy hearing the positive feedback from our trialists and clients; especially those people who are being introduced to the castor oil pack.

Shiane is continually providing education on the benefits of castor oil packs on the website, Instagram and Facebook.

I will leave you with this beautiful testimonial from Andrew who was first introduced to Castor Oil Packs by Shiane Wellness:

'While living with stage 4 bowel cancer, I became ill with pneumonia and pleurisy. The pain was so intense that I wasn't able to sleep properly for many weeks. It was debilitating and I was exhausted. Then I was given the Shiane Castor Oil Heat Belt to trial to help reduce my pain. It was awesome! I slept like a baby for 10 hours straight!

I have used it many times since and can honestly say that it has worked beyond my expectations in providing long-lasting pain relief.' Andrew Church.

Shiane's contact details are:

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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.

'TRANSFORMING EGO INTO GOD'

Step-by-Step Along the Journey From Egypt to the Promised Land by Russell Bowey

In his book 'Mass Dreams of the Future', Chet Snow states: '[Edgar] Cayce asserts that the most fundamental "sin" (a choice that separates us from God and from our true identity) is that of selfishness.'

I include this extract from reading **1362-1** as a good example of this assertion. *Self is the only sin; that is, selfishness - and all the others are just a modification of that expression of the ego.*

Chet Snow then continues: 'It is choosing to follow the ego or lower self's limiting, Time-bound desires (including the desire to be right regardless of the consequences!) instead of extending our awareness beyond immediate self-gratification and seeing our true multidimensional role within the greater Whole of All Is.'

I was given the following allegorical expression of the journey from Ego to God about 30 years ago.

EGO	Egypt	Our sense of separateness from God – the Ego is our personality. A state far from our true home and inheritance.
EGG	Bondage	That which contains a new individual. A shell or barrier that we need to break through to experience new life. Our first step is to recognise we are not the outer shell - our true nature lies within. Egg also means 'to urge on'.
ERG	Journey out of Egypt	A unit of work. Physical work is required to fulfil creative urges and to develop our talents, skills and abilities.
ERR	Stray from the path to Canaan	Make a mistake, sin. Our humanity means we will often be diverted and make many mistakes along the path. We need to learn from these experiences.
EAR	Moses & Joshua	Organ of hearing. We need to listen within for guidance and to discriminate between all our voices and feelings.
TAR	Worship of the Golden Calf	Thick, dark, sticky substance. Fear and doubt - stuck in inherited patterns of materiality.
TOR	Mt. Sinai	Tall, rocky peak. Our attempts to raise our consciousness are often blocked by obstacles. If we view them as stepping-stones of opportunity, rather than as stumbling blocks, our higher consciousness will lead to greater understanding.
TOO	The Law of One	All inclusive. Thou shalt have no other gods before Me. The challenge here is that 'too' can also mean 'extreme', or fundamentalism and fanaticism.
GOO	Crossing of the River Jordan	Sticky substance. Our final step is to let go of all attachment to materiality – Maya – the illusion of differences and separation.
GOD	The Promised Land	Divinity, Creator, Supreme Being. Our beginning and our destiny.