

SOUTHERN LIGHTS

Winter: The morning sun sparkles on millions of tiny diamonds in the grass



... if ye would have friends, be friendly; if you would have others smile on thee, smile on others. If ye would have others do good to thee, do good, speak kindly, speak gently. Be not harsh because others do not see or do not understand or comprehend 852-12

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Remember our Facebook page featuring captioned photos:

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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 can also arrange talks on many topics from the Cayce readings such as diet and health, Atlantis, the mind, reincarnation, ideals, attitudes and emotions, meditation and dreams. If you are interested in any of our groups, or to arrange a talk on any of the above topics, please email russell@edgarcayceaustralia.org or phone us on (03) 5345 2945.

Editorial - You'll Come a Waltzing Matilda With Me

by Russell Bowey

The Banjo Paterson bush ballad 'Waltzing Matilda' tells the story of a lowly swagman who manages to evade the clutches of the aristocracy. The Australian Woman's Football Team is called the Matildas, and the hype that built during their recent success at the FIFA Women's World Cup is perhaps a reflection of the underdog beating the (football) royalty from Europe, a favourite theme for Australians in sport or any activity.

Or perhaps there is a different theme starting to play out, with the much-reported success of the Matildas, the Diamonds (Australia's Women's Netball Team), the Australian Women's Cricket Team, and our female swimmers at the recent World Championships in Japan. The sexist 'glass ceiling' that previously often ignored the success of women in any field of endeavour, and left them largely unacknowledged and undervalued,

appears to be cracking, if not in danger of shattering completely.

In her 2004 book 'Edgar Cayce and the Eternal Feminine', author Lynn Rogers examined the role of women in the Cayce 'Work'.

She states: 'Subjects in the study reported feeling disconnected from masculine God language in the readings. Women felt though, that such language reflected the man's - Edgar Cayce's - outer personality and his times.'

She noted: 'In the Beginning, the Eternal Feminine was one of two co-creative energy essences that comprised the Divine. She was known from Atlantis through Goddess-worshipping times as "associated with life-giving powers, renewal, rebirth, transformation and the mystery of death."' ('Reinventing Eve' by Kim Chernin). After the gender polar axis shift, She was lost in the world's awareness for the last 3,500 years.

Submergence of the Eternal Feminine has contributed to a worldview of human dominance over nature, and hierarchical social structures. This has resulted in life on a planet at risk from pollution and war. In addition, societies have been relatively deprived of the talents and contributions of one gender in many regards.'

The readings gave this interesting advice on at-onement with the Mother-God, the Father-God:

For man and woman in their manifestations are given - by the All-Wise, All-Merciful Father, the First Cause, the Mother-God, the Father-God - the opportunity to be one with Him. Hence they are given the attributes of the various phases through which the entity or soul may become conscious or aware of that Presence abiding with or withdrawing from its activities; dependent, to be sure, upon how that entity or soul uses the opportunities. 945-1

Edgar Cayce on 'Osteopathy'

Let this be considered in relationship to osteopathy: As a SYSTEM of treating human ills, osteopathy - WE would give - is more beneficial than most measures that may be given. Why? In any preventative or curative measure, that condition to be produced is to assist the system to gain its normal equilibrium. It is known that each organ receives impulses from other portions of the system by the suggestive forces (sympathetic nervous system) and by circulatory forces (the cerebrospinal system and the blood supply itself). These course through the system in very close parallel activity in EVERY single portion of

the body. Hence stimulating ganglia from which impulses arise, - either sympathetically or functionally - must then be helpful in the body gaining an equilibrium. 902-1

Then, the SCIENCE of osteopathy is not merely the punching in a certain segment or the cracking of the bones, but it is the keeping of a BALANCE - by the touch - between the sympathetic and the cerebrospinal system! That is real osteopathy! With the adjustments made in this way and manner, we will find not only helpful influences but healing and an aid to any condition that may exist in the body - unless there is a broken bone or the like! 1158-24

'Glad Helpers Healing Prayer Group'

by Gladys Davis

The following article was presented by Gladys Davis (Edgar Cayce's secretary) as a talk at the A.R.E.'s Second Annual Congress in June, 1933. Our own 'Glad Helpers Down Under' Healing Prayer Group has been following similar ideals since being formed in the 1970's. Please contact Donna Crusiz at donna@edgarcayceaustralia.org if you would like to join our prayer group.

The Glad Helpers is a prayer group within the Norfolk Study Group No. 1, that is open to those who seek through it. I think the purpose is very well signified by the name - Glad Helpers.

We are glad helpers. It is our purpose to help individuals, physically and mentally, by attempting through meditation to awaken the divine within each. We have been told through a reading by Mr. Cayce that the spiritual is the life, the mental is the builder, and the physical is the result. Therefore, no healing of any nature, mental or physical, can take place without an awakening of the inner or spiritual self.

We have three periods of meditation each day, and we ask all to join us who have the desire to aid in bringing peace, harmony, light and immortality to others, through the raising of the Christ Consciousness within and projecting it to others. We believe that Jesus, the Christ, has shown the perfect Way, He has laid the foundation, He has reached perfection; but we must raise ourselves and overcome the carnal forces even as He, in order to reach the perfection towards which we should all be striving.

We believe He taught that every inharmony, every suffering, is a result of disobedience to divine laws; not a punishment direct from God, but a natural result of our own acts. Earthly parents might try very hard to impress upon their child that it must not do a certain thing or it will suffer thereby. But if the child goes ahead anyway, then it must suffer the consequences. The parents can help, but the child must learn the lesson. Jesus, the Christ, through

having overcome, has made the way easy. He has blazed the trail. We only have to tune in to His Consciousness to be free from all earthly woes. No matter how straight and narrow the path, we can hew to it with His help.

So, it is our purpose to try, through meditation - and also through our thoughts, words and acts day by day - to break down those barriers which have been builded between the material and spiritual, and project into those vacant places the love, peace and understanding that may cause perfect harmony. The higher we are able to raise the Christ Consciousness within us, the more we are able to project it outward and direct it to certain individuals who are seeking. If those individuals are in attune at the time, they catch it immediately. If not, there may be a delay in their receiving it, but the good is not lost. It goes out into the ether, and adds to the constructive influences that are building towards perfect harmony and peace.

The following illustration may explain just what takes place in healing. As a reading has said*, it is not the only way that individuals find attunement, but it is a good illustration: [*See 281-8, A-24-25.] The bodies whom we hold in meditation are as musical instruments, some very finely attuned and others almost entirely lacking in harmony.

The desire on the part of the one seeking aid creates the attunement of the instrument so that the player (the entity) may begin. The letters in each individual's name may represent the notes of music that must be learned by the player. We (the Glad Helpers) represent the teachers of music. When the teachers and the players are able to cooperate in bringing the greatest harmony from the notes given them, then the Master Musician of the music of harmony reigns throughout.

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.

'Intuition and Healing Through Meditation'

by Liz Power

I really enjoyed the book "The Magic Power of The Mind" by Walter M Germain. He presents evidence of how our mind at the "Supraconscious" (also termed superconscious) level, is very talented and capable; and by using hypnosis or auto-suggestion, people have effected seemingly magical life transformations. Germain outlines the story of Edgar Cayce's psychic ability, along with many other stories that demonstrate the power of belief and emotions. He explains that the magic of using your Supraconscious is that it is your emotions, not your intelligence, that rules your behaviour. He shows how your emotions affect your endocrine glands which govern and regulate body functions: "When the glands are activated by such depressing emotions as defeat, futility, and discouragement, their production of hormones is changed and this can cause a great many ailments." Germain also presents evidence that our positive attitudes are responsible for producing good health and peace of mind.

He claims that "meditation, and prayer, can produce what are commonly called "miracles of faith healing" through the simple means of extreme acceleration of the processes of organic repair". The Cayce viewpoint supports claims by Germain that our Supraconscious mind can control the functions and conditions of the body; is amenable to the power of suggestion; and can communicate by means other than the five senses, such as intuition, telepathy and clairvoyance. Many aspects of the book are validated by Cayce, who would concur that our beliefs and emotions strongly influence our health. The Cayce idea that "mind is the builder and the physical is the result" applies to health as well as creativity in our lives. Cayce asserts that we can develop our psychic abilities because they are a natural aspect of our superconscious, which itself is part of, and continuous with, the universal consciousness that underlies our 'space-time' existence and physical reality. Cayce accessed the "Akashic records", a record of all human activity since time began in our universe, and was especially gifted in his ability to access help for the healing of

his querents and to access spiritual understanding of universal truths. The readings suggest that we can ask anything of our superconscious and that through the practice of meditation, we can learn to tune into extensive knowledge, and that such attunement with our higher self is healing.

As I see it there are two important processes possible for us to apply from this knowledge. One is to learn to use our innate psychic ability and apply this knowledge in our lives. The second is to learn how to achieve physical and spiritual healing through attunement. Both of these processes are done through meditating - through breath-focussed meditation or guided meditation for particular purposes. Cayce said we can enhance our psychic abilities with progress through as little as twenty minutes of meditation for twenty days. The advice is often given to follow this process for important decision making. First, consider all the options and ideal outcomes and make your conscious decision; then meditate for attunement and ask the question of your higher self. Then compare the answer against your original decision to see if it concurs or differs. We can develop the meditation practice in a similar way for creative daydreaming where we seek a solution to problems or outcomes we want to achieve. We can use it to seek clarification of the meaning of our dreams. For meditation methods, those developed based on Cayce readings as described by John Van Auken, are to be recommended. Head and neck exercises to begin will help to improve circulation to your brain. The recommendation for alternate nostril breathing is to focus your attention on strength for the first part, breathing through the right nostril and out the mouth; and to focus on peace for the second part, breathing in through the left nostril and out through the right nostril. The chakra meditations with chanting of vowel sounds 'ah', 'ee', 'ou', and 'mm' achieve a vibratory level that is conducive to attunement to your superconscious or higher self. This in itself will have a healing effect. Many A.R.E. Press publications detail these methods.

‘The Youth Crime Crisis’ by Russell Bowey

An article published last month in ‘The Conversation’ by two University of Southern Queensland academics titled: ‘**Why the media aren’t helping to solve the ‘youth crime crisis’ they’re reporting**’ stated the following:

‘Media outlets across Australia have carried headlines about a “youth crime crisis” in recent months. While drawn from actual events, often involving serious criminality and antisocial behaviour, these often sensational reports have the same narrative subtext. The story is one of “bad kids” doing bad things in otherwise “good communities”. Our understanding, as a society, of who we are is informed in part by the media. What the youth crime crisis is and who we understand young offenders to be corresponds with media framings of these individuals and their actions.’

The central claim in their argument is: ‘... the current youth crime crisis is as much a media-generated problem as it is a criminological problem.’ The authors also claim that: ‘Sensationalist headlines that feed on public fears are not helpful. These might sell newspapers, but they do not make us stronger as a society.’

Fascinatingly, there is a reading (5747-2) given by Edgar Cayce in June, 1935 on this very subject of juvenile delinquency. This reading stated:

The Mind of each soul as represented in a body, IS the Builder. And through those years when there is the molding of the motivative influences in the experience of an individual does it act upon those that ARE susceptible to influence. Who, then, is susceptible? Those in their juvenile years.

The reading continued:

So, not only those in the home have their influence; not only those in the school; not only the associates of an individual; but those in authority, those in power; those to whom the father, the mother, may look for their daily sustenance, for their protection in their home, for their guiding in their spiritual life, for their understanding in their mental life. ALL have their influence and create the environment that

makes for the adding to or the taking from the delinquency of ANY individual in its associations through any particular experience. For the WILL of an individual is the MOTIVATIVE force; that is, that which makes for the choice which is made by the individual under this or that circumstance, this or that experience.

And if there is the force or influence in the high place that shows or is spoken of as questioning, or if there is a question mark put after the name of the minister, the lawyer, the doctor, the politician, the judge, the jury, the father or the mother, it but creates in the MIND of the individuals that which impresses and leads and directs.

And what is the greater force? The PRESS! It spreads before those that think, that which makes for the activities that are heralded in such a fashion or manner as to make for the building up or the destroying of that influence in such a community, such an environ, such a surrounding. Thus it adds the greater influence to that created in the surrounding that makes for the delinquency in the individual.

So, the readings also agreed, that ‘The Press’ (ie. the media) was largely at fault for the ‘youth crime crisis’ in the Norfolk Va. area nearly 90 years ago! The reading then continued to examine the causes, and the solutions, to this issue:

So, we might go on and on in this manner, giving as to what adds to or takes from the condition. Yet, as is EVER the case, it is the problem of what is to be done about same. Let us make a specific illustration, that we may better comprehend what is the fault - and where:

The individual soul, then, enters the earth plane in a home where there is the acceptance of the general rule of its position in society here or there, in the environment of the ordinary home. And the life of this or that of its associates, its parents, is almost above reproach (For none exist that may not be reproached, or reproach themselves); but the ordinary. Yet in that which is written, spoken, acted by the individual's environments, there is

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seen the response to that which has been builded in the soul through its experiences in the earth.

And this is either added to or taken from. It is taken from when there is faultfinding, petty jealousies; the consideration of the aggrandizement of the exercising of the elements and influences in the body-forces, in sex, in taking what may add to its ability to satisfy the cravings of what has been builded by the entity.

Then, what may be that which may be even helpful to individuals? For it must come to the INDIVIDUAL problems, and the addition of that in the experience of one here and there. For it is line upon line, precept upon precept, as He has given; here a little, there a little. For the knowledge of the Creative Force is a GROWTH in the experience of the SOUL, of the Mind, of the Body, that gives expression of that as entertained there.

Hence, those that would be helpful, know the problems in the Soul!

And then educate those that may be chosen to, in their experience, meet with such individuals that which has been their problem. For the more oft are the girls or boys in their teens, in their younger years, misdirected when they are only attempting to give SOUL-expression of that which MOVES them! Those that are ground in their OWN subtle selves to THEIR idea, without an ideal, MISCONSTRUE the individual or child's intent and purpose.

Hence, only an educational man that is in heart, mind and body ground in the principles, "As ye would that men should do to you, do ye even so to them," and "As ye do it unto the least of these, ye do it unto me," may begin in Norfolk or vicinity - or in ANY environ - that which may meet such a need; or may call for that as will answer.

"Yea," ye say, "Why have the various organizations not met those needs? They flourish; they are aided and directed by godly men."

What, then, is the trouble?

Those in authority - not only in the organization but in the political, in the state, in this or that office - have FAILED! not only to help the individual in his

formative years, but have failed the child - and will be held responsible!

Some questions were asked at the end of the reading:

Q) Much is said about the prevention of juvenile delinquency and adult crime. That which is being done at the present time is ascertaining the cause of delinquency and prescribe treatment. What, if anything, is being done in the field of prevention?

(A) Not until they begin at the BASIC root of same, and that is delinquency in high places.

Yet, as indicated, this is a matter of education; and of those in authority being first trained in that field of activity, with their minds and bodies dedicated to the service of their fellow man.

(Q) We are educating our children in public and high schools and colleges to equip them intelligently for their activities in the commercial world. Should we not equip them some knowledge as to how to live? (A) As we have said, when there is the study of the activities of the SPIRIT upon the minds of the young, in their formative years, as there has been studied the variation in the triad and the sextette, it will make the proper setting for a UNIVERSAL as well as a real individual advancement in civilization.

For the study of man is Man! The study of the motivating force of Life itself, then (or the spirit and soul), is to study same; NOT the effects; not that which has been the outcome, but what has caused same...

...So, when it is known what have been the problems of a delinquent, what have been the trials and the turmoils in the inner self, THEN it may be known how to meet them!

In her book ‘Teaching for Wholeness: Adult to Child’ (based on the Edgar Cayce Readings) author Carolyn DiPaolo offers this definitive observation: ‘I sense that there is great potential in blending traditional education with universal truths.’