

# SOUTHERN LIGHTS

*Autumn – Nature’s Garments Turn Colourful*



If anyone in the **Sydney** area is interested in a Study Group, please contact Nila at the following email address: [nilachambers@bigpond.com](mailto:nilachambers@bigpond.com).

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

Remember our website:

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

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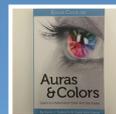
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*To Make Manifest the Love of God and Man*

## 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 – ‘The Power of Expectancy’ – by Russell Bowey

This morning I answered a phone call from a woman wanting an appointment to see my wife Marija. She shared with me that Marija ‘saved her life’ two years ago when she was suffering liver failure and on the waiting list for a liver transplant. Marija was able to help the client to heal her ailing liver and her surprised specialist apparently remarked ‘that was unexpected’.

Our Study Group, who have been meeting for 25 years, last night started the chapter titled ‘The Power of Expectancy’ in Bruce McArthur’s excellent book ‘Your Life – Why It Is the Way It Is and What You Can Do About It’ about understanding the Universal Laws.

Now, there is no Law of Expectancy mentioned in the Edgar Cayce readings, but the attitude of expectancy is recommended when working with the Universal Laws, and the word ‘expectancy’ is to be found in well over 200 of Edgar Cayce’s readings.

However, expectancy is not to be confused with a vague hope or ‘wishful thinking’. It is more in line with Faith – the knowledge of the certainty of a particular outcome when acting in accordance with God’s Laws.

The discipline set last night for our Study Group to apply and work with for the next week is ‘Know your purpose and apply Universal Laws in accord with it. You will know what the results will be – and can expect that!’ (From ‘Your Life’ page 75)

One of my favourite Cayce quotes is from reading **5325-1**: *Expect much, you will obtain much! Expect little, you will obtain little! Expect nothing, you will obtain nothing!*

And in reading **2722-1**, expectancy is called the ‘proper operative force’ in the body, with this reading intimating that medical intervention is more successful in conjunction with an attitude of expectancy, for it produces the optimum vibration.

In reading **2722-2**, this same person asked Cayce: *(Q) How can I achieve greater peace of mind. I just don't seem to be able to be happy. How can I achieve greater happiness? (A) As has been indicated, first correct the physical forces. Then let the mental attitude be kept in that way of expectancy, in the ability to help others. Happiness is a state of mind attained by giving same to others.*

Interestingly, the woman with liver failure started to heal from the moment she was told Marija had seen a vision of her with clear skin and in perfect health, so she **knew** she would recover.

We must be careful with this attitude of expectancy though, for it can also work to our detriment, as advised in reading **3564-1**: *(Q) Is there likelihood of bad health in March? (A) If you are looking for it you can have it in February! If you want to skip March, skip it - you'll have it in June! If you want to skip June, don't have it at all this year!*

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## Edgar Cayce on Astrology

*(Q) Please give a definition of the word astrology.  
(A) That position in space about our own earth that is under the control of the forces that are within the sphere of that control, and all other spheres without that control. That is astrology, the study of those conditions.*

*In the beginning, our own plane, the Earth, was set in motion. The planning of other planets began the ruling of the destiny of all matters as created, just as the division of waters was ruled and is ruled by the Moon in its path about the earth; just so as the higher creation as it begun is ruled by its action in conjunction with the planets about the earth. The strongest force used in the destiny of man is the Sun*

*first, then the closer planets to the earth, or those that are coming to ascension at the time of the birth of the individual, BUT LET IT BE UNDERSTOOD HERE, NO ACTION OF ANY PLANET OR THE PHASES OF THE SUN, THE MOON OR ANY OF THE HEAVENLY BODIES SURPASS THE RULE OF MAN'S WILL POWER, THE power given by the Creator of man, in the beginning, when he became a living soul, with the power of choosing for himself.*

*The inclinations of man are ruled by the planets under which he is born, for the destiny of man lies within the sphere or scope of the planets. 3744-4*

## POSSESSION

### by Marija Bowey

It is said that possession is nine-tenths of the law. However, in my practice as a Kinesiologist, I would estimate that nine-tenths of my more recent clients have presented with some degree of possession at some time. Possession in my experience ranges from a minor influence or 'overshadowing' to almost total control by multiple discarnate entities.

The Circulating File on Possession (available on-line for A.R.E. members) describes four different kinds or categories of possession, summarized as follows:

**Possession by an aspect of self:** Influence by negative aspects of self or 'subpersonalities'

**Possession by incarnates:** Influence by living people to whom we have relinquished control of our lives

**Possession by discarnates (or 'spirit' possession):** Influence by people who have passed over but who desire to maintain a vicarious presence in the physical realm. This is the category most of us are familiar with

**Possession by influences from past lives:** Influence from a deeply traumatic event in the past that affects subsequent lifetimes including the current one

I have found that there are many conditions and actions that can make us susceptible to possession, including drug-taking (both recreational and prescription, as well as alcohol), anaesthesia, shock, severe trauma or injury, and all of my recent clients with PTSD have been possessed by discarnate entities or other 'influences'. Also, certain conditions that induce seizures, such as epilepsy, open us to possession.

In fact, the most severe case of possession I have seen was a female client who had been an epileptic for over 30 years. Her case has been previously mentioned (see my article 'The Magic of Castor Oil' in the Autumn 2015 edition of Southern Lights). I had to remove 13 entities from this woman who were so 'attached' that they were physically hurting her and causing severe anxiety and stress, and telling her to do all manner of nasty things.

Symptoms of possession can involve a feeling of 'not being oneself', being 'out of control' or 'obsessed', thoughts (or even 'inner' voices) that are not usual for you, or unexplained feelings of depression or anxiety.

One issue in most of the clients who present with symptoms of possession is an incoordination between the cerebro-spinal and autonomic nervous systems (which relate to the conscious mind and subconscious mind, respectively).

Thankfully, the re-balancing of the nervous system incoordination combined with the clearing of the attached entity or influence, can have a remarkably positive affect on my clients' lives. In the case of the epileptic woman above, her changes were profound and she actually 'got her life back'.

In reading 1183-3, a 56-year-old woman asked Edgar Cayce about her alcoholic husband.

*(Q) What causes him to lose control of himself? (A) Possession!*

*(Q) Is there any way I can help him? (A) Kindness, gentleness and prayer. These offer the channels through which the greater help may come at this time.*

*(Q) Regarding my husband, what is meant by "possession"? (A) Means POSSESSION!*

*(Q) Does that mean by other entities, while under the influence of liquor? (A) By others while under the influence that causes those reactions and makes for the antagonism, and the very CHANGE of the activities. For this body (the husband), if there could be a sufficient period of refraining from the use of alcoholic stimulants and the diathermy electrical treatments used these would drive these conditions out! But do not use same with the effects of alcohol in the system - it would be detrimental! But such information for the physical condition of the body had best be approached from the individual, to be sure.*

*(Q) Is he crazy, or mentally deranged? (A) If possession isn't crazy, what is it?*

## ‘EDGAR CAYCE ON AURAS & COLORS’

### Book Review by Bel Casey

Edgar Cayce is well known for his trance readings, and as an accomplished photographer, Sunday School Teacher and for his Bible study classes. What is less known is his talent in seeing and reading auras and colours when he was conscious. *“Ever since I can remember I have seen colors in connection with people. I do not remember a time when the human beings I encountered did not register on my retina with blues and greens and reds gently pouring from their heads and shoulders.”*

Cayce revealed in his trance state much information on the aura, colours, aura charts, life seals, and their connection to the physiology of the body, the endocrine system, chakras, and their symbolic importance to the seeker. He was never aware of what came through in these trance readings. Perhaps that is why he enjoyed being able to sit down with a person and consciously be part of the process. Cayce only wrote one small booklet – ‘Auras: An Essay on the Meaning of Colors’.

In their book ‘Edgar Cayce on Auras & Colors’, Kevin J Todeschi and Carol Ann Liaros have given us a compact volume of information from the readings and other sources, including Cayce’s complete ‘Auras’ booklet. It must have involved an enormous amount of patience and research time; sifting and editing. I applaud the authors for writing this easy-to-read and digest book on how we can develop our own ability to see and read auras and colours.

They include the following Edgar Cayce reading: *As for colors pertaining to life itself - as the self or the entity set in motion, STUDY auras and aid OTHERS in knowing what they mean! There are those that interpret same in the form of spiritism. There are those that interpret same in the form of vibration. They are ALL of these and more, as the entity KNOWS and may EXPERIENCE! 1436-2*

When asked how one was to develop their own psychic abilities, Cayce would tell the seeker to first study self. Know thyself!

Chapter by chapter we are taken through a journey of discovery. Auras, Colours, Vibrations, Meanings, Feeling versus Seeing, and Experiencing the Aura for Yourself.

*“An aura is an effect, not a cause. Every atom, every molecule, every group of atoms and molecules – however simple or complex, however large or small – tells the story of itself, its pattern, its purpose, through the vibrations which emanate from it.”* (From Appendix I: Auras: An Essay on the Meaning of Colors).

And from Appendix 11: Examples of Edgar Cayce’s Waking Aura Descriptions:

*641: You have a great deal of blue and a great deal of grey, - because you become easily become discouraged at times. You go very much up and down; you will fly off the handle or fly on the handle just about as easy.*

*2454: Yours is a very beautiful aura. You could almost take it off and pin it on you and wear it, because it becomes almost like a rose that would open out and bloom...*

This book helps one understand the connectedness of all things. That of our own spiritual growth and our psychic/intuitive development and how auras, colours, vibrations and more contribute to Energy Medicine/Healing. Both authors have contributed to bind this book as one that will help anyone desiring to know more on Energy Healing.

While I have not read any of her other work, I was amazed at the depth Carol Ann has travelled in this field, and what she is giving out to seekers. She works with the blind, teaching them to ‘see’ auras. The results speak for themselves.

Lastly, Edgar Cayce, and other authors tell the reader that while colours, auras and symbols all have their individual meanings, we should not allow our own inner sense, or personal experience, be overridden when working with what we are receiving as symbolic.

I recommend this book to all who are interested in their own spiritual growth.

*If readers have their own personal story of how their lives have been touched by a book, or an event, we invite you to share it through this Newsletter.*

## ATTRIBUTION by Russell Bowey

Shortly after the unexpected success of the Western Bulldogs in last year's AFL Grand Final, I was listening to a sports psychologist being interviewed on the radio. His topic for discussion was 'Resilience and Attribution'.

Resilience – the ability to bounce back after setbacks and difficulties rather than being overcome by a sense of 'failure' – I was aware of, but I was not familiar with the term 'attribution'.

Attribution is the process by which we explain the causes of behaviour and events – our own and of those around us. To whom or to what do you attribute your own, or others', success and failures?

In the case of a sporting event, is success based on good luck, good preparation, good coaching or other factors both inside of, and outside of, our control? And is failure a result of bad luck, biased umpiring or perhaps poor preparation? Or is your opponent just too good on the day?

However, most people are usually all too ready to blame external circumstances or other people for their difficulties (external attribution), rather than personally accepting the responsibility themselves (internal attribution).

Interestingly, research has shown that within our society (and similar societies or cultures that value the individual, personal goals and independence) there is a 'cultural bias' that shows that people are more inclined to attribute success to 'internal' factors and failure to 'external' factors.

In contrast, within societies and cultures that value collectivism, interdependence and conformity within family units, tribes and even nations, people are more likely to attribute success to 'external' factors and failure to 'internal' factors.

In other words, was 'an act of God' (something seemingly outside our personal control) responsible for our accident, illness, crop failure, or, even worse, our team's 10 point loss in the Grand Final?

And was an act of God also responsible for us 'accidentally' meeting our future spouse or tripping over a gold nugget when we were down to our last \$2?

The following extracts from the Edgar Cayce readings show that we are personally responsible for everything that occurs in our lives. We have created (or co-created) every situation through the Law of Attraction! And we should never blame or condemn others for our misfortune.

*Now get this! As has been seen, there must of a NECESSITY - for the GOOD of those concerned in same - be the passing through that period when those in charge of the affairs of same must stop and take serious thought of what has brought about the existent conditions, and don't blame it all on just the general affairs! for it must EVER be personal! 279-5*

*In trials, tribulations, temptations even, there may be seen the hand of the Lord - if ye do not blame others for same. 262-116*

*There is sufficient of knowledge concerning that required of the body to fill and to advance with the various conditions. Does the body desire that, or does the body like to lay blame on someone else? THAT is more often the greater dissatisfying element, that self becomes the stumbling block and the blame is placed on another.*

*(Q) Am I to blame for the way I feel in regard my position and is it my fault in any way that I am so unhappy in it? (A) Certainly! 349-6*

*Those things or influences that exist ARE! The causes of same, as within every individual, may be found in seeking from within. 1212-1*

*Know thy ideal, then live up to that; not condemning others. This ye too oft do. Blame not others for thine OWN bad choosing, but choose rather the spiritual way. 1013-5*

*Do not complain as to the "bad luck" that has come, or that appears to be. Do not blame others, or any influence. Rather meet such in Him. 1816-1*

*... the entity finds itself at times deep in moods, but these are the realms of self, you see - of self! Don't blame others for it! 3440-2*

*Do not blame self; do not blame thy companion, do not blame God. For it is self and thy companion meeting thyself in these conditions that this soul, too, may one day walk closer to God. 5284-1*