

SOUTHERN LIGHTS

Autumn - A Time to Let Go of the Old and Prepare for Cold Nights with a Warm Hearth



The transition from autumn to winter involves deciduous trees shedding their old leaves and the smoke from wood fires creating spectacular sunsets.

Time for a change? We are starting an on-line 'A Search for God' Study Group via Zoom in June. Please contact Russell at the email address below if you are interested in joining.

Remember our website:

www.edgarcayceaustralia.org

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

And our contact email addresses:

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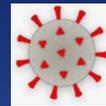
Edgar Cayce Australia, Inc. A0060868C

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.

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Global Manifestation of Oneness and the Love of God and All People

Editorial - 'Fighting the Virus'

by Russell Bowey

With the current focus on Coronavirus (COVID-19), we can overlook the other respiratory viruses that afflict us. We need to be especially vigilant heading into winter. Rhinoviruses that are the cause of the common cold, and also influenza viruses that can create pandemics just as deadly as what the world is currently experiencing, are still very active.

Although most mild cases of these viruses are not presented to medical professionals, there were still over 300,000 cases of the 'flu reported in Australia in 2019, which dramatically reduced to just over 20,000 last year. The movement restrictions and mandated health measures introduced to fight COVID-19 certainly had a huge impact on the transmission of these other viruses.

Edgar Cayce gave 279 readings for people suffering from colds, and a further 23 readings for those afflicted by the 'flu, and their

aftereffects. The causative factors most often mentioned for colds were infection, congestion and/or inflammation, poor eliminations (resulting in a build-up of toxins), poor circulation and poor assimilations, general debilitation from over-taxed nerves, and over-acidity.

Treatments for colds most often recommended included dietary changes (especially body-building and alkalising foods), properly chewing those foods, plenty of pure water, holding a positive mental attitude, massages, laxatives and colonics/enemas, and spinal adjustments.

Edgar Cayce gave some dietary suggestions in these readings:

And there should be, as we have maintained for this body and for others, a tendency towards more of the alkalin-reacting foods; for when there is the tendency towards an alkalin system there is less effect of cold and congestion. Adhere to the alkalin reacting

diets, that may be had from vegetables; and at least one meal, or one period each day, or at least two or three days apart, have those wholly raw. Have less of the sweets, or not too great a quantity. Naturally, there should be sweets that tend to make for the proper distribution of sugar for the system, for sugars - to be sure - supply not only heat but also the proper balance for proper fermentation, as do starches; but if these arise more from fruits and vegetables rather than the addition of cane sugar into the body, it will be much the better, for then less acidity arises from same. 270-33

(Q) What can be done to keep him from catching cold so easily? (A) Keep the acidity of the system below normal. 1208-8

... As indicated, if an alkalinity is maintained in the system - especially with lettuce, carrots and celery ... 480-19

Edgar Cayce on ... Birthmarks

(Q) What caused the birthmark on my baby's [2595]'s arm? How may this be removed?

(A) ... Marks on many bodies, as on this one, are for a purpose - and if a Life Reading would be given it would be seen that it has a purpose to perform in the affairs of those in its own surroundings and in many others. A mark! ...

Take individuals everywhere, where there has been or is a mark in the body, and analyze their activity and associations among individuals; for their lives and their associations are different from the ordinary ken. Many will be found to have almost

caused or averted tragedies (as called in the earth) in the lives of individuals. This is given her; for many are close about her. 573-1

(Q) What is the significance of the birthmark on my head?

(A) As everyone in Atlantis, as well as the Egyptian period, the entity carries the experience of being marked. This has been and will be with thee throughout thy experience. USE THY HEAD - or judgment! Be not too rash, but do see the ridiculous as well as the sublime. 2746-1

'Ideals, Attitudes and Creating Reality'

by Allison Walker

A recent re-reading of the book 'Edgar Cayce On Mysteries of the Mind' by Henry Reed under the editorship of Charles Thomas Cayce, has brought me to a better understanding of Edgar Cayce's formula for the process of creation - or how creation works through us. Most importantly I was inspired to work a little on myself!!!

The formula is -

THE SPIRIT IS THE LIFE

THE MIND IS THE BUILDER

THE PHYSICAL IS THE RESULT.

The author, a research psychologist, connects the Cayce material with scientific knowledge about the mind. For those who were willing to put Cayce's ideas into practice though there was no need to wait for scientific proof!

"For the time has arisen in the earth when men - everywhere - seek to know more of the mysteries of the mind, the soul-the soul's mind." Edgar Cayce Reading 254-52

When Cayce explained matters of the spirit in psychological terms he encouraged individuals not to simply believe what he said but to experiment, to put the ideas into practice, so as to prove the truth to themselves.

The three different levels of mind, (conscious, subconscious, superconscious), the qualities, function, and how the three levels interact provides a useful background for understanding how we are actually in control of our reality - whether we know it or not.

The creation formula is explained with reference to our IDEALS and ATTITUDES.

According to Cayce our ideals and attitudes determine our reality. It follows that if we are not happy with our reality it's time to take a look at our ideals and attitudes, (are we even aware of them on a daily basis?), and get 'our house' in order!

In a very succinct manner chapter four, 'The soul of the mind', discusses the superconscious mind, and the reality of Oneness under headings such as - spirit: the one life force; mind: the pattern generator; will: the chooser; creation: soul projection.

Spirit, mind and will are all aspects of our soul.

UNDERSTANDING HOW MIND CREATES OUR LIFE:

Mind is the pattern generator, by working with patterns, mind is the builder, shaping energy into particular patterns and this has an effect on how energy is expressed.

For example, a DESIRE for something is a source of ENERGY. From that desire the mind begins to create patterns that will satisfy that desire. For example, the desire to have a clean house causes the mind to create patterns that will bring about the energy that is used to get the house cleaned. The ideas in our mind shape the life energy to create our experiences.

IDEALS = PERPETUAL MOTIVATORS:

What is an ideal? An ideal is an image of perfection or ultimate good that cannot be achieved. It guides the way but is never a goal that can be reached, it is something we strive toward but cannot attain. An ideal is something that resonates with the highest within us. Examples such as love; oneness; joy; patience; self-awareness; Christ Consciousness; peace etc. Because an ideal can never be satisfied it acts as a PERPETUAL MOTIVATOR to the patterning power of the mind to shape our reality.

Ideas of course do the same until the idea is fulfilled.

IDEALS and ATTITUDES:

Ideals are important because they determine how we, as creators, shape our lives - affecting our attitudes and how we perceive and live in the world. Attitudes are a result of our ideals; they determine our behaviour and how we FEEL.

This especially includes our relationships with others and responses to life situations.

The key to creating the reality we'd like is to establish those ideals that we know resonate with the highest within us and then letting these guide our thoughts and actions. Cayce says IDEALS shape the creative patterns in the mind through our attitudes and our attitudes can be used creatively to reshape circumstances. (*cont. on Page 4*)

'Ideals, Attitudes and Creating Reality'

by Allison Walker

(cont. from Page 3)

"We need to pray that America can live up to its ideals." I recently heard these words on the news, spoken at a rally during a recent legal trial, and they grabbed my attention.

Fortunately America did live up to its ideals and it felt like a special moment as many around the world were watching. It was a good example of the importance of ideals and how they can be seen to guide behaviour; in this case the outcome of an important court case.

Similarly, we could say that when a politician is having to undergo "empathy training", his ideals are different to social expectations and an opportunity for growth is being offered.

An Attitude of Self-Reliance:

A basic requirement for the success of Cayce's formula is a self-reliant attitude.

"When people received a psychic reading from Cayce his first suggestion, no matter what the problem, was invariably to discard their attitude of helplessness."

"The success of the specific help and remedies he might give depended upon the person letting go of an attitude of victimisation by circumstances and replacing with an attitude of self-reliance and the realisation that everything comes from within self."

The message is clear, we are not helpless in any circumstance. No matter what happens there is always the choice of attitude in how to respond. This gives us the creative edge in dealing with circumstances. Cayce warns if we ignore this fact we will never discover the true purpose of our lives as all situations in life offer, at the very least, an opportunity to learn something.

On a practical level this can guide us in how we respond in a difficult circumstances.

If we can create a mindful diversion for example by focusing on our breath, sitting quietly, going for a walk, reflecting on our ideal, or looking at the sky and in that relaxed state our mind can clear, and often a strategy for dealing with the problem will emerge.

There is a warning to beware of judgemental

attitudes and replace them with an attitude of acceptance. For judgemental attitudes "cut us off from the flow of life, while acceptance carries us to the next unfolding moment and to the possibility of change."

We are all familiar with the saying, if life gives you lemons, make lemonade! Make the most of all situations using the creative power within the mind! Or expressed another way, turn stumbling blocks into stepping stones.

HOW TO CULTIVATE ATTITUDES CONSISTENT WITH IDEALS:

Heal Negative Attitudes:

According to Cayce all negative attitudes can be traced to an erroneous sense of self image, or a faulty understanding of the true nature of the self.

Most negative attitudes grow out of the ego of the conscious mind, the "little self".

We can change negative attitudes by focusing on our ideal.

Love Conquers Fear:

Rather than fighting the negative, replace it with a positive. Positive attitudes gradually replace negative ones if we practice working with ideals.

Healing Power of Forgiveness:

Forgiveness releases our grip on anger and fear, can heal negativity and make a fresh start possible.

Guidance by Ideals:

Adopt an attitude that is consistent with your ideal and you will invite the spiritual energy of that ideal to influence your life. It will guide your actions, develop your character and expand awareness of spiritual states of mind.

If we choose to practise consciously working with ideals and attitudes the results will follow and we can enjoy observing the creative power at work.

The ideals form a connection between our infinite inner wisdom and the 'rhythm of our day-to-day emotional lives', and the limitations we find there.

Above all Cayce encourages us to make a start. "If you will do just one thing that you know to do, if you will take but one step forward, something will happen to make the second step easier." *(cont. on Page 5)*

'Ideals, Attitudes and Creating Reality'

by Allison Walker

(cont. from Page 4)

WILL:

Spiritual Energy (life force), is patterned by the mind to shape physical manifestation. This happens as a function of our WILL, will being 'the chooser', the choosing function of the mind. We have to choose the mental patterns which shape the flow of energy in our lives. Much of the time we do not do this, instead we choose through habits, based on old choices which 'steal our will', (sub-conscious choice, not a conscious choice).

That is, whatever we do out of habit does not exercise our will. Surely a prime example here is watching whatever is showing on the TV! It's interesting to observe the effect it has on the physical body. It certainly can be a Will 'stealer'!

To regain the freedom of our WILL we must become aware of what we have been subconsciously choosing. I remember being stuck in a pattern many years ago of thinking I never had enough money. I changed this pattern to: I always have enough money for what I need. This made me feel so much better as I became aware of a mental pattern that was very limiting, and replaced it with a positive, abundant attitude.

It's important for us to identify our habits and habitual thoughts as these may be blockages to our "true will". It is a very interesting exercise to start doing this, painful at times but truly awakening! I really noticed a change in the presence of the Will getting strengthened when I paid more attention to what I was choosing. The effect spread like little ripples and I could feel the 'presence and support' in my daily life.

I think this dream snippet might illustrate - I know there was more to the dream but I just recalled the ending.

I was holding a plant and a male gardener was pruning it for me. I knew the plant was mine. I thanked him for pruning it and commented on his good pruning shears. I showed him mine which needed replacing as they were in poor repair.

One week later another dream - I met my true soul mate; a male, seemed younger than me. It was a wonderful feeling to meet my perfect partner, to know this one existed and that we met and recognised each other.

I understood these dreams to relate to getting inner balance and connecting to my higher self (true will) with some guidance on what I needed to remove (pruning/attitude) and the importance of quality equipment, which the higher self provides.

Cayce's creation formula describes the process of spiritual energy becoming manifested into matter.

The sequence from pure energy (felt as energy in the body), through a mental pattern where we choose (will) what to do with the energy, into observable manifestation, is the process of creation!

Our mind, our connection to the infinite, is truly a living, active, creative force in our lives. What a gift we have been given, and what gifts we are to the universe when we seek to live by ideals that are a reflection of the highest within us. Of course it is a never-ending journey as layer by layer we awaken to what lies within.

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.

‘A Light Bulb Moment’ by Marija Bowey

In the last issue of Southern Lights, my husband Russell discussed spirit communication in an article titled ‘The House of Flying Books’. I am continuing this theme of spirit communication with some examples out of the many that I have experienced.

Just recently, I had an incident in the room where I work in my old cottage. The glass light fitting hanging from the ceiling above me started to ‘click’ and then suddenly fell onto my table and bounced onto the floor. Now, because I had a similar ‘light bulb moment’ some years ago when the same light fitting clicked but only landed on my table and did not bounce, I knew that there was someone who was desiring to communicate with me. I tuned in and found there were actually two ‘visitors’ in the room, two dear friends, one of whom died a few months ago, and the other had died twenty-five years ago. My immediate thought was “Have they come to take me with them?” They assured me that they had only come to help me, and showed me a book sitting on my table, ready for me to start writing in.

During the previous ‘light bulb moment’, I saw that my ‘visitor’ was a former neighbour who had died and was worried about the cottage remaining unpainted (she had previously lived there). She also wanted me to pray for her because she didn’t feel ‘right’ about herself. I told her I had seen Jesus with her at her funeral. She said that He accepted her as she was, but that she felt inadequate.

Some examples from Edgar Cayce’s readings about spirit communication:

Death - as commonly spoken of - is only passing through God's other door. That there is continued consciousness is evidenced, ever, by the associations of influences, the abilities of entities to project or to make those impressions upon the consciousness of sensitives or the like. 1472-2

(Q) Is it possible for those that have passed into the spirit plane to at all times communicate with those in the earth plane?

(A) Yes and no - for these conditions are as has been described - that the NECESSARY way or mode must be prepared ... Those in the astral plane are not always ready. Those in the physical plane are not always ready. 5756-4

(Q) From time to time I have had to come into my room a friend who has passed on. Is this contact harmful or beneficial?

(A) In this, there are always those seeking that we may help, that may help us; for as we help another does help come to us. Pray for that friend, that the way through the shadows may be easier for them. It becomes easier for you. 262-25

The other recent experience was in our house. Russell was standing at the kitchen sink and I was in the dining area. This time, a kitchen light fitting started to ‘click’ and an illuminated LED globe fell out of the fitting onto the lower bench, bounced over the high part of the bench and landed on the coffee table in the living room, bounced from that onto the slate floor and proceeded to roll all the way to the door of the study. Not only did the bulb not shatter, it is still working to this day. It was such an unusual incident that I decided to tune in to see what had caused it. I found that it was one of my guides, who exclaimed ‘neat trick, huh’, and he was only wanting to gain my attention!

Some examples from Edgar Cayce’s readings about spirit guides:

(Q) Do I have a guide, or guides, in the spirit world or plane?

(A) There are ever, for every soul, those that may be termed the guides or guardian angels that stand before the throne of grace and mercy. 405-1

(Q) Do I have any direct guidance from invisible helpers?

(A) As indicated, ever the guardian angel stands before the throne of God - for each individual. 3189-3

‘How to Change Your Habits’ by Russell Bowey

Some months ago, my daughter Genevieve recommended a book she was reading: ‘Atomic Habits – An Easy & Proven Way to Build Good Habits & Break Bad Ones’ by James Clear. I have found this book very inspirational and full of helpful suggestions. It is a guidebook showing how tiny, incremental changes can yield remarkable results.

The Edgar Cayce readings suggested that much may be accomplished through small daily changes:

Put into practice day by day that as IS known. Not some great deed or act, or speech, but line upon line, precept upon precept, here a little, there a little. Not as sounding of trumpets as to what is being accomplished, but in the quiet of thine own conscience lay the plans for that that may be accomplished, and in the acts day by day so build that as conforms to HIS way ... 257-78

For, we correct habits by forming others! That's everybody! 475-1

The following quotes are from James Clear’s book: ‘Success is the product of daily habits – not once-in-a-lifetime transformations.’

‘Habits are the compound interest of self-improvement.’

‘Good habits can make rational sense, but if they conflict with your identity, you will fail to put them into action.’

‘... there are three levels at which change can occur... The first layer is changing your outcomes... The second layer is changing your process... The third and deepest layer is changing your identity... Outcomes are what you get. Processes are about what you do. Identity is about what you believe. When it comes to building habits that last – when it comes to building a system of 1 percent improvements – the problem is not that one level is “better” or “worse” than another. All levels of change are useful in their own way. The problem is the *direction* of change. Many people begin the process of changing their habits by focusing on *what* they want to achieve. This leads us to

outcome-based habits. The alternative is to build identity-based habits. With this approach, we start by focusing on *who* we wish to become.’

Whereas an outcome or goal is something attainable, in the Cayce readings an “ideal” is really a motivating pattern or influence that guides our lives – why we do what we do, and certainly relates to who we wish to become. The readings state that setting a conscious spiritual ideal is the single most important thing we can accomplish.

Then, the more important, the most important experience of this or any individual entity is to first know what IS the ideal - spiritually. 357-13

And, according to the readings, we all work with our ideals even on an unconscious level:

Each individual entity, whether aware of same or not, sets before self an ideal in the material world, in the mental world, in the spiritual world. 1011-1

One of the influences that must first be builded, then, is to first know thy ideals - spiritually, mentally, materially. And in the spiritual, know that the ideal must be that which is able to keep whatever may be committed unto it against ANY experience. In the mental, it must be ever constructive, creative in its influence, in its activity. In the material it must be not what you would want others to do for you, but the ideal manner and way in which ye must meet those influences, those associations, those affiliations with thy fellowman....

These as we find should be studied, analyzed, thought through; and, no matter WHAT the cost may be, they should be lived up to, in accordance with that ideal.

And we will find that it will bring harmony, contentment, and sufficient of EVERY worldly, spiritual, material thing necessary for thy soul development.

Then, what thy destiny is depends upon what ye will do with thyself in relationship to thy ideal. 2021-1