

# SOUTHERN LIGHTS

*Autumn: A Season of Change, of Letting Go and Releasing Things We Have Outgrown*



*Make the changes that are necessary - for thy spiritual, thy mental, thy material welfare; and ye will find peace, worthwhileness, contentment coming into thy experience.*  
**2987-1**

Remember our website:

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

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

And our contact email addresses:

For General enquiries: [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org), for

Study Group enquiries: [bel@edgarcayceaustralia.org](mailto:bel@edgarcayceaustralia.org), & for

Prayer Group enquiries: [donna@edgarcayceaustralia.org](mailto:donna@edgarcayceaustralia.org)

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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](mailto:russell@edgarcayceaustralia.org) or phone us on (03) 5345 2945.

## Editorial - The Importance of 'Musicking'

### by Russell Bowey

I was listening to ABC Radio recently and the presenter and guests were discussing music. One guest mentioned the word 'Musicking' (which I was unfamiliar with), a term coined by Christopher Small (in his 1998 book of the same title) to highlight that music is a process (verb) and not an object (noun). It relates to any activity involving or related to music performance, such as performing, listening, rehearsing, or composing. Another guest lamented that her school was about to halve the number of periods per week for music, and replace them with more literacy and numeracy. She was disappointed because she knew that learning and performing music will develop both hemispheres of a young brain.

The Edgar Cayce readings would certainly agree. At the end of his life reading, an 11-year-old boy asked: *(Q) What course of studies should I pursue in secondary and*

*and higher education? (A) Music! History of, the activity of, all of those various forms. If you learn music, you'll learn history. If you learn music you'll learn mathematics. If you learn music, you'll learn most all there is to learn .... 3053-3*

The following readings highlight the importance that music plays in our lives.

*Music should be a part of each soul's development. 2780-3*

*For music is of the soul, and one may become mind and soul-sick for music, or soul and mind-sick from certain kinds of music. 5401-1*

*Yet music is a higher realm to the entity .... sounds, music and colors may have much to do with creating the proper vibrations about individuals that are mentally unbalanced, physically deficient or ill in body and mind; and may be used as helpful experiences. 1334-1*

*Music itself is a means or a manner of expressing the harmonies of the mental self in relationship to spiritual ideals and spiritual concepts. Hence - as is the very nature of rhythm or harmony in the expression of tone or sound - it is to arouse, does arouse the natures of the hearers to activity, either for uplifting the soul or the mind to activity or otherwise - in the directions that are indicated by the harmony itself. 949-13*

The day after the ABC radio program I was walking along the main street in my small country town and a young tradesman walking towards me was whistling ... Whistling!! ... and he didn't have any earbuds in his ears! It's a long time since I heard whistling.

This reading stated: *Then, sing a lot about the work - in everything the body does. Hum, sing - to self; not to be heard by others but to be heard by self. 3386-1*

## Edgar Cayce on .... 'How to Live to 150 Years Old'

*(Q) How long should I live in this incarnation?*

*(A) To a hundred and fifty! if there is the turning -*

*Here we find much may be said aside from these:*

*There is the fault in the flesh of not housing the soul, by the abuse of the body. If there is the feeding of the body that the soul may find the greater expression by the activities of the mental mind, the soul and spiritual mind may have the greater opportunities to express itself. For, as has been given in that command with the promise, "Honor thy father, thy mother, that thy days may be*

*long in the land which the Lord, thy God giveth thee." Who is thy father? Who is thy mother? They that do the will of thy Father in heaven; they that do that which makes for the glorifying, the purifying, of the lives, the associations of one with another. THESE as ye honor in thine activity with thy fellow man, ye bring not only that which renews thy strength in thy days in the earth but bring or give to thy fellow man that opportunity for the awakening to those influences from within that may make THEM aware also of THEIR relationship to their God. 866-1*

# ‘Murdo MacDonald-Bayne’

## by Margie Nelson

Recently I came across a book called ‘Divine Healing of Mind and Body’ by Dr. Murdo MacDonald-Bayne. I was inspired while reading it in the middle of our Search for God study group, as I felt the content matched so much of the Cayce work.

Dr. Murdo MacDonald-Bayne was born in Scotland in 1887, 10 years after Edgar Cayce. He was a farmer’s son. He had his first spiritual experience as a small boy, after which he found he could see and hear things that others couldn’t. In the early 1930’s he founded the College of Universal Science in Manchester, England where he taught metaphysics. Dr. Murdo MacDonald-Bayne was awarded doctorates in Divinity and Philosophy in later life. He died in 1955.

In his later life Dr. Murdo for several months would awaken from sleep hearing a voice that instructed him to give special talks to especially chosen people.

On the first night Dr. Murdo said he felt as if 1000 volts of electricity were passing through him and he became aware of a magnificent power, a consciousness far above his own. He said he could hear his voice yet it was different and speaking with great authority of one who absolutely knew. He said the clarity with which he understood was something he had never experienced. He was channeling the Master, Jesus.

The lectures went on for 14 weeks and when he heard the recordings, he said he knew that something strangely beautiful had taken place.

Some of the students who attended discussed what they saw and how they felt, and this includes the following description given by Miss. I. Bagot-smith:

“This was a unique and unforgettable experience. They were hours of the highest spiritual growth and understanding. The words themselves will ring in our memories forever, but the greatest Truth was shown to us without words, and no description could ever convey the tremendous force of the

Presence of the Master and, through him, the love of the Father – a distinct evidence more real than anything physical around us”.

“And we too began to know the Father – an actively loving Being: no mere passive Godhead but a Father, powerful in guidance, in achieving all the son could wish, a loving Father with arms around him, sheltering him in an ecstasy of peace.”

At one point in the lectures Christ bid the students to search their hearts to see how much they had progressed along the path of Love that he had shown them. He asked them: “Is your faith so great that now you too could walk upon the water?” and again, “Does your love for the Father order all your thoughts and deeds?” “Do you live in love to the exclusion of all else?”

In talk one of the Dr Murdo book the Christ says...

*“God is Love and Love is God, yet no one knows what it is – we only know that it is. Perhaps you have been theorizing – never do this: You must let the Truth unfold without suggestions from outside, and you must not come to a conclusion, this closes the avenue to truth.”*

This statement is something I am still pondering.

Christ goes on to say ...

*“Love is the centre of the whole Universe, and from this centre a continuous flow of Love flows through every soul and through everything that lives.*

*“There is no other power in the world but Love; It is the only true Power in heaven and on earth, for It is eternal and ever-present everywhere. Love is our true nature.”*

Let us keep sending love to all.

*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.*

## 'Is Your Mind the Builder?'

### by Liz Power

I recently read quotes from the physicist Max Planck, the father of Quantum Mechanics, in the 1930s and 1940s, that atoms and molecules don't exist as we usually think; instead, they are actually expressions of consciousness. Planck says "All matter originates and exists only by virtue of a force. We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter".

The four forces in nature according to modern physics are Gravitational force, Electromagnetic force, Strong nuclear force, and Weak nuclear force. It is speculated that there is a fifth force, the Anti-gravity force.

Quantum Mechanics tells us that molecules consist of atoms held together by a weak force.

Quarks form the nucleus of the atom, as protons and neutrons, held together by a strong force.

Quarks of the nucleus are only one trillionth of the volume of the atom; so they are like points, with zero size. The rest of the atom is a cloud of kinetic energy and moving electrons. The electrons also have no extent; they have a radius of zero. So nearly 100% of the mass that makes up ourselves, and indeed all matter, isn't material at all: it is energy in the form of forces.

Einstein's equation ' $E=mc^2$ ' tells us that mass, i.e. particles of matter, and waves of energy are interchangeable; they are different forms of the same thing. It is when any atom interacts with its surrounding environment, such as with an observer taking a measurement, that an electron will manifest in a single location as a particle, rather than as a wave with the potential to be in another location.

From this perspective, the idea that matter is a creative outcome of consciousness seems more plausible than unlikely; many of us can imagine mental and emotional energy as having a bearing on physical, material reality. The physic and the psychic may not be all that different; and the spirit may well be an aspect of these universal forces.

The idea that our universe is an expression of cosmic consciousness resonates with Cayce's statement, often repeated throughout the readings that "Spirit is the life, the mind is the builder, and the physical is the result". Thoughts and feelings are likely not essentially different from material things: they are likely just different frequencies of the same spiritual force.

The over 14,000 trance readings of Edgar Cayce were so well-documented by his stenographer Gladys Davis that they stand as reliable evidence of Cayce's ability as a psychic. In the readings, Cayce described people and scenes remote from him geographically and across time. Much of the information in the readings was later validated by Davis. There are many recent books and documentaries created by independent investigators and journalists that support the ideas of reincarnation, as described in the Cayce readings.

From the Cayce readings we learn that universal consciousness underlies our space-time existence and our physical reality; and that all consciousness is linked. Our mind is simultaneously our own individual mind and a part of the universal mind. Our thoughts as well as our deeds have a ripple effect on the universe, like the proverbial butterfly having an effect on the other side of the world.

Cayce said that psychic ability is a natural ability to access the universal consciousness and the records of time and space, the Akashic Records. So how can we nurture it? Cayce said that it would be noticeably enhanced with as little as twenty days of regular meditation of about 20 minutes duration. Intuitive meditation can be used to access knowledge to assist in daily life. We can practise analysis of our own dreams and develop a routine practice of creative thinking using daydreaming techniques. The A.R.E. has many publications, videos, and books on these topics to help with these invaluable skills!

## ‘Bloom Where You Are Planted’ by Russell Bowey

For many decades I have quoted simple, memorable aphorisms from the Edgar Cayce readings, such as ‘Spirit is the Life, Mind is the Builder, the Physical is the Result’, and ‘Magnify the Virtues, Minimize the Faults’. But recently I searched for the reading(s) where one of my favourite aphorisms – ‘Bloom Where You Are Planted’ – was to be found, only to be unsuccessful. There was no such reading! I think the more common paraphrased expression in the readings is: ‘Wherever one finds self, make that place better for you having lived there’. Here are some examples in the readings that convey that ideal.

*(Q) In what part of this country or world should I live to be happiest?*

*(A) As we find, in the environs or the surroundings in which there are the OPPORTUNITIES for the expression of that which is innate. For as has been indicated, in no material experience has the entity not gained. Hence in the application of that which is held as the ideal, you will find the greater joy and harmony and happiness in this experience. 880-2*

*Ever be a worker, as the bee, yes - but in that way in which it is ever a contribution to making thy portion of the earth a more beautiful place for men to live in. 3374-1*

*Then who may tell the rose where or when to bloom? For it takes from whatever may be its surroundings, and when encompassed even by man it does the best possible to be the beauty, the joy, and to give out that which is pleasing in the service to God. Thy whole lesson is in that. 2778-2*

*"Here am I, Lord (the Law). Use me as Thou seest that I may best serve as a channel of blessings to others, now." 877-14*

*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*

A 25-year-old male, Mr 567, was given this affirmation at the end of his physical health reading: *I, [567], will so live my own life as to make the world, those about me, those I contact, GLAD they have known [567]. 567-5*

*Know that each entity enters the material sojourn not merely for the purpose of living an experience or a life, but as a part of the universal consciousness as would make the world, the earth, the individuals the entity meets from day to day, more hopeful, more patient, more long-suffering - yea, to make the world better for the entity having come in contact with the individuals the entity meets. For, as the entity has found, there are no relationships in which the entity itself is not changed somewhat or influenced by such contacts, whether casual, social or what not. This is a universal law. Each soul enters that awareness in this material experience that the entity may glorify the Creative Force, or God, in the entity's relationship with others. 2550-1*

For those parents or carers responsible for the nurturing of a child to help them ‘bloom where they are planted’, Edgar Cayce gave this advice in a reading for an 8-year-old girl:

*As to advice to those that are responsible for the soul's environment: First in self know that not as a duty but as an opportunity has this soul been in thine own environ; not for self alone, but for the development of the soul that is in thine keeping, that this soul may bring to others much that will remind them oft that He gave, "Of such is the kingdom of heaven." 608-7*