

# SOUTHERN LIGHTS

*Autumn arrives with the fall of the leaves, as we discard unwanted habits*



.... the spring, the summer, the fall, the winter - the returning again and again of the body of man for its purification. **262-81**

Remember our website:

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

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

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## ISSUE 42, AUTUMN 2025

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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 topics from the Cayce readings, please email [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org)

## Editorial: 'Do Unto Others'

### by Russell Bowey

Last week, I travelled by train to Melbourne. The train pulled into the station at Ballarat, having arrived from Ararat.

The conductor stepped out of the carriage and waited with a portable ramp, ready to assist about 12 elderly people with accessibility issues, including those with walking sticks, walking frames, and some riding mobility scooters. Those on the scooters needed to manoeuvre in the tight confines of the carriage to either exit forwards, or in reverse, down the ramp.

This took a lot of encouragement from the conductor, and was taking a long time, delaying the departure of the train. After the last passenger had successfully exited, I said to the conductor (who looked about mid-40's in age), "You must have a lot of patience to work at this job."

He immediately replied, "I may be in this situation myself one day, and I hope someone will be there to assist me in this way."

His response impressed me, and I decided to explore what the Edgar Cayce readings stated about the principal of 'Do Unto Others'.

*These that have chosen to serve in those capacities as channels of blessings to others have chosen well. For as ye do unto others, as ye seek to be of help, of comfort, of aid to others, so may it be measured unto thee. For He has given, who IS the way, who is the light, who is the understanding, that as ye mete unto thy brethren so may it be meted unto thee.* **281-23**

*The gospel of the Christ is, to do unto others as ye would have others do unto you - and do it EVERY day, in EVERY way.* **397-1**

*For when there is the trying to get even or to take advantage or because of being upset by something or another, you take it out on yourself - and you're only abusing yourself! For what you do unto others you are doing to thy Maker ...* **1467-18**

*Find each day where ye may help someone less fortunate in some way, whether in body, in mind, in opportunity, in circumstance. Help not for pay, not just because you want to help, but because he is your brother, because he is yourself, for as ye do unto others ye do to thy Maker..* **5250-1**

*What you sow, that you will reap. As you do unto others, so may you expect others to see, judge and do unto you. All the more reason then .... in your experiences, that your choices of ideals be those that are creative in EVERY direction.* **1574-1**

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## Edgar Cayce on .... 'Psychic Power'

*(Q) How may I develop psychic power for warnings of danger, difficulties to be avoided and opportunities to be taken advantage of, for myself, my children and others?*

*(A) Let these be rather the outgrowth of the spiritual desire, rather than beginning with material manifestations, see? For, these ARE - to be sure - a part of the whole, but if they are sought for only the material sustenance, material warning, material satisfaction, they soon become dead in their ability to be creative.* **1947-3**

*(Q) If I have a psychic power, how can I develop it to the most constructive use?*

*(A) Each one who has a soul has a psychic power -*

*but remember, brother, there are no shortcuts to God! Ye are there - but self must be eliminated.* **5392-1**

*(Q) What degree of psychic power have I, if any?*  
*(A) Degree? HARDLY, my friend, may these powers be called DEGREES! For there is the raising within self of those influences that may make known even the MYSTERIES of old. But let these be tempered, my brother, with those truths thou gained in that prison wall. The abilities to heal, the abilities to teach, the abilities to minister, ALL are thine! As to degrees - to the nth; yea, to the tenth degree may they be manifest in thee!* **707-1**

# ‘Metaphysical Musings’

## by Liz Power

Our Sunday study group read several books last year on Western, Tibetan and Hindu meditation. Transcendence from normal consciousness to a feeling of attunement with oneness in meditation was emphasised. So I started paying more attention to those times when I achieved a feeling of attunement during meditation. I found the best meditations were those immediately after a period of ‘metaphysical musing’ when I had really focused my mind on such brilliant facets of the Cayce Life Readings as the amazing cosmology, the universal spiritual philosophy, and the stories of our ancient human spiritual life.

In ‘There Is A River: The Story of Edgar Cayce’, author Thomas Sugrue says “the system of metaphysical thought that emerges from the readings of Edgar Cayce is a Christianized version of the mystery religions of ancient Egypt, Chaldea, Persia, and India. It fits the figure of Christ into the tradition of one God for all people, and places Him in His proper place, at the apex of the philosophical structure...”; and with the many references to former appearances of individuals on earth, the doctrine of reincarnation is a part of the philosophical system.

Cayce gave 2,500 Life Readings following questions asked in 1924 by Arthur Lammers, a student of philosophy and comparative religions, revealing details of some of the 30 lives of Jesus, such as: Amilius, the first begotten of the Father; Adam, who after the fall was destined to return as the saviour; Asapha, or Affa, in Egypt, training spiritual emissaries for many lands; Hermes, the architect of the Great Pyramid; Melchizedek, contemporary of Abraham, and author of the allegory of humankind the Book of Job; Enoch, the author of the Bible's earliest books; Jeshua, who translated and updated those books; Joseph, son of Jakob, who, after hardship in exile, was promoted to leadership and became famous for dream interpretation skills; Joshua, companion of Moses, who led the children of Israel back to Jerusalem; and Zend, the father of Zarathustra, who founded

Zoroastrianism.

It is amazing that, as implied in the readings, in Egypt about 10,500 BCE, Jesus was incarnate as Hermes, the architect of the Great Pyramid of Gizeh, working with Edgar Cayce, incarnate as the high priest Ra-Ta, on the construction of the Great Pyramid, as a hall for initiates of the White Brotherhood. The pyramid was completed in 100 years, as was possible with the match extended lifetimes then, even 250 years.

Ra-Ta had studied Atlantean religious tenets and rituals, and led construction of the Sphinx; the Hall of Records, the Atlantean records depository, not yet found; the Temple of Sacrifice, dedicated to preparing individuals for the incoming of a more perfect human soul; and the Temple Beautiful, dedicated to training in invocation, especially in art and music. Hermes most likely worked with Ra-Ta on these also.

In another life in Persia about 550 BCE, Jesus was incarnate as Zend, the father of Zarathustra, the founder of Zoroastrianism, who taught that all creation is the manifestation up the one God. Zoroastrian rituals are curiously alike early Christianity, such as baptism and a sacrificial mass with communion of bread and wine. The Magi were Zoroastrian. Cayce was incarnate as Uhltd (pronounced “Yoo-it”), who was the father of Zend. He had established a successful city, Toaz, in an Arabian desert oasis, with civil courts, hospitals, and promotion of stable family life. Uhltd was trained in Egyptian spiritual concepts and trained his two sons and others as apostles or emissaries. For me, contemplating any of these amazing truths from the Cayce Life Readings is a way to transcend myself and uplift my mind for meditation.

*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.*

## ‘Margie’s Eye Exercise’ by Margie Nelson

I have oedema in the eyes and I am developing cataracts. I’ve been doing the health and medical things needed to work on these issues. However, my sight was only just holding, but not by much.

I found a Cayce reading that talked about rubbing the hands together and placing them over the eyes with the fingers crossed over each other, to help eye sight. So I thought, “What have I got to lose?” I started doing this exercise once or twice daily for 30 minutes to a favourite meditation. Four weeks later, when I returned to the eye specialist, he said that while I have a way to go, it was finally improving!

I was so pleased and relieved. I had not realised the tension I was holding about these results until he told me this news. I may still need to continue the medical support, but if I can make it easier for myself and for them, I will continue to do this meditation.

Cayce said it’s important to spend a few minutes warming the hands up by rubbing them together to raise some energy. As I used to do some spiritual healing with others who told me they could feel the movement of the vibrations, I thought “Why not try it on myself?”

I take hope and comfort in the Search for God Book one, Chapter 11 where it states. "May we never think that the opportunity has passed: for God's mercy is without limit". And further down "It is never too late for us to begin", so I will see what happens.

It just feels so much easier working with the inner life on this health issue and I am grateful for the opportunity to work on my health in this triune way, with myself, with the medical support and with the merciful Christ Consciousness. Remember "It is never too late".

Reading **1158-22** covers this beautifully:

*(Q) Can I recapture and maintain a normally good eyesight, without recourse to glasses?*

*(A) For the time being, or for a cycle of some few months or years, yes - but eventually this, too, is a part of the general conditions as become a part of every consciousness where there has been the subjugation of self to the consciousness of the needs for helpful influences in this or that direction.*

*(Q) Is daily palming of eyes according to Dr. Bates' [Emily Bates] plan, desirable and vital as well as head and breathing exercises already here given?*

*(A) These are very well, but it will be found that a much greater strength may be obtained in the cupping - by palming the hands together for a time before each period of cupping, and then the head and neck exercise, and the standing and tilting of the body morning and evening is a helpful exercise also for such conditions.*

*(Q) How long before satisfactory eye condition will be achieved, and how much time should be given daily to its aid?*

*(A) Fifteen to twenty minutes about twice a day should be the time given to same, unless there is the ability for the body to lay aside other impending or pending conditions.*

*You see, in making such applications it is the concentration that aids the whole consciousness and thus aids the body. If it is done merely as rote, little may be accomplished.*

*If it is done with a purpose, and with the intent that goes with same, then much more should and will be accomplished. In six weeks there should be all the change as would be desired.*

**Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for advice in all health matters.**



## ‘Stillness’ by Russell Bowey

I recently read an article about one of the oldest living things on this planet – a bristlecone pine in California known as Methuselah.

The article, ‘Meet The World’s Oldest Tree — Nearly 5,000 Years Old And Born Before The Pyramids’ by Scott Travers, writing for Forbes, stated: ‘Great Basin bristlecone pines represent a botanical paradox. By growing slowly in hostile environments, these trees outlive their peers by millennia. In a world obsessed with speed, bristlecones are a compelling case for longevity through deliberate stillness.’

So, one of the secrets of a long life is potentially ‘stillness’, and research has shown that stillness activates the parasympathetic nervous system, which helps lower heart rate, reduce stress hormones, and promote a state of calm that is essential for both mental and physical healing.

But what about spiritual healing? In his book ‘Stillness Speaks’ Eckhart Tolle states: ‘When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world. Your innermost sense of self, of who you are, is inseparable from stillness. This is the *I Am* that is deeper than name and form.’

Stillness is often associated with prayer, meditation, and contemplation, allowing a deeper connection with God. The Bible certainly recommends stillness, with Psalm 4:4 stating: ‘Stand in awe, and sin not: commune with your own heart upon your bed, and be still.’ And the well-known Psalm 46:10 stating: ‘Be still, and know that I am God’ (both KJV).

Also, other major world religions recommend stillness. In Buddhism and Hinduism, stillness is a central practice in meditation. In Islam, stillness is a way to connect with Allah through quiet reflection and introspection, fostering a sense of inner peace and tranquillity. In Judaism, stillness is often associated with Sabbath observance and prayer.

The Edgar Cayce readings suggested the importance of stillness to engender a more direct communion with God within your own inner temple.

*Then LISTEN, be STILL, that the STILL SMALL VOICE may answer from within, and we may hear the answering call, "ALL'S WELL." 900-64*

*(Q) How may I best cope with the nervous reactions which occur at times? (A) Be STILL! if ye would see the glory of the Lord; meaning - being still within, as well as in the general attitude and activity. 1523-12*

*For His love is ever with thee. For He will meet thee in the holy mount - thine own self! Be still and let the still, small voice speak from within... 705-1*

*Let Him, in the still, small voice from within, guide thee. For, He is not far from thee. Thou only needest to open the door of thy consciousness, that He may enter in. 281-22*

*Early in the morning call unto thy God, and in the evening forget not His love nor His benefits. Then, at that period when ye each are first aware, as ye awake, be STILL a moment and know that the Lord is God. Ask that ye be guided, THIS day, to so live that ye may stand between the living and the dead.... In the evening as ye sit at meat, be STILL a moment. For there is greater power in being still before thy God than in much speaking. Again give thanks for the day and its opportunities. 281-60*

Edgar Cayce’s secretary, Gladys Davis, asked this question about why she felt greater attunement when active. *(Q) [288] : Why is it that I always achieve greater attunement when my physical body is in action? (A) It doesn't! Only apparent; for activity to self is as MAKING for attunement - but stand STILL - BE still, would you see the GLORY of the Lord! 281-9*