

# SOUTHERN LIGHTS

*Our new website has finally been launched!*



We are thrilled to announce the birth of our new website:

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

A big thank you to Rodney Cocker, one of our prayer group and SFG study group members, for his efforts in designing and arranging for the hosting of our new website.

The website is a welcome addition to our Edgar Cayce Australia 'family', joining its sibling the 'Southern Lights' newsletter, and it will enable us to offer more up-to-date information about A.R.E. activities in Australia.

As with all newborns, there may be initial teething problems, and it will probably be a while before the website has fully grown and developed. So please bear with us.

We also have new 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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*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 Prayer’ – by Russell Bowey

The recent decision by Digital Cinema Media (DCM), the company that manages cinema advertising in the UK, to ban an ad entitled ‘Prayer is for Everyone’ on the grounds that it may offend some people, seems to be a symptom of the times we now live in.

The 56 second ad, prepared for the Church of England, features the Archbishop of Canterbury and other ordinary people reciting The Lord’s Prayer. It was to be shown in cinemas pre-Christmas, with the release of the new ‘Star Wars’ movie.

DCM claim that the ad breached their policy of not showing ads featuring political or religious material. The Church of England is bewildered by the decision.

Who can be offended by asking people to pray? When my wife and I were travelling in Turkey in 2012, we loved hearing the Muslim ‘call to prayer’. We were certainly not offended by it.



A more recent headline (theguardian.com) stated in part: ‘Syria airstrikes: Britain launches ‘offensive operation’ after vote to bomb Isis targets’.

I find this an ironic but apt description of the British parliament’s decision. To me it is incredibly offensive to bomb another country.

In May 1942, the following question was asked of Edgar Cayce regarding timing of the end of World War II:

*(Q) Based on present conditions, will the Forces advise us when the fighting will stop?*

*(A) This is dependent upon many things. It COULD be over - it is possible for it to be over - by the 30th of September. But this would require a united effort on the part of those who pray, more than those who shoot! And they are not ready for it yet! 257-244*

Are we ready to pray, or do we want to shoot first? That is the question being asked of all of us.

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## The Life-Changing Experience of A Search for God Study Group – By Russell Bowey

I have been a member of A Search for God Study Groups since 1978. I have shared this wonderful journey with many different people, even meeting my wife Marija through a SFG group, and I can genuinely say that the SFG study is the most life-changing – and life-affirming – experience of my life.

In the Preface to ASFG Book I, the first line states: ‘Try living the precepts of this book’. Although we are members of a Study Group, and each week we study the beautiful affirmations and discourses given in each Chapter of each book, it is in ‘living the precepts’ that the understanding and soul growth come. It is only through applying the principles learned in our daily activities – in our relationships with others – that the Search for God is realised.

The affirmation for the first chapter of Book I (Cooperation) states in part: ‘Let me ever be a channel of blessings, today, now, to those that I contact in every way’. I have found that the blessings flow two ways, and the biggest blessings have come through the other members of our group.

The Preface finishes with: ‘This book is passed on in the hope that through it .... may awaken a new hope and a vision of a better world through application of His laws in daily life.’

In early 2016, our Melbourne SFG Study Group will offer a Skype-based introduction to A Search for God over 4 - 6 weeks to anyone interested in this unique opportunity for spiritual development. Please contact: [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org)

## Edgar Cayce's Christmas Story

The following extract from reading 5749-15, given for Thomas Sugrue in June 1941, beautifully describes the events at the birth of Jesus.

*In the evening then, or at twilight, Joseph approached the Inn, that was filled with those who had also journeyed there on their way to be polled for the tax as imposed by the Romans upon the people of the land. For, those had been sent out who were to judge the abilities of the varied groups to be taxed. And each individual was required by the Roman law to be polled in the city of his birth.*

*Both Joseph and Mary were members of the sect called the Essenes; and thus they were questioned by those not only in the political but in the religious authority in the cities. Then there was the answer by the inn keeper, "No room in the inn," especially for such an occasion. Laughter and jeers followed, at the sight of the elderly man with the beautiful girl, his wife, heavy with child.*

*Disappointments were written upon not only the face of Joseph but the inn keeper's daughter, as well as those of certain groups about the inn. For, many saw the possibilities of an unusual story that might be gained if the birth were to take place in the inn. Also there was consternation outside, among those who had heard that Joseph and Mary had arrived and were not given a room. They began to seek some place, some shelter.*

*For, remember, many of those - too - were of that questioned group; who had heard of that girl, that lovely wife of Joseph who had been chosen by the angels on the stair; who had heard of what had taken place in the hills where Elizabeth had gone, when there was the visit from the cousin - and as to those things which had also come to pass in her experience. Such stories were whispered from one to another.*

*Thus many joined in the search for some place. Necessity demanded that some place be sought - quickly. Then it was found, under the hill, in the stable - above which the shepherds were gathering their flocks into the fold.*

*There the Savior, the Child was born; who, through the will and the life manifested, became the Savior of the world - that channel through which those of old had been told that the promise would be fulfilled that was made to EVE; the arising again of another like unto Moses; and as given to David, the promise was not to depart from that channel. But lower and lower man's concept of needs had fallen.*

*Then, - when hope seemed gone, - the herald angels sang. The star appeared, that made the wonderment to the shepherds, that caused the awe and consternation to all of those about the Inn; some making fun, some smitten with conviction that those unkind things said must needs be readjusted in their relationships to things coming to pass.*

*All were in awe as the brightness of His star appeared and shone, as the music of the spheres brought that joyful choir, "PEACE ON EARTH! GOOD WILL TO MEN OF GOOD FAITH."*

*ALL felt the vibrations and saw a great light, - not only the shepherds above that stable but those in the Inn as well.*

*To be sure, those conditions were later to be dispelled by the doubters, who told the people that they had been overcome with wine or what not.*

*Just as the midnight hour came, there was the birth of the Master.*

*The daughter of the inn keeper was soon upon the scene, as was the mother of the daughter, and the shepherds that answered the cry - and had gone to see what was come to pass.*

*Those were the manners, and the ones present soon afterwards. For, through the period of purification the Mother remained there, not deeming it best to leave, though all forms of assistance were offered; not leaving until there was the circumcision and the presenting in the temple to the magi, to Anna and to Simeon.*

*Such were the surroundings at the period of the birth of Jesus.*



# Conception and Misconceptions

By Marija Bowey

In my 30+ years of practice as a Kinesiologist, I have assisted many clients who have experienced difficulty in achieving and maintaining a pregnancy.

When I have my initial consultation with such clients, I 'see' an angelic figure standing in my consultancy room, either holding a baby or with no baby, which has accurately symbolised the outcome of my work with the client. I have always shared that vision with them.

Sometimes the angel will indicate the likelihood of additional children and even the appearance and personality of the child. Twice the angel has shown twins, which did eventuate.

On one occasion the angel was holding 'half' a child, and I 'knew' that this was not a 50/50 chance of a child, but that the child was going to be 'disabled', most likely Downs Syndrome.

This client was in her early 40's, already had a daughter (through IVF) and the procedure had left her with a very delicate constitution, and she didn't want to undergo this again. However, she was desperate for a son.

In this particular case, considering my client's fragile state, I communicated to the angel: "I can't tell her about this!" The angel insisted I tell her, but I just couldn't share this with her. The angel then said: "Just tell her that she will be given a choice about having a son, but first she needs to heal and strengthen her body. She also needs to understand why she wants a son." Over the next several months we worked to achieve the healing of her physical and emotional states.

In one session, we went to two past lives where she was childless and unable to bear an heir for their substantial estates. She acknowledged then that her need for a son in this life was due to her husband being the last carrier of the family name. So the same life pattern was being repeated.

Over time, her health improved and I didn't hear from her for about 6 months. She called me one day to share with me an experience that had profoundly affected her. She was awake and an angel came to her and was holding a baby. The angel told her: "This boy needs a loving family and you have first preference to have him."

"He has Downs, but there is another family who will happily accept him and love him, and it is OK to say no." The angel added: "Think about this and let us know your answer."

She was initially very excited about having a boy, but then realised her husband only loved perfect things and that he would reject such a child. With sadness her answer to the angel had to be 'no'.

Edgar Cayce gave a series of 14 readings over 14 years for a young woman (457), beginning in 1930 when she was 22 years old, covering her physical, mental and spiritual development, and her questions about conceiving a child. In reading 457-1 she asked:

*(Q) Physically and spiritually, when should body have first child?*

*(A) When the proper corrections have been made in the body PHYSICAL, for - under the general tendencies - a hardship would be enacted as for the physical forces of the body. Discontent and uncertainty would follow, under existent conditions. Prepare self. Make way. Be sure that the body-physical, the body-mental, desires that as may make manifest that ideal as is sought to be shown forth through the acts of the individual life, and the body-physical may be very sure there will be attracted to self THAT desired.*

In subsequent readings, she asked about the timing of conception, family insanity inherited or passed to off-spring, detrimental effect of her age and weight, astrology, and even the potential sex of a child (an in-law had a vision of her with a son named 'Peter'.) The information she received is some of the most profound guidance given by Cayce on the preparation for conception and the responsibility that entails. Reading 457-10 states: *For, remember, the soul that is brought into the earth is only lent to thee by the Lord. And the impressions, and that purpose that ye build into that, is that ye send back to thy Maker in the end.*

And in reading 457-11: *[Ovulation] is a law of nature. Conception is a law of God.*

In August 1943 her baby daughter, [3172], was born, followed by a son, Peter, in 1947. Her many years of preparation had finally brought her the family she so desired.

## 'One Cause, Many Ailments - Leaky Gut Syndrome: What It Is and How It May Be Affecting Your Health' by Dr John O. A. Pagano

Book Review by Russell Bowey

Over 20 years ago I was only slightly familiar with the term 'Leaky Gut Syndrome' (LGS or 'Intestinal Permeability') when an elderly woman approached me in a shop and asked: 'Are you Russell Bowey?' She then boldly stated: 'You are going to cure me of psoriasis.'

My wife Marija, a Kinesiologist, worked with her while I researched the readings on psoriasis, and by diligently following the Cayce recommendations, within 6 months she had beautiful new skin – to her delight and the astonishment of her specialist.

'One Cause, Many Ailments' by Dr John O. A. Pagano, is by far the most popular title of all the Cayce-related books we stock, with almost 40 copies sold over the past 20 months. Dr Pagano (he was a chiropractic physician) showed through his decades of research culminating with the publication of this book in 2008, that there are indeed many ailments that can be attributed to this one cause – the breakdown of the walls of the intestinal tract.

He lists irritable bowel syndrome, acne, eczema, psoriasis, celiac disease, autism and childhood hyperactivity as just some of these ailments, and he also discusses multiple sclerosis and scleroderma as potentially caused by LGS due to its systemic affects on the body's ability to assimilate food (MS) and glandular dysfunction (scleroderma).

Dr Pagano states that one of the main causes of LGS is the overgrowth of candida albicans (yeast) in the intestinal walls and the penetrating rhizoids (roots) that they form in their search for nutrients. This allows 'toxic elements of bacteria, viruses, undigested protein, acids and numerous other waste products to gain passage through the natural barrier and enter the lymphatic system.'

Dr Pagano quotes the following reading (943-17), given in 1932 for a 40-year-old male who asked about the cause of his psoriasis, to show the potential affects a leaky gut can have on a body, once the toxic material has passed through the intestinal walls and entered the lymphatic system – the body's natural drainage channels.

*Would this not be thrown off in the epidermis (skin), or the lymph and capillary circulation, with this particular condition of this body, the intestinal tract would be full of pinholes; or, were it to go to the lungs, there would be tuberculosis; were it to go to the valves of the heart, it would be heart trouble - as would be called; were it to go to the liver, it would be cirrhosis of the liver; were it to go to the spleen, it would be a hardening of one end of it; were it to go to the brain, it would be softening of the brain; were it to go to the glands of the throat or thyroids, it would be that of goiter; or were it to settle in some other portion - were it to SETTLE - it would become a tumor of some character or nature.*

When asked about a cure for psoriasis, Cayce stated in reading 2455-2 for a 28-year-old female in 1942: *Most of this is found in diet. There is a cure. It requires patience, persistence - and right thinking also.*

The suggested LGS diet includes 6 glasses of water a day, fresh vegetables (particularly leafy greens) and fruit (little fruit though if candida is a problem), fish, fowl or lamb, eggs, probiotics, olive oil and whole grain breads (not too much bread as it is acid-forming – the diet should be 80% alkalising foods).

Foods to avoid include red and processed meat, pork, shellfish, the nightshades (tomatoes & tomato products, potatoes, eggplant, capsicum), sweets, sugars, white flour products, alcohol, fried food, junk food, hot spices, and also avoid smoking.

Other LGS treatments include herbal teas, abdominal and spinal castor oil packs, colonic irrigations, and – an interesting suggestion – surrounding oneself with helpful, positive people!

Right thinking is also very important, as Marija discovered with that first psoriasis patient. She was holding a deep-seated resentment towards a sibling that was literally 'eating away at her gut' and preventing her body from healing itself. With Marija's counselling, she was able to let go of the resentment, heal her relationship, and thus release the irritation maintaining the psoriasis.