

# SOUTHERN LIGHTS

*Spring – A Time to Awaken from Hibernation  
and to Manifest Abundant New Life*



I love to see the new leaves appearing on the 100-year-old oak trees in our street as spring awakens them from their winter hibernation. So too with the roses I have pruned, and the beautiful, fragrant blooms contrasting against the green of the leaves and the blue of the sky. Nature in all her glory praising the Creator.

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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*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 have a lending library and offer new books for sale. We can also arrange 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 lending library in Creswick (near Ballarat, Victoria) please email [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org) or phone us on (03) 5345 2945.

## Editorial - 'Planting the Seeds of Love & Truth'

- by Russell Bowey

Last March, at the beginning of the first lockdown in Victoria, my wife Marija and I enthusiastically worked on our vegetable garden. We constructed many new garden beds and refurbished old beds with new soil, compost and sheep manure.

We planted seeds and seedlings of cabbage, broccoli, brussel sprouts, pak choi, sugar snap peas, beetroot, carrots, radish and many varieties of lettuce and herbs. Considering some of these were our first attempts to grow these vegetables, some crops were very successful; others not so.

We tended the garden and worked hard to overcome the setbacks caused by pests (slugs, snails, earwigs, cabbage white butterfly) and the rabbits. Weeds were also an ever-present problem.

For me, the biggest joy of

gardening is reaping the harvest - to enjoy in our own meals and to share the excess with others.

Over the last few years our Study Group has been working with the material about Universal Laws in Bruce McArthur's excellent book 'Your Life: Why It Is the Way It Is and What You Can Do About It'. He states that: '... you and I with our thoughts are gardeners of the world; we are continually planting seeds. What happens in our lives are the fruits springing from those seeds.'

He explains the importance of the spirit behind the thought: 'When in the spirit of love you think a loving thought about someone, such as, "She is a wonderful person," you plant a seed of love by the energy of your thought. That seed, planted in the realm of thought, will grow until another person is moved to think a loving thought about you.

You will pick up that feeling of love, and it will make your day brighter — all of this without a word being spoken. In fact, many such loving thoughts of you may be generated and come back to you from different persons because, as in the case of planting a physical seed, it is multiplied many times.'

And he explains this about the parable of the sower: 'The "good soil," Jesus says, is the life of a person who hears the word (is awake and listening for truth) and understands it (gives it priority and applies it). To do that, the person keeps life in balance so that "other" aspects do not devour nor choke out nor destroy the seeds of truth.'

In reading **1529-1** Edgar Cayce states: *For it is the law that as ye sow, so shall ye reap. And ye are the sower; but leave what may be the results to thy Father! For He alone may increase.*

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### Edgar Cayce on ..... Sleep

*(Q) Why am I so dependent upon sleep, and what do I do during my physical sleep?*

*(A) Sleep is a SENSE, as we have given heretofore; and is that needed for the physical body to recuperate, or to draw from the mental and spiritual powers or forces that are held as the ideals of the body. Don't think that the body is a haphazard machine, or that the things which happen to individuals are chance! It is all a law!*

*Then, what happens to a body in sleep?*

*Dependent upon what it has thought, what it has set as its ideal! For, when one considers, one may find these as facts! There are individuals who in their sleep gain strength, power, might - because of their thoughts, their manner of living. There are others who find that when any harm, any illness, any*

*dejection comes to them, it is following sleep! It is again following a law!*

*What happens to this body? Dependent upon the manner it has applied itself DURING those periods of its waking state. Take TIME to sleep! It IS the exercising of a faculty, a condition that is meant to be a part of the experience of each soul. It is as but the shadow of life, or lives, or experiences, as each day of an experience is a part of the whole that is being builded by an entity, a soul. And each night is as but a period of putting away, storing up into the superconscious or the unconsciousness of the soul itself.*

*(Q) What is the best way for me to get to sleep?*

*(A) Labor sufficiently of a physical nature to tire the body; not mentally, but physically. 2067-3*

## ‘Connecting With Gaia’

by Marija Bowey

Early this year, my husband Russell and I watched a documentary about ‘earthing’, otherwise known as ‘grounding’. The premise presented in the film is that in the age of synthetic-soled shoes, we have lost our connection to the earth’s subtle electrical currents, and that by walking barefoot, or lying, on the earth, our health and sense of wellbeing can be enhanced.

We have certainly noticed many health benefits since we commenced this practice, and it just feels wonderful – especially since the warmer weather arrived! As my feet connected with the grass, I was overcome with a sense of privilege to be alive on this amazing planet.

I have always had a connection with mother earth – Gaia – from growing up in Europe where I was barefoot most of the time, to a growing appreciation of the Australian landscape and its diverse fauna and flora.

Russell and I love to sit in our garden and watch the bees and butterflies dancing among the flowers, with a background of birdsong. At dusk, the stunning sunsets and the rising of the full moon delight our souls while listening to a chorus of frogs and crickets. Standing on our driveway on pitch-black nights we are in awe of the planets and stars above us – especially the milky way.

On crisp Autumn or Spring mornings, with the low angle sun shining on the dewdrops, it appears as though God has strewn handfuls of diamonds upon the tips of the grass; each a tiny prism displaying all the colours of the rainbow.

For many years, I have been aware of a tall oak tree on the other side of the creek along our property boundary. As I observe it and admire its beauty, I have an understanding that it is also aware of me. On some of our walks we have held its leaves to feel its wonderful energy, and it communicates its appreciation to me.

Many of Edgar Cayce’s readings beautifully convey the connection we have with nature. These are selections from a few of them.

*For the love of nature grows, and is akin to God. For all nature manifests life, and life IS the manifestation of God. 1968-1*

*The entity is especially one who appreciates nature’s beauty - the snow, the rain, the sleet, the sunshine, the flowers, the green in the springtime, the color in the fall. All of these mean much to the entity, for it is sensitive to God's own expression in nature. 3356-1*

*In all the universe, the celestial, the terrestrial forces, in summer, in fall, in winter, in spring, in EVERY manifestation we find the beauty of the Lord, of the Christ - the GLORY of those. 262-81*

*For each blade of grass, each blossom, each tree, each crag, each mountain, each river, each lake is as a gift from the Creative Forces in man's experience that he may know more of the love of God. 1248-1*

*Listen at the birds. Watch the blush of the rose. Listen at the life rising in the tree. These serve their Maker - Through what? That psychic force, that IS Life itself, in their respective sphere - that were put for the service of man. Learn thine lesson, O Man, from that about thee! 364-10*

*Just as the blush of the rose, the beauty of the sunset, the dew upon the grass, the beauty of love - all are to man's understanding, to man's spiritual self - upon the spiritual portion of man's mind - a manifestation of God, that Creative Force, that everlasting Life. 1427-1*

*No one mind may conceive all that may be done through the power of the Master Musician; for it may bud as the rose, it may be the song of the frog - or of any - even those that would be to SELF as those that would be GRATING vibrations; for the cricket on the hearth to self is obnoxious! but to some would bring harmony and peace, as home! 281-8*

*Ye love nature, and the things that partake of same; the out of doors, the blossom of the rose, and the sunset, the fall of the water. 1809-1*

## ‘My Life In Colour’

### by Yolanda Pante

Since childhood I was always attracted to colour. I spent hours looking through a kaleidoscope, made bottles of coloured water from crepe paper and collected crystals that created rainbows.

My favourite colour was red. I was a “delicate” dreamy child and red gave me the energy I needed and helped ground me. Little did I know that I would have experiences of light as my life proceeded.

I had followed the Edgar Cayce readings for many years and learnt that everything is vibration and colour is light vibration in its various manifestations.

Colour showed me the healing power of prayer. One such case involved my 12-month-old daughter. She had been seriously injured in an accident. She had facial and eye socket fractures and the doctors didn’t know if she would see again. She had been a very unsettled baby and I struggled to bond/cope.

One afternoon whilst praying, I experienced a beautiful pink light. The next morning my daughter was standing up in the hospital cot, pointing at the Christmas tree lights in the ward. She could see! We both settled down together and I learnt about the power of unconditional love (the colour pink).

Colour showed me the relationship between attitude, the glandular system and the chakras. One example occurred when I was in my 50’s. The inevitable shift in female hormones was making my life a misery. Recalling Edgar Cayce’s ‘Story of Attitudes and Emotions’, I decided to change my attitude to one of self-mastery.

In meditation I experienced an eruption of red and orange light, then a dream of being drawn through a vortex to a place of red and orange flames. Red and orange are respectively the colours of the chakras that govern the gonads (ovaries) and the Cells of Leydig that secrete reproductive hormones.

Blood tests then showed I had gone through the ‘Change of Life’. What an apt description for my initiation into the tribe of the elders!

Colour showed me we are all connected in One non-local field. A friend was meditating for physical and emotional healing. We connected telepathically and experienced a flash of yellow light at the same time.

Yellow unlocks habitual patterns of powerlessness and changes them to cognitive choice about thoughts and behaviour. This brought about healing of a chronic skin condition and insight into a difficult life situation.

This illustrated “.....*Oeness of force, Oeness of time, Oeness of purpose, Oeness in every effort-Oeness-Oeness*”! --Edgar Cayce Reading **900-429**

Finally, I was always intrigued by The Book of Revelation. I pondered on the meaning of the New Jerusalem and saw a shimmering white circle of light against a black void.

The circle exploded into a burst of white light. I understood our purpose here in this physical plane. The New Jerusalem is the awareness of the Oeness of all force.

*“Each soul in entering the material experience does so for those purposes of advancement towards that awareness of being fully conscious of the oneness with the Creative Forces.”*

-- Edgar Cayce reading **2632-1**

*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.*



# 'Lord Give Me Patience ... But Please Hurry'

by Russell Bowey

The quality of patience, together with its relationship to time and space, is one of the most difficult-to-understand of all the concepts addressed in the Edgar Cayce readings.

*... PATIENCE, THE MOST BEAUTIFUL OF ALL VIRTUES AND THE LEAST UNDERSTOOD! Remember, it is one of the phases or dimensions through which thy soul may catch the greatest and the more beautiful glimpse of the Creator. 2448-2*

The dictionary describes patience as:

'the ability to wait, or to continue doing something despite difficulties, or to suffer without complaining or becoming annoyed'.

However, this idea of 'passive endurance' is different to the idea of patience in the Edgar Cayce readings, where patience is described as an 'active' force:

*In patience does the knowledge of the peace and understanding of His presence come. An active force, not a passive one. Necessary that patience be exercised that ye know the hope, the faith, the knowledge, the understanding of His ways in the earth. 262-26*

The following three readings expand on that theme.

*... patience, longsuffering and endurance ... cease to be a virtue when the individual entity allows self merely to be imposed upon, and to take second place merely because someone else, of a more aggressive nature, imposes. 3029-1*

*... longsuffering ... does not mean suffering of self and not grumbling about it. Rather, though you be persecuted, unkindly spoken of, taken advantage of by others, you do not attempt to fight back or to do spiteful things; that you be patient - first with self, then with others ... 3121-1*

*For in the consciousness of eternity, time is not, neither is space. In man's consciousness there appears so much mercy, so much love, that these have been called time and space. 3660-1*

In his book 'Vibrations', J. Everett Irion describes time, space and patience in terms of 'ideas':

Time: The measure of understanding of ideas.

Space: The measure of understanding of the relationship between manifested ideas.

Patience: The measure of understanding of the purpose of manifested ideas.

He further states that when we understand an idea (time), and test that manifested idea in relationship to other manifested ideas (space), we have a better grasp of its purpose (patience) as in: 'Patience: The measure of our understanding of our responsibility for whatever happens to us; or the measure of our understanding of our responsibility for a manifested idea'.

I like what Edgar Cayce said to Mrs 3161, who in her reading request asked for: '...information, advice and guidance as to how she may best carry on, especially concerning the problem of keeping fit - for the job of the care & happiness of her invalid husband, which she has been doing the last eight years, mostly alone.' and also asked: 'How can I become more patient and keep from losing my temper?' The reading stated:

*Then we would define for the entity what we mean by the entity having patience - in an active, positive manner and not merely as a passive thing. Taking or enduring hardships, or censure, or idiosyncrasies of others, is not necessarily patience at all. It may become merely that of being a drudge not only to self but an outlet of expression from others that may never be quite satisfying because there is no resistance.*

*Passive patience, to be sure, has its place; but consider patience rather from the precepts of God's relationship to man: love unbounded is patience. Love manifested is patience. Endurance at times is patience, consistence ever is patience.*

*... Time, space, and patience, then, are those channels through which man as a finite mind may become aware of the infinite. For each phase of time, each phase of space, is dependent as one atom upon another. And there is no vacuum, for this, as may be indicated in the universe, is an impossibility with God. Then there is no time, there is no space, when patience becomes manifested in love. 3161-1*