

SOUTHERN LIGHTS

*Spring: A Season of New, Abundant
Life, Colour and Growth*



May we indeed inculcate in the lives of others that like the rose ... For it does its best ... to glorify its Maker with all its beauty, its color, with all of its love for the appreciation of spring, of the rain, the sunshine ... 5122-1

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Welcome to our Thirty-second issue



Editorial - 'Tried in the Crucible of
Life' - by Russell Bowey

2



Edgar Cayce On ...Do Unto Others

2



'My Search for God Experience' -
by Liz Power

3



'Precognitive Dreams' - by Russell
Bowey

4



'Patterns of Manifestation' - by
Russell Bowey

5

*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 or phone us on (03) 5345 2945.

Editorial - 'Tried in the Crucible of Life'

by Russell Bowey

The last 3 years have been a testing time for all of us, as we have been tried in the crucible of life. In 2 Timothy 3:10 (KJV) Paul stated: But thou hast fully known my doctrine, manner of life, purpose, faith, longsuffering, charity, patience, persecutions, afflictions, which came unto me at Antioch, at Iconium, at Lystra; what persecutions I endured: but out of them all the Lord delivered me.

Almost 12 months ago, my wife Marija passed over, suddenly and unexpectedly. Four weeks later part of my house was flooded in a severe storm. I have had two bouts of Covid 19, the second time requiring hospitalisation. I have been 'delivered' from these 'persecutions', and I know others have suffered far greater afflictions, but what have I gained in understanding, and especially in my connection to God?

Firstly, I am always aware that the people around me, and the events and experiences that are the sum

total of my life, fill me with joy far more than they instil any feelings of anxiety or worry. And for this I am eternally grateful.

Secondly, through daily meditation and prayer, I feel more 'connected' and guided, especially through my dreams and waking inspirations. Every day brings opportunities to be of service, and to offer hope and love to everyone I meet.

And lastly, I know that I am being encouraged and supported by the 'unseen forces and influences' whose very purpose is: ... *to act upon the mental abilities and capacities of many individuals and groups in trying to bring to the greater masses that of harmony and peace from the chaos that has existed so long in the experience of many.* **282-5**

Many people asked Edgar Cayce for help in overcoming life's afflictions, and the readings offered much in the way of hopeful guidance.

(Q) How may I overcome the innate doubt or fear which prevents attunement with the Christ, as promised?

(A) Just keeping on keeping on in the trust - trust - in Him! No DIRECT way may be experienced for self by another, - and yet the entity finds self very oft close to being directed in that way. Hold fast to Him! Let that which causes doubt or fear be taken up in the willingness, the desire, to be of help to others. **69-4**

For it is ever, in the evolution of man in materiality, here a little, there a little, line upon line, precept upon precept. For He is mindful and hath not willed that any soul should perish, but has with every affliction, with every disturbance, with every disappointment prepared a way, a means for a helpful experience, if the entity, the soul, will but look up, LIFT up the eyes to the hill - yea to the tabernacle within self - for that healing that comes to every heart, every soul. **1479-1**

Edgar Cayce on 'Do Unto Others'

GC: You will have before you the conditions in the world today, and that needed by those seeking advice in helping to construct a permanent basis for international peace founded upon understanding of one another's economic, social and spiritual problems. You will answer the questions, as I ask them:

EC: Yes, we have - as we have had before - those problems which have brought about the upheavals and the wars, the distrust, the jealousy, the hate existing today. These are the result of man's

forgetting God, and that which truly represents man's sincere attempt to worship, honor and glorify a living God.

For this may only be done in the manner in which individuals, states, nations, treat their fellow man. For, as ye do unto others, ye do to thy Maker. And when those activities are such as to dishonor thy fellow man, ye dishonor thy God - and it brings all of those forms of disturbance that exist in the world today.

3976-28 (June 1943)

'My Search for God Experience'

by Liz Power

Ever since I read about the Edgar Cayce health readings, I have been a fan of both the health readings, and the spiritually-based life readings. It still amazes me that these readings were drawn from an inner pool of knowledge that Cayce stated we all can learn to access, through the cultivation of our mental, emotional and spiritual abilities. This knowledge base is a seemingly endless arena of universal information across time and space that extends beyond human health and well-being. The idea that we can learn to access this information base is tremendously appealing!

I have read many Cayce books since the 1970's and 1980's when popular interest in eastern philosophy, Buddhism, Hinduism, meditation, astrology, yoga and alternate health was a new thing. There was a new interest in the power of the mind, parapsychology, hypnosis, near-death experiences, reincarnation and astrology. This has all become more mainstream, though waxing and waning in different quarters. While over the years there is an increase in scientific materialism, the resonance that quantum physics seems to have with universal spiritual traditions holds promise for the future.

I am fascinated by the ever-growing knowledge on well-being, mental health, positive psychology and personal development. I think there is a significant common ground with this knowledge and the Cayce material with its practical guidance on holistic health and well-being. Cayce has the advantage of a holistic spiritual foundation that most other approaches are missing.

So, I took up daily meditation based on the method of John Van Auken of the ARE in the USA and read more Cayce books, all uplifting! My favourites cover physical health, mysteries of the mind, creating a positive future, family karma, ancient civilisations and channelling!

At the beginning of the year when I received the Australian ARE newsletter courtesy of the

wonderful Russell Bowey, I decided to make an increased commitment to Cayce studies. So, I joined the "A Search for God" study group weekly Zoom meeting, run by Russell, which is based on the Cayce readings for the original study group, given over 11 years beginning in 1931. I am finding these studies immensely valuable and a transformative experience. This group has highlighted for me the positivity of the Cayce readings and the simplicity of the Cayce path.

I'll just mention some of the areas we have studied. The first lesson in the book is on meditation - a cornerstone of Cayce's philosophy. Following that came cooperation, knowing yourself, knowing your ideals, faith, virtue and understanding, and fellowship. The studies and the weekly meeting shine a spotlight on what are the essentials.

The really great lesson for me was cooperation! I focussed on this in my relationships and immediately got positive feedback when others seemed to notice my increased intention to get on well together! No matter how high a level of cooperation you have currently with family, colleagues and friends, renewed attention can raise the bar, as it did for me. My husband, especially, is appreciative and more cooperative in return, so it is a genuinely rewarding process.

The lesson on ideals helped me to focus on my heart's desire and how to live my life. We want to be able to look back over our lives knowing that we made a positive contribution and lived our ideals. It takes time to outline a plan, work out the details and adjust it periodically. Sharing with a group helps bring my ideals back to centre stage!

A valuable idea that permeates all these lessons is that your mental ideals create your circumstances. The lessons promote a sense of well-being, joy and hope which we can miss in our busy lives. We all have an important part to play as we contribute to the greater good.

‘Precognitive Dreams’ by Russell Bowey

In the early 1970's my wife Marija was working as a nursing aide at the Heidelberg repatriation hospital in Melbourne. She was living in the nurses' quarters, adjacent the hospital. One night she had a vivid dream. She was sitting at a round, glass-topped table in an unfamiliar kitchen. On the other side of the table was a woman with her very young daughter on her knee. She was in conversation with them, and knew them in the dream, but not in her waking life. The other significant image was the kitchen benches on all sides had very brightly coloured tiles as a splashback, with 'Mexican' motifs. She was so intrigued by this dream that she shared it with her nursing friends at breakfast the following morning.

Some months later, Marija was contacted by a former nursing colleague who had returned to Australia after 12 months working in New York as a nanny. She suggested to Marija that she should apply to work for her former employer, an Australian woman married to a US man, as she preferred Australian girls as nannies for her two children, and she felt the position would be perfect for Marija.

Marija applied for the job, was hired for a 12-month term, and felt, on arrival in Manhattan an intense, but also disturbing, feeling of 'I'm home!!'. She caught a cab to her employer's apartment near Central Park and sat down in the kitchen, only to recognise that the woman and her daughter sitting opposite, the glass-topped table and the coloured tiles on the splashbacks, were exactly as she had foreseen in her dream of many months prior, before she even knew she would travel to New York!

It has been suggested that most precognitive dreams show conditions that would likely occur if your life continued unchanging on its present

course. But here was a situation that could not have been predicted in any way!

Marija spent four years working in New York, but returned to Australia to give birth to her son Jason. Her spiritual and psychic perceptions were opened, she had many amazing, life-changing experiences, and memories of a past-life on Long Island, New York about 40 years prior, were revealed to her. This entire episode of her life was definitely pre-ordained. Her only 'free-will' was how she chose to respond to these people and events in New York.

The Edgar Cayce readings suggest that nothing of importance happens to us without first being foreshadowed in a dream.

.... for dreams are that of which the sub-conscious is made, for any conditions ever becoming reality is first dreamed. 136-7

(Q) October 8, 1926, dream regarding [900] visiting us and wanting us to move into a small place of two or three very small rooms of a cottage belonging to someone else, of me getting mad or hurt and crying. (A) In this there are presented conditions, as it were, of a forecast of conditions as will arise, and, as has been seen in dreams that have been experienced by the entity....

...(Q) Two dreams had recently of being at Hopkinsville, the first one of being at home, of falling from roof, etc. (A) This presenting as is seen, those conditions that will come in the life, as finding disappointments, as it were... 538-22

The Cayce readings also suggest that one explanation for the déjà vu phenomenon is that our dreams often foreshadow future events. Such precognitive dreams may be forgotten, or not even recalled in the waking state at all, and only when those events unfold in our waking life are they experienced as a feeling of déjà vu.

‘Patterns of Manifestation’

by Russell Bowey

As we build our lives, what influences shape who we become, or what we create? Do we control our own destiny, or are greater forces at play ‘behind the scenes’?

In 1989, my wife Marija and I and our three children were living in a very small cottage in Creswick, and another child would soon be on his way. We had been out for the day and as I drove our car down the side of the cottage, to park in the rear yard, I had an awareness that the driveway actually continued up the hill to our ‘new’ house on the vacant $\frac{3}{4}$ acre block behind the cottage. It felt so ‘real’ that I exclaimed to Marija about it, and we realised it was a sign to commence designing a new, larger house on that block. It turned out that Marija had already ‘seen’ a two-storey house emerging out of the earth in that location ‘like a mushroom’. So she knew what it was going to look like, including the timber pickets across the verandah at the front.

It took many months to create a plan that we were happy with, and which I ‘knew’ would actually be built, and after 20 months of building we moved in for Christmas 1992. Over my 40 years as an architect, I always ‘knew’ when a design would actually be built, or still needed ‘tweaking’ or discarding completely.

I have come across some Cayce readings that suggest that whatever we manifest in our three-dimensional physical world, is first created by the Universal Forces in the spiritual realms. The following readings were given for the A.R.E. as an organisation, but I believe the same principal operates for anything that is manifested physically, mentally or spiritually, even for two people ‘creating’ a relationship:

Know that all the laws as pertain to the activities are the same, and that what has come into

materialization first has had its inception in the mental and the spiritual realm, and is as perfect a body in those realms (or the more perfect, dependent upon the basis of the inception or the desire that has brought it into being) as it is in the material plane. And, as has ever been given, those influences are the same in applying or in relationships to such organizations as about any individual or any individual organization. And the same laws apply in same. 254-92

As has been intimated and given, in the combinations of efforts by individuals in a given direction, there is first the creation - in the universal forces - of the body-mind of such an organization; no matter of what nature, be it physical, material, or for spiritual purposes. It grows to be - with the activities of such a group, association, combination, body-mind; and the purposes that you term soul - which is in the stellar forces rather its association or combination with such. Hence you speak of the spirit of America, of Germany, of the Nordic people, of the Mayan, of the Celtic, or what not. These are influences that have taken shape in the realms beyond matter, yet influence same, with as much of a body as the mind (the builder) has builded. 254-95

And of course the readings are ever calling on us to express the spirit of God, or His perfect pattern – the Christ, in our lives.

Let my purpose, my desire, my life in its manifestations only be as the will of the Maker would have it be ... 256-5

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.