

SOUTHERN LIGHTS

*Spring: The days grow longer and brighter
with fields filled with colourful flowers*



... nature itself becomes as a teacher ... especially in those periods when there is the "spring in the air," as might be termed. 2073-2

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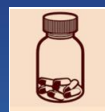
ISSUE 36, SPRING 2023

Welcome to our Thirty-sixth issue



Editorial - Why Do We Need to Suffer? - by Russell Bowey

2



Edgar Cayce on 'Illness'

2



'Service' - by Russell Bowey

3



'Family Ties' - by Russell Bowey

4



'Personality and Individuality' - 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 topics from the Cayce readings, please email russell@edgarcayceaustralia.org

Editorial - Why Do We Need to Suffer? by Russell Bowey

Yesterday I walked to my kitchen sink and a large grey currawong outside flew away. It had been next to a magpie which was pecking at something, and I saw its target was a juvenile blackbird. I tapped on the window but the magpie kept pecking at the defenceless smaller bird, so I went outside and clapped my hands to scare away the magpie.

The blackbird was lying prostrate on the ground, panting and with wings spread. Twice it tried to flap its wings, but couldn't fly. I checked on it a couple of times to make sure the larger birds hadn't returned, and its breathing was very laboured. About 20 minutes later it had died.

My thoughts then turned to the question "Had my intervention extended the suffering of the blackbird, or would it have died sooner if I had let nature take its course?"

A few years ago, our little dog had

just turned 18-years-old. He was almost blind, mostly deaf, and had cancerous growths in his chest. Summer was approaching and he had never enjoyed hot weather, and life was an overwhelming struggle. My wife Marija asked him to tell her when he had 'had enough'. A few weeks later, she told me that he wanted to go.

Normally, a trip to the vet was a battle, but this time he didn't resist. And just as he was about to receive the injection, he reached his head up to Marija and appeared to almost kiss her on the cheek. And then he was gone, his suffering at an end.

The Edgar Cayce readings had much to say about suffering, even as a necessity for teaching understanding ... *What is promised? - Through suffering a more excellent, a more perfect way.* 3491-1

... for while suffering may bring understanding, CAUSING

to suffer to satisfy one's own self brings reproach. 204-1

Know that each experience in this material plane is, if used in a constructive manner, FOR SOUL DEVELOPMENT! For He (God) hath not willed that any soul should perish. While the trials, the temptations, the sufferings come; and oft may the body ask self, "If the Creative Force or God is mindful of man, why does He allow me to suffer so?" Know that though He were the Son, yet learned He obedience through the things suffered in body, in mind, in the material or earthly plane. 1445-1

... let thy prayer ever be, "Lord, let me be the channel for supplying that in the experiences of those with whom I come in contact, and for the needs of man at this particular period; that they may know Thee better through the things which they have suffered and do suffer." 5265-1

Edgar Cayce on 'Illness'

(Q) Is the ill health which I have been experiencing the past years the result of mistakes of a past life or is it due to something amiss in this present life? (A) Both. For there is the law of the material, there is the law of the mental, there is the law of the spiritual. That brought into materiality is first conceived in spirit. Hence as we have indicated, all illness is sin; not necessarily of the moment, as man counts time, but as a part of the whole experience. For God has not purposed or willed that any soul should perish, but purgeth everyone by illness, by prosperity, by hardships, by those things needed, in order to meet self - but in Him, by

faith and works, are ye made every whit whole. 3395-2

(Q) What were the particular causes of my recent illness of Jan. and Feb. 1943? (A) You had BEST be careful about what is NOW, and not looking back! 520-6

(Q) Is her marriage a happy one, and does it influence her illness? (A) It is influenced a great deal. The resignation of the body that has come in the last few months, or year, has made for a more contented - though not satisfied - condition. It is at times contributory to the upsets that occur. 911-1

‘Service’

by Russell Bowey

With the second anniversary of my wife Marija’s death approaching, I was reflecting on the sudden change that event had wrought on my life. Being loved, cherished, supported and encouraged on a daily basis was now completely missing. And my life’s purpose, which for decades had been supporting a family through my work as an architect, and upon retirement, had changed to supporting Marija’s work as a kinesiologist, through being a ‘house-husband’, secretary and researching her client’s medical problems in the Cayce readings, had now also been lost. I just wasn’t sure how to ‘serve’ anymore.

This recent dream reflects my dilemma. I was playing a doubles tennis match, and I was serving. I was playing fairly well, but at my next attempt to serve, my ball toss was terrible and I had to try again. The next ball toss was even worse, and I apologised to my opponents. From there the ball toss got so bad, that it was landing closer to my partner at the net, than near me! At the end of the dream I thought: “I am going to have to give up playing if I can’t serve properly!”

I have found dreams are more likely to be reflective of ‘subjective’ views of reality, that is showing you how you are perceiving certain aspects of your life, rather than ‘objective’ views of reality, showing you how those aspects actually are.

For me tennis has always represented the ‘game of life’. Ball toss is like juggling (too many things?), also there seemed to be a lack of coordination in my attempts to serve, almost like I didn’t know how to ‘serve’ anymore. If that is how I am perceiving my lack of direction, my life’s purpose, the dream is really posing the question: “What are you going to do about it?”

Interestingly, concurrently with this, I had spent many hours organising an annual art show for our local community. However, the day before the official opening, I tested positive for Covid, so I wasn’t even able to attend the opening night party, or volunteer at the show!

So, how does one volunteer their time, and be of ‘service’, if the means of expression are blocked or taken away? Perhaps just being of service isn’t enough. I needed to find ‘meaningful’ service, something more aligned to my life’s purpose.

On my study wall is this statement: ‘It is my Life’s Purpose to be a channel of blessings to others, and to use my creativity, honesty, humour, leadership and vision to encourage, teach and inspire others.’

Therefore my life’s purpose is not ‘what’ I do, but more ‘how’ I go about it, the spirit in which I live my life.

The following Cayce readings emphasise this ideal.

... do not be afraid of giving self in a service - if the IDEAL is correct. If it is for selfish motives, for aggrandizement, for obtaining a hold to be used in an underhand manner, BEWARE. If it is that the glory of truth may be made manifest, SPEND IT ALL - whether self, mind, body, or the worldly means - whether in labor or in the coin of the realm. 1957-1

For whether ye preach a sermon, or whether ye entertain in those manners befitting to the activities of the group, let it be done with an eye-singleness of SERVICE, of JOY, of helpfulness to thy fellow man. Let thy desires towards them be that ye would bring joy, hope and gladness in their hearts, their minds. And let each and every program contain something of a SPIRITUAL awakening; not only for self, but as ye give, as ye do unto thy fellow man, ye are doing unto the God in thyself ... 887-3

In service one may lose self in such a way and manner as to bring to one's own individual development wonderful recuperative forces, for - to have, one must give. 5639-2

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.

‘Family Ties’ by Russell Bowey

In his A.R.E. Press book ‘Family Karma’, Kevin Todeschi states: “... family relationships are an archaeological dig of past-life experiences, patterns, and relationships that influence present-day interactions within each family.”

When our grand-daughter Hayley was born, my wife Marija asked her guides: “Do I know this soul?”. She was told that Hayley had been her maternal grandmother, someone who Marija had been extremely close to. Her grandmother had been deeply spiritual and had a great knowledge of how to heal illness with herbs and potions.

One day when Hayley was about 3½ years old, she was chattering to Marija from the back of the car, but was quiet for a while before emphatically stating: “You know, I was your grandmother once, when I was an adult, but now I’m just Hayley.” When we queried her some months later, she had no recollection of saying it. She had just had a ‘lucid’ moment where she connected to her past relationship with her current ‘Nana’, when the roles had been reversed!

When our daughter Genevieve was expecting another child, and tests had shown another girl, our son-in-law filmed Hayley when telling her the news that she was soon to have a little sister. In the video she looked perplexed and stated: “But that’s my boy! He was my friend.” The tests proved wrong and Hayley was right, as a few months later her brother Duncan was born.

The past-life connection to our son Alex, wasn’t initially as obvious. But when he was about 3-years-old he showed Marija a drawing. She commented: “That’s a beautiful flower.” Alex replied: “That’s not a flower, it’s a wheat-seed spreader.” The flower was actually a cog, and he described to her how the wheat fed through the machine and into the ground. My father had been a mechanical engineer who designed farm implements, including ‘drills’, which my son had just drawn. However, drills were now pneumatic, whereas Alex had drawn a mechanical drill, which is what my father had worked with.

A short time later, Alex presented another drawing to Marija, of a ‘boat’. Now, 3-year-olds normally draw a simplistic side elevation of a boat, but not Alex. When I looked at it, I realised it was an ‘axonometric’ projection of the superstructure of a warship, drawn at a 45 degree angle from above. An ‘engineering’ drawing typically produced by a mechanical draftsman!

Like my father, Alex is a Sagittarian, and he has a phenomenal memory of facts and figures that interest him. Similarly, he loves to help people solve their problems. My father used to gargle his throat whenever he brushed his teeth, which Alex has done from when he first learned to brush his own teeth. He has the same favourite breakfast as my father and Alex loves riding motorbikes which my father also loved doing when younger. When he was about 2 years old, Marija took Genevieve and Alex for a kindergarten end-of-year function at a baby animal farm. While our daughter was delighted with feeding baby farm animals, Marija had to follow Alex as he explored all the farm machinery and equipment, and a motorbike!

I had a very good relationship with my father, except when we were attempting to build a house or repair a car. We would be forever arguing about the process. Thankfully, I don’t have that issue with Alex; we work together extremely well. So we are building improved karma for our next incarnation together. I would be very happy to reincarnate as his son!

Knowledge of past lives is helpful, but this Cayce reading emphasises the importance of expressing our best selves within our current relationships.

And to find that ye only lived, died and were buried under the cherry tree in Grandmother's garden does not make thee one whit better neighbor, citizen, mother or father!

But to know that ye spoke unkindly and suffered for it, and in the present may correct it by being righteous - THAT is worth while! 5753-2

'Personality and Individuality'

by Russell Bowey

To expand on the previous article 'Family Ties' (refer Page 4), I would like to further investigate the idea of reincarnation. This is a concept which is quite often associated with statements such as: "In my last life I was Napoleon." But who is the 'I' that is making that statement? Napoleon was just a personality, or concept of identity, not the true self of the soul having that experience in that period of history. I often use the example of Han Solo (the 'Star Wars' character) stating: "In my last life I was Indiana Jones." They are both fictional characters played by the actor Harrison Ford, who is the true identity behind those characters.

When Edgar Cayce gave a 'life' reading, he would usually describe between three to five former lifetimes that were the most influential or formative, to the situations, challenges or opportunities being experienced in the current lifetime, viewed as a life 'pattern'. And the reading would explain where the person had 'lost' or 'gained' in each of those former experiences, and how to apply those lessons in the present. *As to the appearances in the earth, not all may be given, but as a pattern may be indicated in the personality and individuality of this individual entity. Personality is that ye wish others to think and see. Individuality is that your soul prays, your soul hopes for, desires. They need not necessarily be one, but their purpose must be one, even as the Father, the Son and the Holy Spirit are one. 5246-1*

When someone talks about their 'past lives', they are viewing that incarnation through the filter of their current personality, their current identity. Life in this three-dimensional world is a paradox. Most of what we experience through the five senses, and even through our thoughts, is filtered by our personality, our personal identity or ego, and could be described as our 'humanity'. On the other hand, many of us strive to experience the spiritual life, through dreams, contemplation, meditation and prayer, filtered by our individuality, our impersonal identity, which could be described as our 'divinity'.

From the spiritual perspective, there is no 'past' or 'future', just the present moment. My wife, Marija, had a number of experiences where she would become aware of a 'parallel' life occurring concurrently with her present one. But as she started to focus on this alternate reality, the veil would suddenly close and she would lose that connection. She felt that these were 'other' lifetimes, even future incarnations, all being lived in the present moment.

What is it that locks us into our humanity, and blocks us from connecting with our divinity? The Cayce readings encourage us to identify with our individuality, rather than our personality. To lose ourselves into the Universal Consciousness, and to relinquish self-consciousness.

Here it would be well for a discussion or interpretation of personality and individuality. Sufficient for the moment: Individuality is the soul's relationship to that as its ideal in the measures of will and desire as is in accordance with what has been the ideal. Personality is that desire or purpose manifested that one desires others to see in self.... 294-185

Your personality, then, is the material expression; and your individuality is the personality of the soul. 2995-1

When one has reached, and does reach, that consciousness of the Divine's activity within self, then SELF'S consciousness, or self-consciousness, is laid aside. 666-1

That the hurts, the hindrances are hurts to the self-consciousness ... 987-4

... to know, to feel, to comprehend as to WHO or as to WHAT is the directing influence when the self-consciousness has been released and the real ego allowed to rise to expression, is to be in that state of the universal consciousness - which is indicated in this body here, Edgar Cayce, through which there is given this interpretation ... 2475-1