

SOUTHERN LIGHTS

The harbingers of Spring - colourful blossoms and vibrant green foliage



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

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Remember our Facebook page featuring captioned photos:

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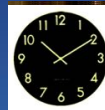
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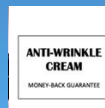
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Global Manifestation of Oneness and the Love of God and All People

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

Editorial: 'Welcome to My World'

by Russell Bowey

I recently heard Israeli-born British chef and author, Yotam Ottolenghi, being interviewed on ABC radio about his new cookbook 'Comfort'. When he was asked why he writes books, he responded: "I write books in order to invite people to my world". That statement really resonated with me, because I realised that is why I like to write (although, in my case, only short articles).

The world I like to share with whoever reads my articles, is one filled with love, compassion, kindness and joy, together with the understanding that behind all of these manifestations is a spiritual reality that reflects back to me, in exact measure, what I choose to give to my world.

A fundamental Universal Law is 'Like Attracts Like' (also expressed as 'Like Begets Like'). What you dwell on, what you focus your attention on, is what you will attract into your world. So, be very discerning about what you watch on TV, what you read, what you speak about, and what your thoughts entertain. It's not WHAT you do, but the SPIRIT in which you do it, that counts for righteousness.

A wonderfully uplifting reading was given for the A.R.E Congress in June 1938 (254-101), and the following are some of the inspiring messages given to those unable to attend in person.

Love and mercy and grace and peace are not words to be found in thy spelling book nor in thy Bible

alone, but in thy heart and in thy dealings with thy fellow man day by day. If ye would be lovely, show love in thy dealings with others. If ye would find that which is glorious in thy life, make it a purposeful one; not to thine OWN glory but to Him who is the author and the finisher of faith. Not long-facedness, never! Be ye JOYOUS in thy love, in thy service, in thy activities before others.

Keep the ways before thee open, that the purposes He hath for thee may be broadened in thy life and thy contact with thy fellow man. Be thou EVER alert to the opportunities that lie before thee day by day. For each day is a new creation of opportunities. For whosoever WILL may come and drink of the water of life; for it wells up from within.

Store up in thy heart the more perfect image of that ye would worship in thy God. Know that all of thy fellow men have that image within themselves; that in each there is that image. Seek to magnify that which is good. Forget the shortcomings of those who are weary and heavyladen, by easing their burdens here and there. For the Lord loveth those that love His erring children.

I also came across this quote attributed to Yotam Ottolenghi:

"Conflict is very much a state of mind. If you're not in that state of mind, it doesn't bother you."

Edgar Cayce on 'The Day of the Lord is Near at Hand'

(Q) What is meant by "the day of the Lord is near at hand"?

(A) That as has been promised through the prophets and the sages of old, the time - and half time - has been and is being fulfilled in this day and generation, and that soon there will again appear in the earth that one through whom many will be called to meet those that are preparing the way for His day in the earth. The Lord, then, will come, "even as ye have seen him go".

(Q) How soon?

(A) When those that are His have made the way clear, PASSABLE, for Him to come. 262-49

What is needed most in the earth today? That the sons of men be warned that the day of the Lord is near at hand, and that those who have been and are unfaithful must meet themselves in those things which come to pass in their experience. 5148-2

‘The Essenes’

by Liz Power

Edgar Cayce had no conscious knowledge of the early pre-Christian sect known as the Essenes, a Jewish mystical sect dedicated to the promise of a saviour and to being a channel for him to incarnate, but from 1939 onward many subjects of his Life Readings were found to have been Essenites in previous lives and over 250 people in his readings were alive at the time of Christ.

Cayce predicted that the Dead Sea Scrolls would be discovered imminently, which they were in 1946, and which cast more light on the Essenes. Cayce said that the family of Jesus were members of the sect, and that dedicated priests had preserved historical records of supernatural and extraordinary experiences such as dreams, visions and voices.

They had to maintain a level of secrecy because their expectation of a new messiah or king was seen as threatening to the status quo by the Romans, the Jewish governors, their law-makers and the synagogue. Their base was Mount Carmel, where the school of the prophets had been established by Elijah, Elisha and Samuel.

The teachings were built on those of Melchizedek and studies included spiritual law, meditation, astrology, numerology and reincarnation. Cayce said the first purpose of the Essenes was preparation of individuals for the life of the Messiah, a project spanning 300 years.

They were open to non-Jews which helped their secondary purpose to preserve the teachings by spreading them beyond Judea. Amongst the individual activities preparing for the birth of Christ were the training of the twelve young women at the Essene Temple, including Mary the mother of Jesus; the arrangements for the wedding of Mary and Joseph; the preparations for Jesus's birth in Bethlehem; the activities to protect him from Herod's edict to kill the young male children; and

the flight into Egypt (Reading 5749-8). One Cayce Life reading was for a woman called Eunice (Reading 1602-1) living in Judea who was of an Essenite family, knew Mary, Joseph and also Elizabeth (John the Baptist's mother). They all knew that their sect taught that the birth of the Saviour was imminent in her lifetime. These Essenites then supported Mary and Joseph during the early years, with one young woman accompanying the family to Egypt. Women were considered the equal of men as students and as channels of the divine plan. The Essenes had women priests and prophets such as Judy, the formal leader and the principal teacher at the Essenes' temple on Mount Carmel, who was a healer and prophetess, a primary contact for the Magi, and the main teacher of Jesus (see Readings 1472-1 & 1472-3).

Cayce said Jesus studied with the Wise Men who visited at his birth and several times later: "They came from Persia, India, Egypt, and also from Chaldea, Gobi, and what is now the Indo or Tao land" (Reading 2067-7). Cayce describes other Essenite centres where Jesus studied, in Hilleopolis in Egypt; in Benares, India; and in Persia in a city in the hills, likely Shush-tar, saying all of these centres had a portion of the teachings but the true Essene doctrine was practiced in Carmel.

Jesus and John the Baptist both were initiated in the Giza pyramid in Egypt: "in the pyramid ... as a part of the passage through which each soul is to attain its development ... of its incarnation in the Earth". Early on the followers of Jesus started to call him "Christos", using the Greek word for "Messiah". Cayce believed the Essenes were the basis of the early Christian Church with such similar rituals as baptism and the sharing of bread and wine. Cayce said the Essenes trained initiates using meditation to cultivate higher consciousness.

‘Is My Guidance from the Highest Source?’

by Russell Bowey

How do we know that the guidance we are receiving is from the highest source? What is a test we can use as we seek guidance for our own lives, or for the lives of others?

Firstly, we need to recognise that the best source is actually within our own selves - our own Higher Self - which is our divine nature.

The A.R.E. booklet ‘Be Your Own Psychic’ states:

“The Edgar Cayce readings insist that *all* assistance is available by turning within. No one knows any more about you and your problems than you do, for stored in the subconscious mind, the mind of the soul, is the record of all you have done, thought, and felt in this life and in all other lives. Why trust a stranger, or even the next-door-neighbor, when the only trustworthy guidance is easily and freely available from the Greatest Living Authority on the subject – YOU!”

And this Edgar Cayce reading states:

Train the mental self to become aware of the divine within, and not belittle self but rather GLORIFY that divinity within self in EVERY way and manner. 2421-2

Another reading gives very sound advice on how to judge any information that comes through any source:

Then, as has been said : There is before thee this day life and death, good and evil. These are the ever present warring influences within materiality.

What then, ye ask, is this entity to do about, to do with, this ability of its own spiritual or psychic development; that may be made creative or may bring creative or destructive forces within the experiences of others?

"My Spirit beareth witness with thy spirit as to whether ye be the children of God or not." This becomes, then, that force, that influence for comparisons; as the entity meditates upon its own emotions, its own influences, these become very apparent within itself for comparisons.

Do they bespeak of kindness, gentleness, patience, - that threshold upon which godliness appears?

Desire may be godly or ungodly, dependent upon the purpose, the aim, the emotions aroused.

Does it bring, then, self-abstinence? or does it bring self-desire?

Does it bring love? Does it bring longsuffering? Is it gentle? Is it kind? Then, these be the judgments upon which the entity uses those influences upon the lives of others.

Does it relieve suffering, as the abilities of the entity grow? Does it relieve the mental anguish, the mental disturbances which arise? Does it bring also healing - of body, of mind, to the individual? Is it healed for constructive force, or for that as will bring pain, sorrow, hate and fear into the experience of others?

These be the judgments upon which the entity makes its choices, as it guides, directs or gives counsel to those who are seeking - seeking - What? That Light - which has become, which is, which ever was the light of the world! 1947-3

And also these readings:

(Q) How can I understand the meaning of many of my personal qualities? (A) By harkening to that still small voice from within. 2741-1

FIND the answer within self. KNOW it is not by chance that the opportunities are before thee in the present. Hence studying first to know thy ideal - spiritually, mentally, materially - show thyself approved in all good conscience unto that thou hast chosen as thy ideal.

Then applying self in those directions, we should find not only harmony and success materially, but that feeling, that peace as He has promised to all who seek to know His way. 933-3

But sometimes the guidance does come through an outside source as suggested in this reading:

If the approach is through some associate, some friend, some brother that is acting in the capacity as a sign, as a guide post along the way of life, then know that thou hast been guided to that way ... 440-8

‘Some Ideas for Enjoyable Aging’ by Russell Bowey

I recently celebrated my 74th birthday. While this is not a true milestone (I am looking forward to turning 80!), considering the low life-expectancy for males in my family, I am very happy to have achieved my current age, and to be relatively healthy. Unfortunately I have no prior role models in my family to shape how to live a meaningful life as a septuagenarian (my father died at 62).

However, Edgar Cayce gave many helpful readings for people of advanced age, and also offered advice to younger reading recipients on how to live a longer, healthier life.

One suggestion, repeatedly emphasised in the readings, is balance.

Keep self well-balanced, and keep the body physically fit, the mental body alert, and the spiritual body - give it an opportunity to manifest! 342-1

In his book ‘Miles to Go - the Spiritual Quest of Aging’, author Richard Peterson states: ‘According to the readings, it would be as inappropriate to spend most of your time on your spiritual disciplines as it would be to spend a majority of your time in either mental or physical pursuits’.

Peterson goes on to suggest a quick self-assessment based on the following questions:

- . How am I doing in keeping the physical, mental and spiritual aspects in balance?
- . Are work and relaxation balanced?
- . How balanced are my thoughts about myself, about others, about the world around me?
- . How balanced is my contribution to my health through diet?

In Nicoya, Costa Rica (one of the worlds ‘Blue Zones’, where people live much longer lives), the inhabitants regularly perform physical jobs into old age and have a sense of life purpose known as “plan de vida”, which translates as one's “soul's purpose” or “why I wake up each morning”. This ties to another suggestion from the Cayce readings - to have a fulfilling life's purpose as you age, especially

related to being of service to others:

Let there be known there is a duty to self, and hope in service - for without service to the other, one may gain little in THIS experience in life's forces, for Life itself IS a service. 53-1

Then the ideal is, "What may I do or be to others, that they may be better; may have a greater concept of the purposes of life, by even being acquainted or associated with myself?" 2030-1

The JOY, the peace, the happiness, that may be ours is in DOING for the OTHER fellow. 262-3

This is also supported by a recent study (published in Frontiers in Behavioral Neuroscience May 2022), which has linked life satisfaction to the chemistry in our brains. People that release more of the neurochemical oxytocin are kinder to others and tend to be more satisfied with their lives. In addition, oxytocin release increases with age, showing why, on average, people are more caring as they get older. These findings are consistent with many religious philosophies, where satisfaction with one's life is enhanced by helping others.

The final statement in Richard Petersen's book, paraphrased from the Cayce readings, offers a prescription for a fulfilling life at any age:

‘Let the world be better for your having lived in it. Let those you meet day by day feel and know they are better for meeting and knowing and being with you. Keep loving if you would keep young. To be sure, there are various stages of unfoldment, of development, but use what you know to do and you will be given the next step. Those who seek to know themselves may find the way, and though the way be hard, those who find it become content, and find joy, peace, and happiness.’

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.