

# SOUTHERN LIGHTS

*Summer – Sun, Sand and Surf*



**SAVE THE DATE!!!**

***Asia-Pacific A.R.E. Congress at  
RACV Goldfields Resort, Creswick  
15th – 17th March 2019***

**More details in future newsletters (or contact us!)**

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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 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 – ‘Sleep Deprivation’ by Russell Bowey

A news headline caught my eye today: ‘New report shows inadequate sleep is costing the country \$66.3 billion.’ The report, ‘Asleep on the job; Costs of inadequate sleep in Australia’ released in August 2017 by the Sleep Health Foundation, also found that an astonishing 3,017 deaths were linked to sleep deprivation in 2016-17.

I had just awoken from a mid-afternoon nap on the couch, so I read the article with interest.

The report found that inadequate sleep is highly prevalent in Australia with an estimated 39.8% of Australian adults experiencing some form of inadequate sleep.

The Australian Sleep Health Foundation’s Professor David Hillman, stated “The elements in our lives are work, family, our social lives, social media and sleep. The bit that is most easily squeezed out is sleep and we’re suffering as a result. The problems are so bad now that a

lot of us are thinking ‘This is getting ridiculous, I need to do something about this.’”

The chair of the Sleep Health Foundation, Professor Dorothy Bruck, told the Daily Telegraph that sleep must be prioritised like diet and exercise. “Sleep affects every single cell of the body in every organ of the body. With diabetes we have seen in studies of otherwise healthy people that when you deprive them of sleep their whole glucose metabolism is compromised and they actually go into a pre-diabetic state.”

A 50-year-old female received a reading from Edgar Cayce for her diabetes and hyperglycemia. The report to her reading (834-1) stated: *She must get more rest, though, before she can expect a permanent state of health.* [She only gets about 5-6 hours sleep a night, and that is not enough.]

The Edgar Cayce readings usually recommended about 8 hours sleep per night on average.

*(Q) How many hours sleep should she normally get? (A) At least eight hours sleep. 2084-6*

However, a 5-year-old girl was advised: *(Q) What general health hints are needed as to diet, rest, etc.? (A) The body needs at least nine hours sleep each night. 1566-4*

And a 20-year-old male was told: *(Q) How many hours sleep is needed daily? (A) For this body, in its change and development, eight to eight and a half hours. 830-4*

And finally, the average sleep depended on many factors and conditions:

*(Q) How many hours' sleep and how much rest during the day should body take? (A) From five to ten. Good variation, but conditions, nerve forces of the body. Six to seven hours is good enough for anyone, and yet under the stress and strain some may require ten to twelve. 5449-4*

## Edgar Cayce on Protection during Meditation

In reading 281-5, members of the Glad Helpers Prayer Group were asking questions about their meditation experiences. These answers from Edgar Cayce stress the importance of the protection of the Christ during these experiences.

*(Q) After meditating with the group on April 11th, my whole body seemed to be vibrating to the thought that I had opened my heart to the unseen forces that surround the throne of grace, and beauty, and might, and throwing about self that protection that is found in the thoughts of Him. Please explain.*

*(A) Just as has been given, the nearer one - a body, this body - draws to that complete consciousness that is in Him, the greater may be the power - that*

*is manifested through His presence in the world through that as is brought about in self's own experience. The more forceful, the more helpful, does the body become at such, and through such, experiences. Let these remain as sacred experiences, gathering more and more of same - but as such is given out, so does it come.*

*(Q) How can I develop greater spiritual control over the mental body during meditations? (A) The more that there is held that the mental and physical body is surrounded by, is protected by, that consciousness of the Master that gave, "I will not leave thee comfortless", and the greater the physical can be submerged, the greater will be the activity of the spiritual forces in and through such bodies.*

# 'THE HEAD AND NECK EXERCISES'

## by Bel Casey

Some weeks ago, I decided to do the Head and Neck Exercises at least twice a day to see if they would help with a health problem. As many would know, these exercises have been part of the format of the Cayce Meditation and Prayer Groups for a very long time.

Recently, I found an article on the Head and Neck Exercises and was surprised at the number of readings that included them. Also surprising, as Gladys Davis mentioned in a letter regarding the Exercises, they had never been mentioned in a reading on Meditation. It had been suggested at a conference years ago, and thus became part of preparation for Meditation. Reading **470-37** suggests that the Head and Neck exercises should be done regularly each morning before dressing.

The Exercises were mentioned in more than 30 readings. These covered conditions including headaches, head noises, eyesight, ears, catarrh, stress, bronchitis, tinnitus, and varicose veins.

While the Exercises readings have slight variations, the standard movements are:

Hold the head straight, then breathing normally, bring the chin down towards the chest 3 times. Then gently, keeping the head straight, bend the head backwards three times, only as far as you are able. Next, three times, bend your head to the right, with your ear leaning towards the top of the shoulder. Now the same process with the left side. The readings say that you bend, not twist your head. Now for the circle. Dropping your head to your chin, rotate your head clockwise, three times, then do the rotations anticlockwise three times, starting from the chin drop as usual. It is a good idea to have a few seconds pause between each segment. This is probably why the readings also state the time should take between 1-3 minutes.

The readings were for individuals, so if you choose to undertake to work with the Exercises, then you may need to moderate the movements to suit.

The following are a selection of the readings.

*(Q) Do I need glasses? (A) Not if the head and neck exercises are taken. 308-11*

Reading 412-10 was for a male, aged 36. He was first told at the start of the reading to do the Exercises, for the sensory organs, ears, eyes and vocal for 3-5 minutes. During the questions he was told to do them more consistently. He also asked about earwax:

*(Q) What causes accumulation of wax in ear, and what is the cure? (A) As has been given, the head and neck exercises. Owing to the static conditions as produced in the sensory forces of the system, we have a slowing up - or the inclinations for the lack of the removal from the system of those poisons that tend to accumulate in the superficial circulation. Hence the head and neck exercises ...*

Edgar Cayce suggested to take the morning exercises sitting down; in the evening, to be standing, and with some, to be walking. They are said to stimulate the circulation and the sensory system. For those wishing to keep the double chin at bay, or the throat and jaw firm, then the exercises are the way to go.

In the report on reading 3549-1, Mrs. Vera Harrison, Va. Beach, Va., wrote in Nov. 1966: "I had worn glasses for twenty-seven years. Last July an A.R.E. member saw me straining over the small print in a book on the table. She told me about the head and neck exercise in the Cayce readings and I started it immediately, once in the morning on a walk and once in the evening sitting very straight. Well, last week I threw my glasses away. The telephone book used to be dreaded like a plague and now I can read the smallest print in the Bible without glasses. I just thought other members ought to know about it."

The Exercises are simple, cheap and do not take up a lot of time. As I continue my journey who knows, soon I may be able to provide my own personal report. Give them a try, they can only help you.

*Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for advice in all health matters.*

*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.*

# 'THE ADJUSTMENT BUREAU'

## by Russell Bowey

"Do we control our destiny, or do unseen forces manipulate us?" That is the premise of one of my favourite movies - 'The Adjustment Bureau', a tale about a man who stumbles upon a vast, powerful and unseen world that exists on the periphery of our own.

In the movie, a senior agent of the Adjustment Bureau 'Richardson', tells Matt Damon's character David Norris, who had accidentally observed the Bureau at work: 'You're seeing behind the curtain right now. You were never supposed to see this, but you have and we're going to have to ask you to not ever tell anybody about this...'

Edgar Cayce had this to say about the 'unseen forces' or 'unseen influences':

*... there comes to the entity those awakenings, in those various conditions as transpire within the entity's own self, in the vibrations that are felt about the body, and the wonder comes - are these vibrations as are experienced of the material making, or are they the presence of some unseen force from within that would find expression in the world, or are they from unseen forces in another plane that seek a manner of expression in this plane? 137-84*

*Know, rather, that the unseen influences in the experience of every soul are greater than those that are seen. 1531-1*

And another reading describes the purpose of these 'influences': *... there is that impetus in the activities of unseen influences 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*

The following is taken from the Background information to reading 3744-2 (the 3744 series readings were on the subject of 'Psychic Phenomena'):

*If we will but consider open-mindedly the effects of unseen forces upon our lives, we will do well for our own self-development, and the development of others with whom we may come in contact. ...*

*Man apparently, knows very little of the unseen forces, yet he is daily affected by their action. This lack of knowledge is due largely to traditional superstition and our fear of the real truth. The more we really study of the dynamic power of forces unseen, the more we develop toward the higher realms of thought, and realize how many things affect our destiny, of which we have little or no knowledge. 3744-2 (Background)*

Another reading stresses the importance of our response to these influences:

*Hence by some it may be termed one that is superstitious, or giving or accrediting those powers or influences to unseen forces that may rule or act upon an entity. It is correct that these forces are activative in the experience, but what they BECOME depends upon how the entity or an individual soul RESPONDS or REACTS to same. It depends upon what one does about an urge as to what it makes, whether towards a constructive force or not. 858-1*

I also researched some of the background behind the making of the movie. One of the actors, Terence Stamp, who plays 'Thompson', the top agent in the Bureau, related this experience from his own life: "There was something that my mother said to me very late in her life. I was talking to her once about my dad—about how she met him and what it was like. "She said to me, 'Well, he wasn't what I would have chosen. He wasn't what I wanted at all, but I couldn't help myself.' I've thought about that a lot. Because that's the destiny, isn't it? Where your mind doesn't want something, but you have to do it anyway."

I am sure we have all had similar experiences at some stage of our lives. I know that I have.

The final word is by Edgar Cayce on 'choice' (will): *... for man, an entity, an individual, is not a pawn to be moved by unseen forces; but rather by the ACTIVITY OF force through choice making the individual; for each individual is a portion of the great Creative Energy, and as to what that will be when returned to the Whole is UP TO THE INDIVIDUAL! 341-27*

# FROM THE ARCHIVES – 'DECISION-MAKING TECHNIQUE BASED ON THE EDGAR CAYCE READINGS'

by Shirley Malcolm

During a Retreat in 1983, we worked with the decision-making technique given to us through the Edgar Cayce Readings. I have personally found this technique to be very helpful and share it here with the larger group who receive this newsletter.

The readings first advise us to look at the problem (challenge) confronting us about which we have to make a choice. To look at all angles of both avenues of action open to us very thoroughly. Make a decision at the conscious level first, then meditate for attunement seeking confirmation or otherwise on this decision.

The steps are as follows:

1. Go over the pros and cons of the alternative choices by the reasoning process, paying special attention to your PURPOSES. MAKE A DECISION.
2. Meditate for attunement. A suggestion for an affirmation could be, "Not my will, but Thine, O Lord, be done in me and through me." Put the decision aside for this period.
3. After the meditation, still in attunement, ask the question: "Is my decision right – YES or NO?"

4. Listen quietly for the answer – maybe a thought, a word, a light, a vision or just a strong feeling. Just listen.

It may be that an answer does not come at this time, so be very aware in the days that follow because the answer you are seeking can come in many ways. Through dreams, for instance, or we can be guided by something someone says, through reading a book. Many and varied are the ways in which we can receive the guidance we are seeking that "His Spirit bears witness with my spirit."

This technique is no different from any other seeking to achieve a given result .... it needs practice and persistence to be successful. Don't give up if it doesn't succeed at the first application. If no answer comes, then act on your decision in good faith. If we attune ourselves as well as we can, if we then do our best, no more is expected of us. It seems to me that the best we can do with our opportunities which appear not to work out, is to give thanks, be grateful for them, learn from them and try again.

*This article first appeared in the A.R.E Council, Melbourne, Australia, Newsletter in July 1984 – almost 34 years ago! Shirley Malcolm, at that time, was the A.R.E.'s Australian Regional Representative and A Search for God Study Groups co-ordinator.*