

# SOUTHERN LIGHTS

*Our Extreme Summer – an Opportunity to Open Our Hearts to the Suffering of Others*



The past few months have seen catastrophic fires, severe storms and even floods across large areas of Australia, with devastating consequences for many communities, as well as the enormous toll on animal and birdlife, and the environment in general. Those affected need our support through material assistance, and our thoughts and prayers, during this difficult time.

Remember our website:

[www.edgarcayceaustralia.org](http://www.edgarcayceaustralia.org)

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

And our contact email addresses:

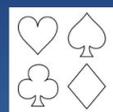
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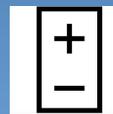
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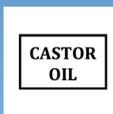
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*Global Manifestation of Oneness and the Love of God and All People*

## 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 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 - 'Are Gambling Addicts Acting Against Their Will?' by Russell Bowey

During the running of the Melbourne Cup, I decided to check the Cayce readings about gambling and wagering on horse races and games of chance. There was very little mention of these topics but I did come across a very interesting case, Mr 4827, who received two readings in 1931.

His wife had wired Edgar Cayce for an emergency reading. The reading (4827-1) stated:

*Now, we find as to the disturbing factors in the physical forces of this body ... from incoordination in the sympathetic and cerebro-spinal system.*

The reading went on to suggest a positive, helpful, sharing attitude be adopted by his wife:

*Keep the mental surroundings for the body in an atmosphere of cheerful helpfulness; not as centralized on DO this, or DON'T do that - but let's TOGETHER do this, that, or let's TOGETHER don't do this or that. See? a guiding force.*

His wife was very concerned about (4827)'s gambling problem which was destroying their relationship and business. About 7 months after his first reading, she sent a letter requesting a second reading to Edgar Cayce in which she stated: "... he has hurt himself mentally & seriously through his gambling and now has not the will power to quit. ...He is throwing away his own life against his will and I seem powerless to help."

The second reading (4827-2) asked:

*(Q) Is his condition in regard to money and gambling a normal or abnormal condition?*

*(A) Abnormal, as is seen from that as is causing or producing same; for it isn't the intent and purpose, but the ACTIVITIES of the body through those repressions or pressures as exist in these centers, or portions of system, cause abnormal reactions ....*

*Q) Can he be cured of gambling?*

*(A) Do as we have given!*

The treatments recommended in his readings included osteopathic or chiropractic adjustments to the cervical and upper dorsal spinal segments. But how would incoordination of the nervous systems be related to his gambling problem? A clue comes from this statement in the second reading:

*Not as mental derangement; mental suppression - see?*

This individual may have been over-shadowed by a force, an entity perhaps, that caused the gambling against the individual's own will. The readings often suggested that mental over-shadowing, and even full 'possession', were related to an incoordination of the two nervous systems.

It would seem that in many instances of addictive behaviour, especially where the individual appears to be acting 'out of character', there may well be a nervous system incoordination that results in external influences taking control.

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### Edgar Cayce on: 'Self-Sufficiency'

*(Q) Would the ownership of a farm of approximately 100 acres protect the future security of my family and self, and if so in what section of the country should I purchase this farm?*

*(A) In the section where you reside! This should be the aim, the desire of every soul; to be at least to some extent SELF-sustaining; or owning and creating that as ye consume - from GOD'S storehouse and soil! Own such. 2345-1*

*(Q) In view of forthcoming changes to our government, which will affect the economic and social conditions, would it be advisable to purchase*

*a home on a small plot of land, with the idea of being as self-sustaining as possible?*

*(A) This, as we have indicated through these channels, should be the ideal of EVERY individual in this land. 1100-31 [reading given in 1941]*

*... for, as has been given, in every clime where the atmospheric reactions are for a body, those vegetables grown in the immediate vicinity are much better than those grown in other places and prepared in any manner to be used by a body - see? 264-23*

# 'UNLESS YE BECOME AS LITTLE CHILDREN'

by Russell Bowey

My wife Marija and I have the privilege of looking after our 2-year-old grand-daughter Hayley two days a week. We are learning so much from her, with probably the biggest lesson being to always live in the present moment. Hayley doesn't dwell in the past (therefore she has no regrets, guilt or self-condemnation) and she doesn't look forward to the future (therefore she has no doubts or fears). She is constantly aware of things in her environment that Marija and I overlook, or just don't see or hear. She just makes the most of each moment's opportunity.

The Edgar Cayce readings suggest that the Mind and the Will are opposite forces. I believe one reason for this is because the Mind focuses on either the past or the future for 99% of the time (because we give it free rein to do so), whereas the Will can only operate in the present moment – we can't engage our Will yesterday or tomorrow, only today, right now.

There is an old saying: 'yesterday is history, tomorrow is a mystery, but today is a gift. That's why it is called the "present."'

Eckhart Tolle recognises this in his book "The Power of Now", where he says 'accessing the deepest self, the true self, can be learned by freeing ourselves from the conflicting, unreasonable demands of the mind and living present, fully, and intensely, in the Now.'

An Edgar Cayce reading stated: *With God nothing is impossible, and the individual that may give himself as a channel through which the influences of good may come to others may indeed be guided or shown the way. The influence for which there is a great cry in the Earth to-day—and To-day is the accepted time. 165-21*

We have an amazing guidance / feedback source I call 'Inner Life Guidance' – manifesting as dreams, intuition, synchronicity, déjà-vu, gut feelings, angelic influences, etc. The readings say that nothing of importance happens in our lives that wasn't first previewed in a dream. We can't say 'I didn't see that one coming', because, at a deeper level, we did see it coming. We just ignored the warnings. The best way to connect with this source is through meditation, where our conscious mind is

stilled and we attune ourselves to the flow of the Universal Consciousness – the Source of all knowledge.

However, we often tend to put our faith and trust in 'Outer Life Guidance' from our psychologist, psychiatrist, physician, psychic, personal trainer, guidance counsellor, etc. The psychic we go to may be accurate, but is the information helpful. The information from our inner source, however, is always helpful. Herbert Puryear in his book 'Reflections on the Path' relates the following story: 'A man came to Edgar Cayce after having gone to a spiritualist where he had received a reading through an American Indian spirit guide named Running Horse. Running Horse told him he should marry a certain woman. He did marry her, but it did not work out very well. He asked Edgar Cayce why Running Horse had told him he should marry this woman. He was told Running Horse had known both of them in a previous incarnation and was very interested in seeing the fireworks when the two got together.' (No reading number was given).

So, we can use our will to stay focused on the present moment, and to attune to our inner life guidance. Edgar Cayce was asked by Thomas Sugrue about the Christ Consciousness, which emphasised the importance on the will in activating our Christ selves:

*(Q) Should the Christ-Consciousness be described as the awareness within each soul, imprinted in pattern on the mind and waiting to be awakened by the will, of the soul's oneness with God? (A) Correct. That's the idea exactly! 5749-14*

And finally, this reading from Edgar Cayce: *"Unless ye become as little children ye shall not enter the kingdom of heaven." Be able, then, of thine own consecration, to be one WITH them in THEIR problems, for in the tot that has just begun to think THEIR problems to them are as great as thine own, yet how easily are they forgotten - as yours should be! Train in the way as a child, and when old they will not depart from laying trouble aside. That that lives in the past, that that builds and builds, is not as the child. 5747-1*

# 'THE RADIO-ACTIVE APPLIANCE'

## by Russell Bowey

The Radio-Active Appliance (also known as the Impedance Device or Radial Appliance) is one of the best-known therapeutic devices to be found in Edgar Cayce's Readings, where exact specifications were given for its fabrication.

It was mentioned in over 800 readings and is definitely NOT radio-active as we know the term in today's usage. Used by itself, it was especially recommended for improving circulation and normalising the function of the nervous systems.

Cases in the readings where the appliance was suggested include: anaemia, insomnia, neurasthenia, debilitation, hypertension, deafness, obesity, arthritis and incoordination.

In special cases the appliance was attached to a solution jar containing gold chloride, silver nitrate or other substances which, when connected to the body, apparently stimulated the production of a needed element. As an example, tincture of iodine was added to the jar to treat goitre.

The following readings extracts explain how the appliance works:

*... we find that the Radio-Active Appliance would be beneficial; for this uses the electricity of the body to equalize the circulation. 2344-2*

*For, as the vibrations are controlled through the activity of the Radio-Active Appliance, this takes energies in portions of the body, builds up and discharges body electrical energies that revivify portions of the body where there is a lack of energies stored. 3105-1*

*While the Radio-Active Appliance is non-electrical in its reaction, it does produce the PROPER coordination in the upper and lower portion of the circulation; thus is conducive to rest and ease. 515-1*

*The effect of this application is to keep the circulatory system balanced between the sympathetic and cerebrospinal, stimulating the glands along the whole system where there is the cross activity of the vibrations to the body; creating a more normal balance, giving strength and enabling the body to rest better, thus enabling better mental and physical activities of the body. 478-3*

These reading extracts give examples of the conditions which may be assisted:

*We would also use, in the REST periods - which should be taken each day - the Radio-Active Appliance ... This will relieve that tendency of cold feet, that tendency of the poor circulation in the extremities ... 326-1*

*The use of the Radio-Active Appliance keeps nearer the normalcy as to weight, if any pressures are removed along the cerebrospinal system. This would be true for most any body, and it would work well with this body. 877-18*

*... we would stimulate the normal circulatory force by the use of the Radio-Active Appliance. This will balance the circulatory forces in the nerve energies and blood supply, that will make for the soothing, as it were, of the whole of the nerve force; tending to make the rest more helpful ... And then WHENEVER there are the periods of overtiredness, overanxiety, the desire on the part of the body to make for real rest, use same - the Appliance. 1022-1*

Another interesting aspect of using the appliance was given later in this same reading:

*(Q) Any other suggestions for this body at this time? (A) With the use of the Radio-Active Appliance, if these are used as periods of concentration and meditation and prayer, the body will find that the experiences will bring a very helpful influence into the mental and spiritual life of the body. 1022-1*

The following reading extract shows that memory may also be helped by using the appliance:

*... coordinating of the physical body with the mental body creates that which is commonly known as memory. An assistance to this will be found in the use of the Radio-Active Appliance, which is well for everyone and especially good with this body; used with the periods when there is the subjugation of the physical consciousness of the sensory forces of the body ... if we will allow a perfect physical body to coordinate with the activities of the influences about it, it CREATES a memory. 416-9*

*(Continued on Page 5)*

# 'THE RADIO-ACTIVE APPLIANCE'

by Russell Bowey

*(Continued from Page 4)*

And this reading extract, given for a 54-year-old woman, suggests use will bring increased health and perhaps lifespan (the fabled 'Fountain of Youth?'):

*And if the body were to use for its own physical body the Radio-Active Appliance ... it may keep its body in almost PERFECT accord for many - many - many - many - MANY days. 823-1*

The appliance could not be used with alcohol in the system, and it was recommended to meditate or focus on uplifting, constructive thoughts during use, as this reading extract shows:

*And use that period, when the Appliance is attached, for meditation; when the body would meditate upon its purposes in the earth, its thanks and praise to the living God; its desires to be the channel for a blessing, for a helpful experience, for the knowledge of God in the life and experience of others. 2800-1*

As an example of thoughts affecting the appliance, Edgar Cayce's son Hugh Lynn Cayce relates this interesting story (from 'The Edgar Cayce Handbook for Health Through Drugless Therapy' – p79):

"One day Dad got a letter from a woman who had received one of the appliances and said, 'Mr Cayce, I was sleeping part of the night before I got this appliance that you recommended and now I can't sleep at all. I have gotten so nervous. What can I do?'

Well, Dad didn't know what to do either, so he suggested she send the appliance back to us, and when it arrived at Marsden's shop [Marsden Godfrey – a close family friend who manufactured the appliances, and also the Wet Cell battery and Ipsab] they decided the thing to do was to get a reading. They did that and the suggestion came that Godfrey use a magnet to remove the anger that he had built into it.

As it turned out, Godfrey had had a violent argument with his wife at the time he was building the appliance and the vibration of their anger was picked up by the appliance. They put the magnet over the appliance and then sent it back to the woman. She subsequently reported that it worked beautifully."



*The Radio-Active Appliance with Solution Jar*

The following reading extract describes how the appliance was to be made, and used:

*Well, too, were those applications made of vibrations as would be found in this: Two pieces carbon steel, 3/4" wide, 5" long, fastened together with carbon or non-conductor between same. These, in turn, packed in a covering (metal preferred, or tin), with gasket, of plain charcoal or of small enough to pack same. Small wires (insulated) attached to each of these pieces of steel. Copper, metal, plates attached to other end of wire. These to be attached to body each evening, one on one side (wrist), the opposite side ankle. Same to be placed (that is, the steel bars and gasket, see?) in very cold or ice water. Let this remain on body or attached to body for thirty to sixty minutes each evening. This, as we see, has this effect in the system: Equalizing of circulation to its normal condition, forcing coordination by the nerve reaction in system and relieving congestion in any portion of body same may occur at that time, bringing the better normal sleep to body, giving the physical forces the opportunity for recuperation through the equalized circulation. 538-12*

*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.*

Our group has a small number of these appliances for sale in original condition, unused, which were bought in the 1980's by a group member, who didn't use them. Please email or phone me for further information if you wish to purchase one.

# 'MY JOURNEY - Part 1: THE PALMA CHRISTI'

by Yolanda Pante DC, Dip Herb Med.

I have been interested in the Edgar Cayce readings for many years, not only those involving physical healing but psychic and spiritual subjects as well. In many readings the castor oil packs were recommended to restore the body to balance and promote healing. The oil is often referred to as the Palma Christi, the palm of Christ because of its amazing healing powers.

My story begins after the death of my sister when I was 32 years old. Under so much stress, I contracted an intestinal virus and was extremely ill for many months. My immune system was severely compromised leading to other infections. I had consulted allopathic and alternative practitioners and used all sorts of treatments to no avail. My condition deteriorated. I became more debilitated and depressed. I started meditation and breathing exercises recommended in the Edgar Cayce readings to see if that could help. I recalled the Palma Christi and thought it was the closest thing I knew that would be the healing touch of Christ.

I applied the pack on the first night. I awoke the next morning feeling very relaxed and peaceful. Then an explosion of white light went through my body, followed by an emerald green light. A woman appeared in my room. She was blonde and dressed in a beautiful emerald green dress and wore very large square emerald green earrings. I didn't know what to make of it. Had I gone over the edge? Was it a healing? Time would tell.

The next night I applied the castor oil pack again. I dreamt of my sister and her husband. They were holding a Christmas tree between them. A beam of light pierced a central circular decoration and the whole scene was bathed in emerald green light. I also had a Christmas tree but my decorations were all on one side and I knew I had to balance them out to get well. I understood from this dream that we are energy beings (Tree of Life) and that disease is an imbalance in energy. Body, Mind and Spirit are all one... and one with the Light.

The third night passed without incident.

For many years I wondered about the profound experience. Twenty years later, I attended the funeral of a dear friend. I was astonished to see a blonde woman wearing an emerald green dress and very large square emerald green earrings! She stood out amongst the mourners. Was this a coincidence or synchronicity?

When we returned to the family home for the wake, I felt intuitively I had to put my handbag in "the right place". I found a book on a stand and realised this was the place. The book was called "Carl Jung: Wounded Healer of the Soul". I was too shy to talk to the woman in green but later phoned my friend's husband to find out who she was. He said she was quite famous. She was the author of the book "Carl Jung: Wounded Healer of the Soul"- a biography of Carl Jung, the very book where I had placed my handbag.

Jung defined synchronicity as an essentially mysterious connection between the personal psyche and the material world, based on the fact that they are only different forms of energy. That blew me away. The healing power of Christ is as real today as it ever was and always will be. It leads to a new consciousness and understanding of the Oneness of all Force...the Creative Force of the Universe.

As repressed emotions and fears may arise from the subconscious, please consult with a qualified health care physician for assistance in deciphering experiences that may arise with use of the castor oil pack.

*Thank you, Yolanda, we look forward to reading Part 2 of your journey in the next issue of 'Southern Lights'.*

*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.*