

# SOUTHERN LIGHTS

*Summer: A time of sun, sand and sea, and enjoying the great outdoors*



*Take sufficient exercise, and exercise in the SUN would be beneficial; though not sufficient to burn. Do not be out very much in the hot sun in the middle of the day; not after ten or before three ... 356-2*

Remember our website:

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

Remember our Facebook page featuring captioned photos:

*Edgar Cayce Australia Inc*

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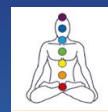
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*Global Manifestation of Oneness and the Love of God and All People*

## 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](mailto:russell@edgarcayceaustralia.org)

## Editorial - How to Enjoy New York

### by Russell Bowey

My first visit to A.R.E. HQ in Virginia Beach was in 1981. I flew to San Francisco, and then travelled to the US east coast by Greyhound bus. One of the stops to get to Virginia was in New York. There, I left the bus station with no idea of where I was or what places of interest to look for. I did end up in front of the United Nations building, but the whole experience - the noise, bustle and multitudes of people everywhere - was totally over-whelming and within hours I was back on a bus to get away from this 'nightmare'.

My wife Marija, who I married in 1986, had lived in New York for four years in the mid-1970's, working as a nanny for an Australian woman and her American husband, and lived just one block from Central Park.

When we decided to attend the A.R.E.'s New Year's Conference in December 1989, she suggested a stopover in New York on the

way. What a difference it made to have a guide who knew the places to see, the places to avoid, how to use the subway, and who had a LOVE for this amazing city, and who knew me! I came to really enjoy my second visit.

In thinking about this experience recently, I realised that when you are exploring the spiritual world, having an expert guide, especially one who knows you extremely well, will make that exploration much safer and more enjoyable.

Edgar Cayce was often asked about the best source for guidance. The readings suggested that is always found within self.

*So may it be said that the guides, as asked here, are accorded an attunement in the higher activities of the entity or soul - but seek rather ever to develop the soul of self to the attunement with the Christ Consciousness, that IS the promise of all. That the guides, that the soul mate, ATTUNE self*

*in this reaching as an aid in the spirit realm of ATTAINING the higher contact is only as a step TO the development of the better self. If held, and when kept in this attitude and in this manner, each influence then becomes higher and higher. Be not satisfied with that less than the highest, which is the promise to every soul from the Christ Himself. 275-37*

*Each soul should ever seek and be directed to be under the protection of the Christ Consciousness in its seeking for information, or for guidance in seeking for same; and ever be surrounded by that Consciousness. 254-73*

*Let the Christ Consciousness guide and direct thee. 378-26*

*Spiritual understanding only comes from the understanding of the divine within self ... 28-1*

*For He will not leave thee comfortless, for He will guide thee as ye walk day by day. 262-72*

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## Edgar Cayce on .... 'The Body as the Temple'

*He has promised to meet thee within the temple of thine own body. For as has been given, thy body is the temple of the living God; a tabernacle, yea, for thy soul. And in the holy of holies within thine own consciousness He may walk and talk with thee.*

*How? How?*

*Is it the bringing of sacrifice? Is it the burning of incense? Is it the making of thyself of no estate? Rather is it that ye PURPOSE! For the try, the purpose of thine inner self, to HIM is the righteousness. For He hath known all the vicissitudes of the earthly experience. He hath walked through the valley of the shadow of death.*

*He hath seen the temptations of man from every phase that may come into thine own experience; and, yea, He hath given thee, "If ye will love me, believing I am able, I will deliver thee from that which so easily besets thee at ANY experience."*

*... Even so may thy soul, thy mind, thy body, become aware of that which renews the hope, the faith, the patience within thee. And until ye show forth in His love that patience, ye cannot become aware of thy relationship with Him. Even as He has given, in patience ye become aware of being that soul - that seeketh the Father's house that is within even thine own consciousness. 987-4*

# 'How Did Edgar Cayce Define the Soul?'

by Russell Bowey

Just over 12 months ago, I was asked this question on Facebook: "How did Cayce define the soul? Observing awareness beyond the thinking mind and feeling heart and gut?"

I replied: "This is where an interpretation of how the readings describe the soul and its attributes (usually as spirit - or life force, mind - which partakes of both the physical and spiritual, and will - NOT will-power) can be problematic in his use of terms.

In this reading he was asked:

*(Q) Mr. Cayce, what is the soul of a body?*

*(A) That which the Maker gave to every entity or individual in the beginning, and which is seeking the home again or place of the Maker.*

*(Q) Does the soul ever die?*

*(A) May be banished from the Maker, not death.*

*(Q) What is the subconscious [subconscious?] mind of the body?*

*(A) An attribute of the soul. 3744-1*

But in this next reading heart, mind and soul are given equal prominence:

*Do not find the fault in the other, but rather cleanse thine OWN mind, heart and soul, and the proper attitude toward whatever problem that presents itself will be in that manner of understanding love that knows no fear, but being content in HIS praise, His love, His understanding. 262-25*

And this next reading adds more uncertainty to the word 'heart':

*(Q) When in the meditation of FAITH, we are told to pray, "Create in me a pure heart, O God". Does the word "heart" refer to the subconscious mind? Please give some light on the word "heart".*

*(A) As in the physical body the heart considered the seat, or the source of that which impels life to all portions of the body. In that sense, then, in creating in me a pure heart, a pure soul, a pure purpose, that in all forces, all circumstance, all conditions, in all the active forces of the body, in mind or in physical contact, may bring as life, light, understanding, to those contacted - as does the heart to the body. This as an attribute, or a representation then, as is used*

*to signify that purpose, that intent, that life, that characterization, of the active forces of an entity, a body, a mind, the imaginative forces, the conscious forces, the subconscious or soul forces. Not as of the subconscious alone; rather that that illustrates, as of the seat, the source, the activating forces that IMPEL those as would do His biddings. As: "Create within me a pure heart, O God, and RENEW a right, righteous, holy spirit within me." 262-15*

Or perhaps Van Morrison's lyrics in 'I Forgot That Love Existed' give a different perspective:

'If my heart could do my thinking  
And my head begin to feel  
I would look upon the world anew  
And know what's truly real'

The soul is meant to record all of our adventures in earthly incarnations and planetary sojourns, which creates our individuality, even though we live and move and have our being in God, but also God lives and moves and has His/Her being in us."

Now that I have had more time to reflect on my answer to that original Facebook question, I believe the soul is definitely more heart-aligned, than head-aligned. If the soul was created in the image of God, and God is Love, then the more we express love at every opportunity, the more we are raising our consciousness to the soul level.

I really like this quote taken from David and Bruce McArthur's A.R.E. Press book 'The Intelligent Heart':

'Do you remember looking into the eyes of that special someone and sincerely saying, "I love you with all my head!'"? Of course not. It is through our spiritual center we call the heart that we feel the movement of the divine presence as love.'

*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.*

## ‘Practising the Presence’ by Russell Bowey

The Edgar Cayce readings are filled with entreaties for individuals to learn how to meditate. Together with understanding one’s spiritual ideal, this practice was considered to be a cornerstone of awakening our true spiritual nature. The following two readings describe what meditation (and prayer) actually are:

*What IS Meditation? It is not musing, not daydreaming; but as ye find your bodies made up of the physical, mental and spiritual, it is the attuning of the mental body and the physical body to its spiritual source. 281-41*

*For prayer is supplication for direction, for understanding. Meditation is listening to the Divine within. 1861-19*

These next three reading emphasises the importance of commitment, persistence and also practical application in our meditations:

*(Q) Please guide me with information that will enable me to become of greater service to my fellow man. (A) There's none better than we have given, and as may be followed by that which may be brought to the awareness of self through the PRACTICAL application of those meditative forces that come by setting aside a definite time, a period during each day's activity when there will be the purifying of the body, as in accord with that which would make for consecrating of self in all of its efforts, all of its abilities, and entering into the holy of holies within self for that talk with thy God within thyself. 270-33*

*There are the abilities to combine the daily activities with the spiritual development. THIS is a virtue so few have attained - to make their religious experiences, their spirituality, PRACTICAL in their daily lives! 1204-3*

*For only that character of spiritual thought that is a practical thing, that may be lived and experienced day by day, is worthy of thy acceptance. 1723-1*

In his book, ‘The Art of Meditation’, renowned spiritual luminary Joel S. Goldsmith states:

“Gradually, these periods of meditation become a regular part of our existence, and we are meditating at any or every hour of the day or night, sometimes for only half a second or for several minutes at a time; sometimes while driving a car or doing housework. We learn to open consciousness, if it is but for a second, and find ourselves in a state of receptivity.”

The Cayce readings also emphasised the importance of maintaining our spiritual awareness as not just a once-a-day practice.

*(Q) What is the best time for meditation for this entity? (A) Whenever there is the call, as it were, to prayer, to service, to aid another. Preferably in those hours when there is quiet, either in the evening or the early morning hours. 275-39*

*(Q) Please give time for me to meditate other than the 6:30 period. (A) Well that the body gain that consciousness, be instant in prayer; speak oft with thy God. 307-4*

There are always many opportunities for us to ‘Practice the Presence’ of God in our daily lives – to feel God’s presence and guidance – and to be willing to seek that sense of ‘Oneness’ often and acknowledge and give thanks for it, at the time, or during a ‘review’ as you prepare for sleep.

When Paul states: “... now it is high time to awake out of sleep...” (Romans 13:11KJV), I see that as a call to awaken a higher state of consciousness. How often, when we are driving, do we suddenly realise we don’t remember the last 5 kilometres of our journey? We have been driving unconsciously! For many of us, this is a metaphor for our day-to-day lives. The practice of meditation will help us awaken to our true spiritual nature and oneness with God, so we may joyfully be ‘a channel of blessings’.

# 'Meditation'

## by Liz Power

Our Cayce study group recently completed Book 1 of the Edgar Cayce book "A Search For God". As recommended, before going on to Book 2, we re-read Chapter 1 on Meditation for an excellent review of the Cayce approach to meditation.

The most profound point in this chapter for me is that meditation is the best way to increase our connection and communication with the Infinite Spirit who always seeks to communicate with us on the ideals and useful purposes of our lives. Meditation, within the pursuit of our spiritual ideals, opens the physical body to that communication and with regular practice we will be able to recognise that communication clearly.

In the April 1938 Reading **254-98**, known as a 'Work' reading, Cayce answered questions about the publication of the first 12 lessons, as given to the original Norfolk study group, which eventually became 'A Search for God' - Book I. Cayce said *"The information is not to be as informatory data, but as practical, applicable lessons in soul development!"*

In the chapter introduction we read that we need to learn how to live useful lives, and that we are in perpetual connection with the Spirit of God. Meditation is to clear any obstacles to the creative forces rising through the body and being released through chakras, the spiritual centres, which leaves us physically and mentally stronger.

Prayer, Cayce says, whether alone or with others, can be used to ask for spiritual and mental cleansing before we attune and commune with the Spirit. Prayer does not replace meditation; rather it can prepare us for meditation because through it we tell the Spirit that we want to listen and manifest the promises of God.

We are advised that our body is a temple, and a miniature copy of the cosmos; *"There he has promised to meet us. If ye will but call, I will hear."* (**281-41**). This deep desire for the meeting of our inner self and the Spirit will naturally quieten

the body. It is not necessary to focus the mind on anything else.

The practice of meditation will generate spiritual energy within us. When we meditate, the life force energy comes through our Leydig glands, which open like a sealed door. The energy travels along the silver cord to the pineal centre in the brain and is then disseminated via the endocrine system to the whole mental and physical being. Then it rises to the pituitary gland, the hidden third eye behind the middle of the forehead.

About vibration, Cayce says that our physical bodies are made of cell matter in motion at different rates of vibration. Our thoughts build up a mental structural pattern, a lot like how food builds the structure of the body.

*"Mind is the builder. It is the construction engineer that molds even the actual physical matter in its higher vibratory forms. We should therefore never use thought vibrations by attempting to make ourselves other than a channel to help others."* *"Vibrations ...spiritualized, are emanations which may be sent out as thought waves, as a force in the activity of universal or cosmic influence, and thus have their effect upon those toward whom, by suggestion, they are directed"*. (See **281-7** and **281-12**.)

Cayce says our mental self has three aspects; our soul mind, also called our superconscious; our subconscious mind that holds memory and regulates the physical body; and our conscious mind. With our will, we direct our conscious mind to centre on the ideal that we present to the soul mind. If the ideal is in accord with the soul mind, we will see, hear or sense something of value from the soul mind via the five senses.

Development of attunement to the Oneness is necessary for true meditation and this occurs when we make up our minds and our will to be one with God, in word, action, intention, and purpose, saying "Not my will, but thine, in and through me."

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# 'Meditation'

## by Liz Power

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Cayce says that attunement depends on our soul development which is at a different level for each of us. A lack of attunement can show as a lack of interest in, and harmony with, our neighbours. We must cultivate our ideals, the highest desires that our imagination naturally expresses. Cooperation, patience and other essential ideals are covered in A Search for God books in a sequence for best progress.

Our current body is the temporary home of our soul, our spiritual body. Impulses from our soul seek to express creativity and oneness, but these are bounded by the limits of physical expression of the body. The meditation chapter states: 'The soul is always present, always willing to express its true purpose, its true relationship with the Creator. Through meditation we make this possible; we open the way!'

We can consider the sole reason to meditate is to achieve harmony with these ideals in our life. This focus in itself stimulates the natural growth of an inner feeling of unity and the desire for the meeting of the inner self with God without any distraction.

By entering into the silence regularly, intuition can become an influence on our daily lives. Cayce has said that all these forces are one - the spiritual, the psychic or occult, the intuitive and the universal. Sages, lamas and masters have made this spiritual ability very practical.

We learn to meditate using one of the many methods of meditation, rather like how we learnt to walk or talk. Meditate in the same place at the same time. Cleanse the face and body, then sit or lie comfortably, and do alternate nostril breathing.

Then mentally leave behind all worldly distractions and focus upon the ideal to be raised. A focus on ideals will generate a sense of oneness and love that disseminates through your body, mind and spirit.

Practice consistent regular meditation, holding the ideal and thereby waking the inner self. This experience will renew you physically, mentally and spiritually. It will bring peace, joy and true happiness because "... the kingdom of heaven is within".

The meditation chapter states: 'Do not settle for less than the fullest expression of consciousness, as our capacities and abilities are of the highest creation'.

People can have a variety of physical experiences when meditating that accompany the movement of energy, such as the sense of circular energy or side to side energy, or a vibration travelling through the body, sometimes up from the feet; lower spine pulsations; or a circular movement that rises up to the head.

Feelings, visions, voices and consciousness of oneness with God may bring assistance and beneficial experiences from the universal influences.

We read in the chapter's conclusion that we must master our current state and not simply wish to be in some other condition or place. The first and last obstacle to living our spiritual ideals is understanding ourselves. For this there are two essential attitudes; a strong desire for truth, and consistent, constant efforts to move forward. We must ask and listen to the still, small voice within and be reassured that all is well.

*"Know that all strength, all healing of every nature is the changing of the vibrations from within - the attuning of the divine within the living tissue of a body to Creative Energies." (1967-1)*