

SOUTHERN LIGHTS

Summer enlivens us to be active and socialising in the open air



As to the exercises, we find that walking and any exercise in the open - to be sure - is preferable, especially in this season of the year... 270-40

Remember our website:

www.edgarcayceaustralia.org

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

And our contact email addresses:

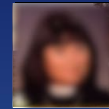
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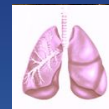
ISSUE 41, SUMMER 2025

Welcome to our Forty-first issue



Editorial - 'The Church's Disappearing Women' - by Russell Bowey

2



Edgar Cayce on 'Breathing'

2



'Drinking Chlorinated Water - Effect on Gut Health' - by Russell Bowey

3



'Exercise Advice in the Cayce Readings' - by Russell Bowey

4



'Dreaming for Others' - by Liz Power and Russell Bowey

5



'The Pearly Gates Retirement Village' - by Russell Bowey

6

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: 'The Church's Disappearing Women'

by Russell Bowey

In our 35th issue of Southern Lights newsletter, I wrote an editorial 'You'll Come a Waltzing Matilda With Me' about acknowledging the contribution of women in our society, and stated: 'The sexist 'glass ceiling' that previously often ignored the success of women in any field of endeavour, and left them largely unacknowledged and undervalued, appears to be cracking, if not in danger of shattering completely.'

After reading a recent ABC Long Read article by Julia Baird titled 'The Church's Disappearing Women' it appears the only thing in danger of shattering is my own hopes and expectations. The article is about 'disappearing' women in the Anglican Church in Australia, and the lack of progress in the ordination of women into leadership positions as diocesan bishops, assistant bishops, rectors, archdeacons or priests, and states:

'...three decades after the first ordinations of women to the Anglican priesthood, women are still struggling to gain and maintain strong footholds on the rungs of leadership across the national church.' The 'hard-won gains had been lost'.

A 12-month study undertaken by Reverend Lynda McMinn of the church's Canberra Goulburn diocese found that 'Instead of growing as expected, the number of women in ministry had dwindled in recent years. There were only three female rectors left (a three decade low), there were no female archdeacons, and few were rising in the ranks.'

Also, '... a profound shift is occurring in some western countries — notably Australia and America — whereby for the first time since such a thing was ever measured, more young men are identifying as Christians than

women. This shift has astonished demographers and historians alike, due to the fact that for centuries, if not millennia, the majority of people in church pews have been women. The leaders have been male, but the ranks of the faithful have been mostly female. So, what's going on? Where have the women gone? Or where are they going?'

A spokeswoman for the Movement for the Ordination of Women, Dr Elaine Lindsay, says young women are likely to leave their churches — or not attend in the first place — if they feel belittled or made to feel like second-class citizens.

I find it interesting that in our Cayce Prayer Group, Study Groups, and at our conferences, there is always a high proportion of women, and I have always encouraged their participation and leadership, as we are all ONE.

Edgar Cayce on 'Breathing'

... the exercise that will expand the lungs, raising the body at the same time to tiptoes as much as possible, arms extended at right angle from the body. 304-3

(Q) What breathing exercises would be best for me? (A) Those that SHOULD be the activity to every well-balanced body. Morning and evening exercises with the full and deep inhalation, and quick exhalation from the lungs; breathing in through the nostrils and exhaling through the mouth quickly. 369-10

Breath itself - few ever consider the necessity of breathing or the lack of same to keep alive. 3125-2

... the breath is power in itself; and this power may be directed to certain portions of the body. But for what purpose? As yet it has been only to see what will happen! Remember what curiosity did to the cat! Remember what curiosity did to Galileo, and what it did to Watt - but they used it in quite different directions in each case!

(Q) Considering the development of the entity, is further practice of the Yoga exercises of breathing and meditation recommended? (A) By all means! if and when, and ONLY when, preparation has been made; and when there is the knowledge, the understanding and the wisdom as to what to do WITH that gained! Without such, do not undertake same! 2475-1

‘Drinking Chlorinated Water - Effect on Gut Health’

by Russell Bowey

Gut health has been a major interest of mine, and I have read countless articles about this topic over the last decade. For many years I have pondered what effects drinking chlorinated tap water has on our gut microbiome, so a few days ago I decided to read what I could find on this topic.

For over 100 years, our water supplies have been treated with chlorine to kill bacteria, viruses and other harmful pathogens, and I knew that chlorinated tap water was probably toxic to pet fish in a tank. So what would be the result of studies on humans?

A 3-week study of mice reported in early 2024: **‘Exposure to chlorinated drinking water alters the murine fecal microbiota’**, showed that “It is possible that chlorination-induced shifts in the gut microbiota could be causal to gastrointestinal [GI] epithelial structure and function, as many of the bacteria significantly altered by chlorination have previously been linked with gut permeability and inflammation,” (my emphasis) according to the study authors.

Inflammation is a known cause of many ailments, and the Edgar Cayce readings warned about the health repercussions of intestinal permeability. In reading **943-17** (for a psoriasis sufferer), Cayce warned about toxic material leaking through the gut wall: *Would this not be thrown off in the epidermis (skin), or the lymph and capillary circulation, with this particular condition of this body, the intestinal tract would be full of pinholes; or, were it to go to the lungs, there would be tuberculosis; were it to go to the valves of the heart, it would be heart trouble - as would be called; were it to go to the liver, it would be cirrhosis of the liver; were it to go to the spleen, it would be a hardening of one end of it; were it to go to the brain, it would be softening of the brain; were it to go to the glands of the throat or thyroids, it would be that of goiter; or were it to settle in some other portion - were it to SETTLE - it would become a tumor of some character or nature.*

Because of similarities between humans and mice, these findings may translate to similar issues for the human gut microbiome. Another report on this study noted: As one of the first studies to examine the effects of drinking chlorinated water on gut health and microbiota, these findings illustrate the need for additional research regarding human health and large population impacts.

Over 100 years, and we still don’t know, and fully understand, the impact of chlorination on our long-term health!?

I am certainly not advocating drinking untreated water, but we should be aware of the possible effects of drinking chlorinated water.

Edgar Cayce recommended drinking 6 to 8 glasses of water a day. It’s a pity that a question ‘Would chlorine in our city water cause any of this trouble?’ was submitted to him prior to reading 286-8 in 1940, but, unfortunately, was not asked during the actual reading.

In 2015, I wrote a book review for Issue 6 of Southern Lights newsletter on ‘One Cause, Many Ailments - Leaky Gut Syndrome: What It Is and How It May Be Affecting Your Health’ by Dr John O. A. Pagano.

That is an excellent book for understanding the causes of what is now known as ‘Leaky Gut Syndrome’ and how to cure it with diet, herbal teas, castor oil packs, colonic irrigations, right thinking, and – an interesting suggestion – surrounding oneself with helpful, positive people.

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.

‘Exercise Advice in the Cayce Readings’

by Russell Bowey

At this time of change of seasons, I felt it was timely to share some of the exercise advice (and there is a huge amount) to be found in the Cayce readings.

(Q) Should I take any form of physical exercise, other than the head and neck exercise? (A) It's well that each body, every body, take exercise to counteract the daily routine activity, so as to produce rest. Walking is the best exercise for this body; preferably in the evening. 416-3

Then, be a well-ROUNDED body. Take specific, DEFINITE exercises morning and evening. Make the body PHYSICALLY, as well as mentally, tired and those things that have been producing those conditions where sleep, inertia, poisons in system from non-eliminations, will disappear - and so will the body respond to the diets. 341-31

(Q) How can I develop the ability to work long hours? And what are the best hours for work? (A) What are the best hours for work? When the lesser number of people are THINKING about work; for ANY individual! Hence, by raising the resistances in the body, the body will be able to control the hours of labor physically and the hours of labor mentally. Remember that which has been given, that all work and no play will make just as dull boy as all play and no work - and will make one eventually JUST as worthless, to self and to that it would desire to accomplish!

Best that EVERY individual (and this individual, particularly) budget its time. Set so much time for study, so much time for relaxation, so much time for labor mentally, so much time for activity of the physical body, so much time for reading, so much time for social activities. And while this does not mean to become merely a body of rote, it does mean that each of these changes and each of these activities make for the creating of a better balance - that not only facilitates the individual's activities but gives the ability to CONCENTRATE when desiring on WHATEVER the activity may be! 440-2

Mornings upon arising, take for two minutes and exercise in this manner - where the body, standing with the feet flat on the floor, gently rises to the toes, at the same time bringing the arms high above the head. Then bring these as far back as possible or practical, swinging both arms back. Then gradually bring them towards the front, then let down. Breathe IN as the body rises, and OUT as the body brings the hands to the front, slowly. Do this three or four times each morning (AFTER some of the adjustments have been made by the osteopath, as indicated). This is an excellent exercise for posture and for aiding in keeping this balance which will be set up by the general manipulations as combined with the osteopathic corrective forces. 1773-1

(Q) Should I have any particular form of exercise? (A) Walking, and the regular setting-up exercises for a few minutes morning and evening.

When ready to retire, let the exercise preferably be for the lower limbs; this a movement as of sitting on the floor and walking across, or swinging the limbs one in front of the other for three to four movements.

Then in the morning, before dressing, exercise the upper portion of the body; the arms up and down - straight up, straight down; then the turning motion as of swinging the arms around for the movement to the body from the diaphragm upward.

These would be the better movements or exercises for the body; then walking, to be sure. 2454-2

And this advice for sleep.

(Q) What are best hours for sleep? (A) When the body is physically tired, whether at noon or twelve o'clock at night! 440-2

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.

‘Dreaming for Others’

by Liz Power and Russell Bowey

Henry Reed and Robert Van de Castle are the creators of the Dream Helper Ceremony, a group experiment involving dream telepathy. In a July, 1992, publication ‘Dream Helper Ceremony: Dreaming FOR Another’ by Linda Magallón, Robert Van de Castle & Henry Reed, are the following statements:

One of the things that Cayce had indicated was that we would never understand ESP if our orientation was to "prove" its existence, because by the very act of trying to do it, we were singling out and separating people to examine their mental contents.

Rather, he said, if we wished to understand telepathy, we should get people together in such a way that they had a desire to help one another but had no other way of doing it except through telepathy. Then they'd focus on the telepathy, focus on the follow-through of being helpful.

The Dream Helper Ceremony isn't to learn how to work with your dreams, though. It uses selfless motivation: to use your dreams to better help others.

The Dream Helper Ceremony is simply this: for one night, your dreams do not belong to you, but will belong to someone else, someone in your dream group who is suffering from some kind of personal problem, who has a serious dilemma in their life, who is willing to step forward and without revealing the nature of that problem, ask for help.

Then dreamers form a circle around that person, dedicating their dreams to try to divine information or bless that person. The dreams are brought in the morning as gifts to help that person with whatever their dilemma might be.

As an example of dreaming for others, a Study Group member, Liz Power, shared this dream: I had an amazing experience recently where a dream that later proved to be prophetic had facilitated me rendering assistance to a dear relative in need.

One morning when I awoke, I had a vivid image presenting in my mind. I saw a 1940's round-shaped boat that was far out to sea. It was not moving, just still, with an ominous thick black stream of smoke issuing from the boat's smoke-stack. It certainly looked like a boat in distress, stuck and unable to move. This was on January 23rd.

My cousin invited me to visit her and her husband that week and I visited with my husband on January 27th. She explained that her husband Jack had not been well for some time, complaining of a sore and inflamed abdomen. Jack had been unable to secure an appointment with his specialist doctor until March.

As a former nurse, when I took one look at his stomach I realised that even though he was able to carry on daily activities, this was a serious condition and that he needed a doctor to assess it immediately.

I remembered my dream and realised in an instant that the distressed boat out to sea represented her husband, an enthusiastic sailor who spent all his spare time out on the boat or at the Rushcutters Bay sailing club! In fact he looks a little like Captain Black in Tin Tin and is around the same vintage!

On my advice that he must be seen by a doctor today, we took them to the Accident and Emergency department of their local St Vincent's Hospital where he was admitted and scheduled for hernia surgery.

I really believe the dream informed my decision to speak out about seeing a doctor! He is recovering now and hopefully will be well enough to resume his favourite hobby soon!

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 Pearly Gates Retirement Village’

by Russell Bowey

Our Motto:

Knock, and the door shall be opened unto you!

These are some of the main points in the prospectus issued by the ‘**Pearly Gates Retirement Village**’ to those seeking to take up their offer of permanent residence (or temporary residence - for believers in reincarnation).

- Ownership:** The ‘Pearly Gates Retirement Village’ is a holy-owned subsidiary of Great Original Divinity Pty Ltd.
- What we offer:** We have many designs to suit the requirements of every applicant, from tiny homes up to full mansions, all set in beautiful, fully-landscaped grounds – a veritable ‘Garden of Eden’.
- Activities:** If you love golf, we have courses tailored to your exact needs. Love playing card games? Every game you enjoy is available whenever you wish to play. Swimming? Our indoor and outdoor pools are the ideal temperature all-year-round. Table tennis? We have perfect lighting! Sounds Heavenly? That’s because it is!
- Insurance:** Property insurance is not required. Fire only occurs at the ‘other’ village, operated by our main competitor, and, as a long-term resident – Noah – can attest, our village is not flood-prone. Medical insurance is also not needed as every resident enjoys perfect health.
- Visitors:** Unfortunately, as this is a ‘gated’ community, you will not be able to receive visitors. However, you are encouraged to contact friends and loved-ones at any time, just not face-to-face.
- Applicants:** This offer is available to anyone who is willing to pay the price of admission. We encourage applicants from all races, colours, religions and sexual persuasions. All are welcome, and no-one will be refused admission.
- Further details:** Please email stpeter@PGRV.god
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