

SOUTHERN LIGHTS

Winter – Sharing the Warmth of Friendship



Prayer Group members and friends at the July Prayer Group meeting in Creswick

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

Remember our website:

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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 or phone us on (03) 5345 2945.

Editorial – ‘Let Go and Let God’ by Russell Bowey

Last week my wife Marija shared a Facebook video of a group of men rescuing a large owl that had become entangled in twine and caught in a fence. It reminded me of several other videos I have watched showing similarly-entangled whales that were freed by groups of people, in spite of the personal risk involved.

Today I recalled that a few years ago Marija and I were walking in the gully behind our house when we heard strange, erratic flapping sounds. We discovered a mudlark caught by a piece of twine around its leg, which was entangled on a branch high in a tree. I went home to get some tools and an extension ladder and we managed to cut the bird loose from the tree and eventually remove all the twine from its leg.

What all these incidents had in common was the creatures seemed to know they were being released from their predicaments, and just ‘surrendered’ to the care of their rescuers.

There appears to be two lessons here. The first, is to know that in many of the challenges in which we feel completely trapped and powerless, our futile struggles will often only worsen the situation. We need to surrender, pray and seek assistance from a higher power – to ‘Let Go and Let God’. And, unlike the old story of the flood victim awaiting God’s help, but denying potential rescuers, we need to recognise and accept that help when it is given, and be grateful for it.

In reading **69-4**, Edgar Cayce states we should empty ourselves and let God direct our lives:

As we have indicated there are physical disturbances of such natures as to hinder or to prevent that full realization of the abiding presence of the Christ-Consciousness. Yet there is the realization that it IS, that it exists, that it helps, and that it is the ONLY source of healing for a physical or a mental body.

Yet how may there be that attuning to that divinity, that promise? By emptying self of all that so easily besets, and DOING, being that as fully known, fully comprehended by the entity. Then know - as those of old, through their experience of material disturbance, mental unrest - if thou art willing, He will direct. Then let Him have His way with thee.

The second lesson is that we all can be the willing agents of God, ready to help others who seek assistance in overcoming the vicissitudes of their lives.

Reading **69-4** further advised:

Hold fast to Him! Let that which causes doubt or fear be taken up in the willingness, the desire, to be of help to others.

And reading **189-3** reinforces the responsibility we all share:

For each entity, each soul, IS his brother's keeper!

Edgar Cayce on Attitudes

(Q) What mental attitude should be assumed toward people who upset her vibrations?

(A) Keep that as has been given, as respecting the attitude the entity should assume; knowing that the desires are of a threefold nature. Spiritual, physical, and material. Two are the gratifications of self. The other is the keeping of that divine force that is within. The mental is the builder, for thoughts are deeds - they may become crimes or they may become miracles, whether guided by the spirit of truth, or as to the gratification of self's own interests. In the same attitude as one would be dealt

to, so keep that attitude - as to how one, whether an enemy, a friend, a foe, or what not - "As ye would that men should do to you, do ye even so to them." So fulfill the law of love, that - "As a man soweth, so shall he reap." As an attitude is held towards another, that is gradually builded within self - and one may hold self aloof from another until there becomes such a barrier, even through those conditions of thought, as may SEPARATE one from another - but it may be builded in love, builded in that of preferring one above another, preferring another before self. 451-1

AN APPLE A DAY

by Russell Bowey

Apples have been a part of human history and folklore for millennia. From tempting Adam in the Garden of Eden, to prompting Isaac Newton to ponder on the Law of Gravity, and being shot off William Tell's son's head with an arrow. On a recent TV episode of 'Better Homes & Gardens', the presenter peeled an apple in a continuous strip and threw the peel over her shoulder to see if there was any truth in the folklore that it would land in the shape of a future husband's initial (it didn't).

On our $\frac{3}{4}$ acre property here in Creswick we have 10 different varieties of apples (not including our various iPhones, iPads and Mac computers). These include a triple-graft tree comprising Jonathan, Granny Smith and Golden Delicious, a huge Alexander (with large, inedible fruit), a Cox's Orange Pippin (England's favourite), Red Delicious, Gala, Pink Lady, Snow and two specimens of an unknown variety rescued about 15 years ago from Nuggety Gully behind our property. Almost everyone who has tasted these enthusiastically endorses them as the best they have ever eaten (probably because they are eaten fresh straight off the tree). I wish we could identify the variety.

We use our apples for eating fresh, stewed, baked, or juiced and as apple crumble, spiced apple tea cake and apple strudel. Mostly we give them away to family, friends and at our local produce-swaps. Of course, the local birds get more than their fair share.

An excellent use for apples is a mono-diet or fast, comprising nothing but fresh, organic raw apples (preferably the Jonathan or Delicious varieties) for 3 days, with plenty of water, and two tablespoonsful of olive oil after the third day. This was recommended in the Edgar Cayce readings to more than 20 individuals to help cleanse the intestinal tract of toxins, but should only be undertaken after seeking advice from a health-care professional.

Dr Harold J Reilly in his classic book 'The Edgar Cayce Handbook for Health Through Drugless Therapy' states 'However, the apple diet itself is not the only, or even the principal, factor in the cleansing and therapeutic process'. He also included colonic irrigations, castor-oil packs, manipulations, massage and exercise in his healing regimen.

In reading **820-2** Cayce advised a 25-year-old male:

NO raw apples; or if raw apples are taken, take them and NOTHING else - three days of raw apples only, and then olive oil, and we will cleanse ALL toxic forces from any system! Raw apples are not well unless they are of the jenneting variety. Apples cooked, apples roasted, are good.

And in reading **780-12**, given for a 55-year-old woman:

If there will be a change in the diet or the application of foods for reducing the weight, we will aid much in more normalizing the weight, for there is the tendency for high blood pressure throughout the body. We would use first the apple diet to purify the system; that is, for three days eat nothing but apples of the Jonathan variety if possible. This includes the Delicious, which is a variety of the Jonathan. The Jonathan is usually grown farther north than the Delicious, but these are of the same variety, but eat some. You may drink coffee if you desire, but do not put milk or cream in it, especially while you are taking the apples. At the end of the third day, the next morning take about two tablespoonsful of Olive Oil.

So much for the old adage: 'An Apple a Day Keeps the Doctor Away'.

Even though the pruning of our apple trees is a monumental task (together with our other 50 fruit and nut trees), we are eternally grateful for the abundant harvest they provide year after year.



'IDEALS, PURPOSES & INNATE DESIRE'

by Bel Casey

This year marks the 40th anniversary of my joining a Search For God study group, and starting with intent on my Soul's journey. It has not been an easy path, and in the early days, I would think, 'Maybe I should give this up'. I soldiered on.

It has taken me many years to become conditioned to the language of the readings but now they are like old friends, and I find difficulty at times where readings have been adapted. I do understand this need however. My problem area was 'Ideals and Purposes'. While I understand their importance, I found the concepts difficult to put into a package. I usually always came back to Christ's way as my Ideal and Purpose.

My group has been together 25 plus years and we have been through the three Search For God books, the first two several times, so last year we decided to work on Bruce McArthur's book "Your Life – Why It Is the Way It Is and What You Can Do About It". For me, this has added a dimension to the knowledge, understanding of self, and much more to the growth I have obtained through the SFG books.

A recent discipline was to seek our 'Innate Desire' and work with it. For me, a light came on and I received guidance and messages from my inner self and my spiritual guides. Finally, my Ideal and Purpose were set and slipped right into place. My Innate Desire was the engine that drives my Ideal and Purpose in life.

My understanding of working with the physical, mental and spiritual bodies became as One. I believe it was these aspects that confused me in the early days. My Innate Desire was the reason I chose to come into this life at the time and place that I did.

When I sat down with my angels and the Christ in the 'inter-between' and talked through what I needed to work with at this time, my past life experiences, my growth, my positives, negatives and foibles were all laid out and decisions made.

It is a shame that once we are born, the angel of forgetfulness touches our forehead and we are on our way in a new physical body.

Once, in order to discover my time of birth, I worked a self-guided reverie. I was in a very old-fashioned labour room and could see the clock ticking away.

Some 20 minutes later I asked; "why is it taking so long?" a voice replied "you are deciding whether or not to come into this body." My personality asked the question and my soul replied. Why did I chose this?

My research with the Innate Desire discipline revealed a lot of understanding and expansion of who I am. Much of it is personal, but working with the physical, mental and spiritual aspects became clear.

This was my inner belief, but felt I 'had to' work otherwise. It is through the Oneness of all and the Oneness of who we are as individuals. If I help someone, maybe through the physical, then the recipient of this help may also receive benefit through the other two aspects and I as the giver, may receive unexpected help. This is working through the Christ's Way.

The Fruits of the Spirit and the Universal Laws are the tools given to us through the Christ. My gain through being a part of the Edgar Cayce 'family' has been, indeed, a gift beyond compare.

Now, while I still berate myself about how slow my progression seems, a friend's dream helped me change my way of thinking. It was, to not look forward to see how far it was that one still had to go, but rather, look back and see how far one had come. Very good advice.

As a point of interest, 1977 was the turning point for me in 'getting on track' with my life. Indeed I was lost. It was also the exit year of my first Saturn return. Many positive events and friends arose from that year.

If readers have their own personal story of how their lives have been touched by a book, or an event, we invite you to share it through this Newsletter.

POSSESSION – PART 2

by Russell Bowey

In the last newsletter, my wife Marija's article on 'Possession' described the symptoms of possession and ways to recognise the possibility of an external influence over-shadowing your normal personality.

Another way that we can be shown that discarnates have 'taken up residence' is through our dreams. Our higher levels of consciousness are aware of all our experiences, conscious and unconscious, and can alert us when there are any conditions, at any level of our being, which can negatively affect our lives.

As an example, I recently shared the following dream with our Study Group:

'I went to the back of our house and to my surprise discovered three 'squatters' living there. They had made themselves so much at home that they had hung their own pictures on the walls, including a large printed glass panel that looked like a glass door from an entry into part of a hospital. I told the closest squatter that they had to leave, however he defiantly told me that they were staying put and did not want to go, and arrogantly told me I could not make them leave'.

Both Marija and I realised that this dream was showing me that the three 'squatters' were entities that had set up home 'in the back' (Marija found that they were actually coiled around my spine).

They were so well-embedded and concealed that she hadn't seen them before and she had such difficulty removing them that she had to call on Jesus to do the 'evicting'.

The symbol of the 'hospital' door showed me that the entities had entered when I was in hospital in November last year, severely ill with pneumonia.

Prior to this dream, I had been complaining about feeling very 'old' and not quite my normal self, but believed that this was due to the slow recovery from my severe illness.

Once Marija had co-ordinated my nervous systems and the entities had been removed, I felt much better and had a great deal more energy and vitality, and felt more aligned to my actual age.

Another aspect of 'Possession' that was alluded to in last-month's article is the influence of 'belief systems' that we carry over from past lives, or collect from our parents, siblings, friends, or even 'cultural conditioning' from the very society that we are born into.

These 'inherited' attitudes and beliefs may or may not be conducive to our growth and development, but we may not even be aware of what they are and the affect they have on our lives.

A recent dream that I recalled shone a light on this issue:

'I was standing at the back window of a two-storey house I had bought. I had built a modern extension on the front of the house and was looking in the back yard to see if I could extend at the rear. However, the site was too steep. I then noticed that the floor had gaps that I could see through into the ground floor below, and noticed that there was no flooring there, only floor joists. Also, I noticed that most of the walls had no bracing. I was shocked that I had not properly inspected this house prior to purchase and had not noticed these major defects. I moved to the front yard and a strong wind arose, and flattened the house and extension, and the block of units next door. I was very concerned about the damage this would do to my reputation as an architect (I am now retired), and whether my insurance policy would cover the damage'.

The dream showed that the initial house is my state of consciousness that I had 'inherited', and I had then added other beliefs, attitudes and ideals. If the original house is 'flawed' and has not been rigorously inspected to make sure it is 'fit for purpose' then the whole may not be able to withstand the trials and tribulations that life will impose. There could be a very high price to pay for not properly inspecting the basis for one's beliefs.

Edgar Cayce included 'Know Thyself' in the A Search for God program as the second chapter of the first book, thus identifying the importance of self-reflection in measuring within ourselves what we believe in as an Ideal, and acting that way.