

# SOUTHERN LIGHTS

*Autumn / Winter – The Warmth of Sharing  
Our Interests with New-Found Friends*



We are thrilled that over 60 people travelled from all over Australia (and from overseas) to attend our 2019 Conference – Edgar Cayce on Reincarnation – Your Odyssey Through Time.

It was a great opportunity for A.R.E. members, and anyone interested in Edgar Cayce, to hear Kevin Todeschi and meet kindred spirits. Refer to the report on Page 2.

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:

For General enquiries: [russell@edgarcayceaustralia.org](mailto:russell@edgarcayceaustralia.org),

and for Study Group and Prayer Group enquiries:

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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.

## 'Conference Report' – by Russell Bowey

Four months ago, (in mid-March), Edgar Cayce Australia hosted A.R.E.'s Executive Director & CEO, Kevin Todeschi, for a two-day conference at the RACV Goldfields Resort in Creswick, Victoria. Titled "Edgar Cayce on Reincarnation: Your Odyssey through Time," the conference was enthusiastically attended by over sixty conferees from all over Australia, and two from overseas. Our Study Group – Marija Bowey, Donna Crusiz, Beryl Casey, Annie Glen, Rodney Cocker and myself – had been planning this for more than a year, so to actually see it happen was extremely rewarding.

We would like to sincerely thank Kevin for the success of this event. It could not have been easy to arrive on a long-haul flight just two days before, and then be very dynamic in presenting the topics of Reincarnation and the Akashic records in an easily-understood manner, and with Aussie-style humour!

Kevin stated: "Everything about the conference was incredible!

The location was beautiful, the group was enthusiastic, and the energy created by all those in attendance made ongoing Cayce-related activities in Australia a certainty." Kevin was thrilled to get up-close and personal with the local mob of kangaroos, who frequent the golf course at the resort.

During the conference, participants enjoyed the Australian premiere of the 2017 Japanese documentary, *The Readings*, by director Tetsu Shiratori, which has been shown throughout the United States and Japan. Attendees also had an opportunity to play Sojourns—the Board Game, which I created based on ideas about reincarnation from the Edgar Cayce readings. A copy of the game was a door prize on the Saturday, and a special hard-back edition of 'There is a River' – by Thomas Sugrue (Edgar Cayce's biography) was the prize on the Sunday.

Kevin also shared news about the Edgar Cayce Co-Creation app and the three upbeat Edgar Cayce ideals it provides each morning.

Apparently, conference attendees were inspired by the app, and Kevin reports within the week following the conference, it was among the top 500 downloads in Australia!

I would like to thank our Study Group members for all their efforts in organising this event, and also our friends John and Suzanne Jedryk of Canberra, who volunteered to host Kevin during his Australian trip, shuttling him from Melbourne to Creswick to Canberra and finally to Sydney for his return home.

The enthusiasm at the conference was felt by all, and feedback from all attendees was extremely positive. This was the first A.R.E. conference in Australia since the 'Mini-Moot' in Brisbane in 1983, and we can't wait another 35 years for the next one. So, plans are already being discussed for another conference in Australia, possibly late in 2020 or early 2021. Plans are also in the works for an Australian contingent to travel to the US to attend A.R.E.'s 2020 Congress (June 21–26, 2020).

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## Edgar Cayce on: 'Loving Indifference'

*Q) What can I do to overcome my anger at her treatment of my friend and her benefactor, [1397]?  
(A) Just as has been indicated. These conditions to be sure become such wherein the individual of self, the individual of thy neighbor as thyself, thy friend as thyself would be considered. These must not be taken other than in the manner as just indicated - if peace and harmony would be brought about. For remember, He is right in that given, "The soft answer turneth away wrath," and in that a gentleness, a kindness meted to those that have been and are in error but heapeth coals upon the mind, the heart, of those who have erred.*

*Then only in LOVING indifference may the conditions be met. What, ye say, is loving indifference? Acting as if it had not been, save disregarding as if they were NOT. Not animosity; for this only breeds strife. Not anger; for this only will produce mentally and physically the disturbances that become as physical reactions that prevent meeting every phase of the experience; whether in the good, the hope, the help ye mete to others, or in keeping self - as has been given for self - unspotted from the CARES of the world.*

*1402-2*

## 'Are We Always Male or Female in Our Incarnations?'

### by Russell Bowey

In the almost 2,000 'life' readings given by Edgar Cayce, there are a few instances where the sex changed from one lifetime to another (I have found 25 instances in a very brief search). This does not necessarily mean that changing sex is rare, it may just indicate that the four lifetimes usually given in a life reading are 'chosen with the desire and purpose that this may be a helpful experience for the entity (2448-2)'. Thus, they will specifically relate to the issues faced in the present lifetime and will, in all probability, reflect those same issues previously faced as the same sex.

However, in reading **2448-2**, for a 25-year-old female bookkeeper, she was given a 'life seal' described as a scroll upon which was a crest comprising: *a mounted warrior, hooded, with the shield and sword of the crusader*. One prior lifetime was in England: *during those periods of the Crusades, when the entity was a man – and what a man!* The reading continued: *In those periods there were demands put upon the entity's abilities, and trust was placed in the abilities of the entity as a leader. For, then as one Jorgas (?) Bruce, the entity led the young and the old in a purpose, in a cause, that to the entity seemed the right, the only way. Yet, with the trials that arose under the varied environs to which the entity went, as well as the groups who were under the entity's direction, there came an unusual awakening; crude, according to the thoughts of the day, yet purposeful, in the meeting of that for which the entity had stood.*

*And the entity was among the few who remained loyal and true throughout that period of struggle, that period that to many became as a period of wasted efforts.*

*Yet the entity finds deep, innate within self in the present, that there IS a power, there IS a might - from within and without - that once fused into a righteous purpose brings that harmony of a day, a week, a year, a life, well spent.'*

In all the examples of a change of sex, 24 readings were for women who had been male in a previous incarnation, and only one was a man who had been female in a former life.

Interestingly, that male was a female in Greece, married to his current wife who was a male then. In his reading **1885-2**, he was told: *For in any field of service to which ye may lend thyself, if ye may succeed - physically, mentally, spiritually. But the GREATER is in the aid, mechanically, spiritually, advisedly, to MOTHERS.*

In his wife's reading, their close associations in an early American incarnation were revealed, while also stating that she was a man in her Grecian incarnation while he was a woman. A controversy between them as to her present status in the home, etc., and the raising of their baby daughter, was also revealed in a question: *He urges me to go into some business and be a career person, but my greatest desire is to stay in my home and make it a real home. I feel my career is to raise our daughter. Can you clarify this situation any by suggestions? 1074-2*

Also, many of the 24 women had been male in an incarnation during the Crusades, or as a Viking or other warrior, perhaps choosing to experience the ultimate expression of masculinity in battle.

The reason for changing sex is explained in this reading: *(Q) Does spirit action ever change the sex of an entity from one incarnation to another? (A) At times. Depending upon that builded in the entity in the earth's plane, for as seen, will's force (of earth, see?) is the ruling factor. 136-27*

The following reading indicates that some people have no experience of being in the opposite sex, but also gives an interesting message about 'soul mates': *This entity is one that is indeed a woman. For, little or no consciousness is in the manifestation of the entity as to an entrance into material manifestation in the opposite sex. Hence the entity is unusually attractive to the opposite sex. Yet the entity finds self rather questioning self as to its choice of a mate. But know, the soul is rather the soul-mate of the universal consciousness than of an individual entity. 2988-2*

# 'THE WARNAMBOOL MYSTERY REVEALED!'

by Valarie Coventry

Last year I had a very vivid dream, one of those that unfolds suddenly like a story waiting to be told. As I generally don't remember my dreams, this one was out of my ordinary experience.

In my dream I am driving through a small town that sounded something like 'Warrnamble.' I notice some Aboriginal people either side of the road and I hear one of them calling me "Valarie, Valarie!" I drive on a little further but the voice becomes insistent so I turn around, drive back and park on the side of the road.

There is a festival happening and I somehow know that this is of cultural importance, something about the town being a crossing point or meeting point of two energies which marks it as a sacred place. As I walk around, I see people sitting on a grassy incline overlooking the festivities, one of them pats the ground next to him and says "here is a place for you to sit." I have a sense that I am meant to be there for some reason and leaving my backpack in the spot, I wander around looking for some food. There I see an Aboriginal man cooking some fish on a barbecue – he looks like the man on the side of the road who was calling me so I go over and comment on the fish which is a strange flat shape and in my dream he tells me what it is. Although I don't remember when I wake up, later research suggests that it is black bream which are very common in the river and popular with the Aboriginal people.

I remember thinking he must be an Elder, he had a long grey beard, shoulder length hair and very twinkly eyes. The next table has some potato salad and, hungry now, I go back to my backpack to get some money.

(This is where the dream switches suddenly, and it isn't until after our dream workshop with Kevin Todeschi that I realise that there are two separate parts to the dream - thanks Kevin!)

Now I find myself on a bus or coach leaving town. Panic grips me as I realise that I have left my backpack behind at the festival and feeling very upset, I turn to the man next to me and tell him.

"Don't worry," he says "it will be returned to you."

"But you don't understand," I say putting my hand on his knee for emphasis, "it has the key to my room where I am staying in it." He smiles at me and says "I will make sure it is returned." I am drawn by his face, He is fine featured and quite good looking and I am aware of feeling a strong connection as a jolt of electricity runs through my arm. Somehow I know that his name is John and that we are meant to do something together, something of importance.

Here the dream ends and, luckily, I tell my partner about the dream as soon as I wake up. He confirms that there is indeed a place called Warrnambool and suggests that I google it and see what comes up.

Intrigued by the clarity of my dream, I read that Warrnambool is an Aboriginal name meaning land between two rivers, which marks it as a sacred place for them. The history of the town dates back to 1838 when the two Bolden brothers arrived in the area with their shorthorn cattle to settle. I scroll down to a picture of what seems to be the two brothers and gasp - the one on the right is a dead ringer for the guy in my dream and his name is John!

After more reading, I discover that he is in fact a local amateur performer called JJ Villiers and close friend of one of the Bolden brothers. By now I am really hooked and wondering how on earth I can justify a trip to Warrnambool based purely on a dream! A few weeks went by and although I never forgot the dream, it became less urgent to act on it, plus I really didn't feel it was a good enough reason to go. However, I was not going to be allowed to forget it....

On one of my regular return visits from Perth, knowing that there was very little food in the house, I dashed into our local farmers market, grabbed some cheese and milk and headed back home. You can imagine my surprise when I went to put the cheese in the fridge and there on the front was 'Warrnambool.' I just about dropped the packet in my surprise!

That very same week, I received a reminder email from Russell Bowey about the Conference and telling me there were a couple of places still left.

# 'THE WARRNAMBOOL MYSTERY REVEALED!'

by Valarie Coventry

*(Continued from Page 4)*

To be honest, I had forgotten all about it because when I received the first email and realised it was to be in Victoria, I was interested but didn't feel I could justify the expense of an airfare on top of the cost of the Conference.

Now the coincidences were starting to pile up, the call to go was getting stronger and stronger. "What if Warrnambool is near Creswick?" I thought. I could go to the Conference and check out my dream at the same time. Russell was kind enough to look up the coach and train options and there was indeed a coach that would take me straight from Ballarat to Warrnambool. And so I was in!

The Conference was of course amazing and hearing Kevin's presentations such a treat. His dream workshop in particular turned out to be very helpful in unravelling the message from my dream. In summarising the dream in one sentence as he suggested, I realised that there were two parts and two messages. The first was the call to the Aboriginal connection "There is a place here for you," and the second was about something lost being returned to me.

The coach trip to Warrnambool felt very strange. On the journey I had that disoriented feeling that you sometimes get when awakening from a dream but when I got to Warrnambool I was disappointed as it didn't feel it was familiar or even particularly inviting. Over the next few days I wandered around but the shops all looked pretty much the same as you would find anywhere and the only one that I was drawn to (apart from coffee shops of course!) was a funny little Asian shop where I bought a banana. This was to be of particular relevance later.

The Visitor's Centre had not heard of JJ Villiers, the man that had popped up in my google search but suggested I try the Historical Society and 'Bingo'- they had a big file on him. Apart from being a long-time member of the Warrnambool community, he was an artist, a musician and a story teller - he sounded like a very like-minded soul. However none of the photos of his two wives and thirteen children struck any particular chord with me.

I had always wondered where my ability to speak French had come from. I had only studied it for one year when I was in High School many years ago and yet spoke and understood it quite easily. I love France and when I visited last year, was able to chat and find my way around without difficulty.

The researcher at the Historical Society also told me that JJ was well known for being an entertainer and had made the first ever sound recording on phonograph which was held in the State Library. As I was leaving, she suggested I try the Library to see if I could access it and also remarked that his shop was still there in the High Street - of course it was the very same shop that I had gone into earlier without quite knowing why.

The Librarian was able to pull up a short audio of his recording of "The Hen Convention" and asked me if I would like to hear it. Much to our amusement, the Library was filled with the sound of raucous hen cackles - it sounded like the poor things were being strangled! JJ certainly had a sense of humour!

On reflecting about the dream workshop with Kevin I figured out that the meaning was that a lost part of myself, as in a past life, had been returned to me.

The first part of the dream where I was being called by the Elder led me to a small town about twenty kilometres out of town where the local Aboriginal population lived. There was a Visitor Centre on Tower Hill nearby and I was hoping to connect with some of the local inhabitants. However, there was only one younger indigenous woman serving behind the counter and it didn't feel right to go up and start asking questions. So I decided to take a tour with one of the local guides, a very knowledgeable young man with a strong connection with the local inhabitants.

Afterwards I told him about the dream and asked him if he had any insights or suggestions and although he was intrigued, he couldn't tell me anything more. I decided to take one of the walks up to the top of the crater and it was certainly worth the climb.

# 'THE WARNAMBOOL MYSTERY REVEALED!'

## by Valarie Coventry

*(Continued from Page 5)*

The whole rim of the volcanic crater stretched around me and it was incredibly peaceful there and that sense of timelessness that you often get with sacred places. Regretfully I retraced my steps and went for one last look at the Visitor Centre. As I was leaving, the guide called me over and gave me a piece of paper with his number on it. "Call me if you come back to Warrnambool and I will take you to meet the local community," he offered.

On reflection, I feel that indeed there could be a place there for me but I would need to be prepared to spend a good deal more time there, which is just not possible for me right now. That's the thing about soul calls, in my own experience they usually require you to make big changes in your life and you have to be prepared to follow that.

On my return to WA I did follow up with some more research and discovered the Ngangkari healers, a group of Aboriginal energy workers who have been running a healing clinic from Wellington hospital in Victoria and also touring around the rural areas offering energy healing. This was very exciting to me, being an energy worker myself and I plan to visit ANTAC in Adelaide which is the umbrella organisation coordinating their work. If anyone has any connections with the Ngangkari do please email me as they are very private and not easy to connect with unless you have a contact.

So the mystery of the dream has been resolved to my satisfaction and I suspect that it will continue to play out over the coming months. Thank you to all the participants who provided such a rich and rewarding conference and special thanks to Russell – if you hadn't sent that reminder email, I might have missed this whole experience ☺ My email is [vcoventry@bigpond.com](mailto:vcoventry@bigpond.com) for anyone who wants to contact me with any more information.

Blessings to you all,

Valarie

PS. For those of you that are interested, I have written a book of regression stories from my work as a regression therapist called "Your Soul is Calling You-inspirational past life regression stories" which is available through Amazon and Balboa Press. It is also available as an E Book. If you read it, I would welcome your feedback.

*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.*