

SOUTHERN LIGHTS

*Winter - A Time to Appreciate a Calm,
Sunny Day After A Frosty Morning*



Winter is an opportunity to withdraw, to hibernate, turn to our inner selves, and to reflect on what the outer world has been showing us.

We have started an on-line 'A Search for God' Study Group via Zoom with six members. Please contact Russell at the email address below if you are interested in a new group.

Remember our website:

www.edgarcayceaustralia.org

Remember our Facebook page featuring captioned photos:

Edgar Cayce Australia Inc

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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 of the above topics, please email russell@edgarcayceaustralia.org or phone us on (03) 5345 2945.

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

Editorial - 'I Am My Brother's Keeper' by Russell Bowey

During a recent lockdown in Victoria, my wife and I walked to our local supermarket, and I waited for her outside. I saw a woman (maskless) sitting at a table, but she was not near other people. However, she saw someone she knew come out of the supermarket, so she came to within 1.5 metres of the front door to strike up a conversation. She was still there talking, with every shopper walking past them to enter or leave, as my wife came out. I remarked that I was not happy with this woman's lack of care and respect for others.

Some days later, I ran into a friend as he came out of a café in our main street. I struck up a conversation with him and noticed he was holding his mask in his hand, but had not put it on. Later I realised that all the people walking past were within 1.5 metres of us. I had been just as disrespectful as the woman at the supermarket!!! This was an

important lesson learned.

The Edgar Cayce readings suggest that we should not worry about the acts of others:

Fret not thyself of tomorrow or as to what another doeth; for thou shalt give an accounting of the deeds done in the body, not in someone else's. 3213-1

The readings also constantly stressed that 'I AM MY BROTHER'S KEEPER!'. So, who is my brother? This reading gives an answer:

Let that rather be thy watchword, "I am my brother's keeper." Who is thy brother? Whoever, wherever he is, that bears the imprint of the Maker in the earth, be he black, white, gray or grizzled, be he young, be he Hottentot, or on the throne or in the president's chair. All that are in the earth today are thy brothers. 2780-3

These readings affirm the concept: *But all must come to the knowledge that "I AM my*

brother's keeper." And until the world, or those in authority, those in power from the angle or standpoint of that which is the exchange medium between individual groups in their affairs, socially, commercially and spiritually, recognize that this is true, and that each group is dependent one upon another, little progress of a lasting nature be made. 257-134

Remember there are few words that may be said other than that the kingdom is within, and "I am my brother's keeper." These are immutable - these change not. 1151-17

That these (the theological and the spiritual) have grown and are growing farther and farther apart in the affairs of man as a whole is a fault - a failure of man to grasp the ONE thought, the ONE ideal, that would be held in such a way as to know that these must be ONE, in that "I AM my brother's keeper!" 1473-1

Edgar Cayce on the Change Called Death

(Q) Describe some of the planes into which entities pass on experiencing the change called death.

(A) Passing from the material consciousness to a spiritual or cosmic, or outer consciousness, oft does an entity or being not become conscious of that about it; much in the same manner as an entity born into the material plane only becomes conscious gradually of that designated as time and space for the material or third dimensional plane. In the passage the entity becomes conscious, or the recognition of being in a fourth or higher dimensional plane takes place, much in the same

way as the consciousness is gained in the material. For, as we have given, that we see manifested in the material plane is but a shadow of that in the spiritual plane.

In materiality we find some advance faster, some grow stronger, some become weaklings. Until there is redemption through the acceptance of the law (or love of God, as manifested through the Channel or the Way), there can be little or no development in a material or spiritual plane. But all must pass under the rod, even as He - who entered into materiality. 5749-3

'Living a Well-Balanced and Well-Coordinated Life'

by Russell Bowey

The human body tries to maintain a natural equilibrium – called homeostasis – to compensate for whatever environment we live in. We shiver when we are cold, or sweat when we are hot. If we eat too much acid-forming food, the body utilises calcium (an alkaline mineral) to assist in maintaining a Ph level around 7.3.

Our minds are also trying to maintain a balance in our mental states. For instance, we have compensatory dreams to show us when our behaviour becomes too extreme in any way.

In the Edgar Cayce readings, over 2,000 contain the word 'balance' (which is approximately one in every seven readings!). The following reading is typical:

Keep self well-balanced, and keep the body physically fit, the mental body alert, and the spiritual body - give it an opportunity to manifest!
342-1

Many readings offered advice on keeping a well-balanced diet:

Be mindful that the diet (which has been outlined) is wholesome and well-balanced, that it is tended towards the alkaline rather than the acid forming.
298-2

The readings also focus on advising people to keep their bodily organs and systems coordinated, and with incoordination, for example between the cerebrospinal and autonomic nervous systems, or between the superficial and deep circulation, mentioned in over 600 readings. The far-reaching affects of incoordination are revealed in this reading:

*(Q) What is cause and relief for pains in right knee?
(A) As we find, this is produced by a slowed circulation, caused by the cold hepatic circulation and the disturbances in the kidney area, or the incoordination between the kidney and liver in their proper relations one to another; so that the toxic forces of the system, as are left in the system through improper eliminations, cause*

distresses in portions of the system where STRAIN of some nature, as in this, has made a WEAKENED condition in that portion of the body. 327-2

These readings reinforce Cayce's approach:

*(Q) Is there any further advice for me at this time?
(A) Keep up those things that have been given the body in its mental and in its spiritual relationships, in its general activities for keeping the well-balanced and well-coordinating physical, mental and material conditions; and we will find the greater satisfaction, the greater harmony, the bettered conditions. 270-38*

Hence, as we would find, the study to show self approved unto all good works, rightly dividing the words of truth, will make for a well-balanced, a well-coordinated activity of the body in the mental, in the material, and being directed in such through the spirituality - that should be the impelling force in each one's experience - there comes the natural growth. 282-4

The 48-year-old executive (Mr 342) who was told to 'keep self well-balanced' above, asked Edgar Cayce if he had any other advice. The answer provides a key about our best approach to the well-balanced, well-coordinated life we all aspire to:

*(Q) Any further advice for this body at this time?
(A) Study to show thyself approved unto Him ye would serve. Know that the knowledge of from whence ye came, and your trials through those experiences, is as necessary in meeting the everyday experiences of life in the Now (for it is ever the Now), as it is to study about wither thou wilt go. For, Life is One, even as thy God is one - and the forces that are active, in whether it be the material, the mental or the spiritual life - IF CONSTRUCTIVE - EMANATE from that source. 342-1*

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.

‘Cayce and Quantum Physics’ by Russell Bowey

Some months ago I received an image (shown on the following page) to help me to better understand some concepts from Quantum Physics.

I was shown a surfer riding a wave. The surfer represents you and me, and the surface of the ocean represents the day-to-day reality of our existence - the Manifested Universe. The wave is our present moment, with the past behind us and the future ahead of us.

Below us lies the un-moving ocean depths, timeless and infinite. This represents the Un-manifested Universe - the potential that our consciousness can tap into and from which we can create a new reality.

Implicate and explicate are concepts described by theoretical physicist David Bohm during the early 1980s. The implicate (also referred to as the "enfolded") order is seen as a deeper, more fundamental order of reality. In contrast, the explicate or "unfolded" order includes what humans normally perceive as reality.

Since then, I discovered the term ‘Oceanic Boundlessness’ which is used to describe an altered state of consciousness characterised by feelings of unity, spiritual experiences and ego dissolution.

I find the symbol of a ‘wave’ rather appropriate, given the many quantum experiments investigating the interference patterns of waves and particles. Physicists are now even suggesting that consciousness and quantum mechanics are somehow linked, and that we live in a "participatory universe." As such, the objective reality of our physical universe seems to become totally subjective.

All of this may be a simplistic representation of a more complex subject, but it helped me to a renewed appreciation of Edgar Cayce’s foundational view of creation: ‘Spirit is the Life, Mind is the Builder, the Physical is the Result.’ In other words, before anything manifests in our physical reality, it must be first conceived in spirit, then acted on (‘patterned’) by the mind, and only then can it materialise.

The following four readings explain how mind is the link between the spiritual and the physical:

Mind is an effect, or an active force that partakes of spiritual as well as material import. Mind is an essence or a flow between Spirit and that which is made manifest materially. 262-123

... the basis of the individuality of an entity must come from its ideal spiritually. For all is born first in spirit, then in mind, then it may become manifested in the material plane. For God moved and the heavens and the earth came into being. God is spirit. Man with his soul, that may be a companion to the Creative Forces, is of that same source. Thus to grow in grace and knowledge, one applies, one has, one uses one's spiritual self. And with what spirit we apply, we grow also in mind and in body. 3424-1

The earth and the universe, as related to man, came into being through the MIND - MIND - of the Maker, and, as such, has its same being much as each atomic force multiplies in itself, or, as worlds are seen and being made in the present period, and as same became (earth we are speaking of) an abode for man, man entered as man, through the MIND of the Maker, see? 900-227

... the ability to be conscious of a thing - MENTALLY - is the only manner through which ANYONE experiences anything! 272-4

And these readings further explain the connection between materiality, consciousness, and time itself:

How far is tomorrow to any soul? How far is yesterday from thy consciousness? You are IN same (that is, all time as one time).... 5755-1

For all force, all manifestations in materiality are the expressions of spirit, and are PROMPTED by same. 816-3

... in the words of the Master himself - "In my Father's house are many mansions - " - many consciousnesses, many stages of enfoldment, of unfoldment, of blessings, of sources. 2879-1

'Cayce and Quantum Physics'

by Russell Bowey

Manifested Universe

Explicate

(Conscious)

Past ←

→ Future



Implicate

(Subconscious)

Unmanifested Universe

(Potential)

'The Lord's Prayer and the Seven Spiritual Centres'

by Russell Bowey

The version of the Lord's Prayer included at the beginning of the A Search for God Book 1, comes from Matthew 6:9-13 (KJV):

Our Father, which art in HEAVEN, Hallowed be thy NAME. Thy kingdom come. Thy WILL be done in earth, as it is in heaven. Give us this day our daily BREAD. And forgive us our DEBTS, as we forgive our debtors. And lead us not into TEMPTATION, but deliver us from EVIL. For thine is the KINGDOM, and the POWER, and the GLORY, for ever. Amen.

The original Glad Helpers Prayer Group asked in the following reading if this was the actual version of the prayer given by Jesus:

(Q) Is the Lord's Prayer as recorded in the Bible correct? If not, would appreciate it as was given by the Master to the disciples.

(A) This may be given, but rather should the seeker use that which IS given - as the Lord calls on all to do. Make its purpose and its intent a portion of thine self. For, there be many misinterpretations, poor translations, but to find fault with that thou hast and not use same is to make excuses that you haven't it as it was given. Art THOU on speaking terms with thy Lord? If not, why not? HAVE that rather than HE would give thee, than from ANY other source! 281-20

The following reading emphasises the importance of this Prayer, and as one recites it, to 'feel' the relationship between the words of the prayer and the seven chakras (spiritual centres) and ductless glands of the Endocrine System (refer to the diagram on the next page).

(Q) Does the outline of the Lord's Prayer as placed on our chart have any bearing on the opening of the centers? (A) Here is indicated the manner in which it was given as to the purpose for which it was given; not as an ONLY way but as a way that would answer for those that sought to be - as others - seekers for A way, AN understanding, to the relationships to the Creative Forces. It bears in relationships to this, then, the proper place.

(Q) Pituitary - Heaven? (A) Correct.....

(Q) Pineal - Name? (A) Relatively, yes.

(Q) Thyroid - Will? (A) Correct.

(Q) Thymus - Evil? (A) Correct.

(Q) Solar Plexus - Debts? (A) Yes.

(Q) Lyden - Temptation? (A) Correct.

(Q) Gonads - Bread? (A) Right.

(Q) How should the Lord's Prayer be used in this connection?

(A) As in feeling, as it were, the flow of the meanings of each portion of same throughout the body-physical. For as there is the response to the mental representations of all of these in the MENTAL body, it may build into the physical body in the manner as He, thy Lord, thy Brother; so well expressed in, "I have bread ye know not of." 281-29

This next reading stresses the importance of living the tenets and principals in the prayer in our daily lives:

But do apply self in the social groups, the social relationships in emulating the principles of "I forgive as I ask to be forgiven."

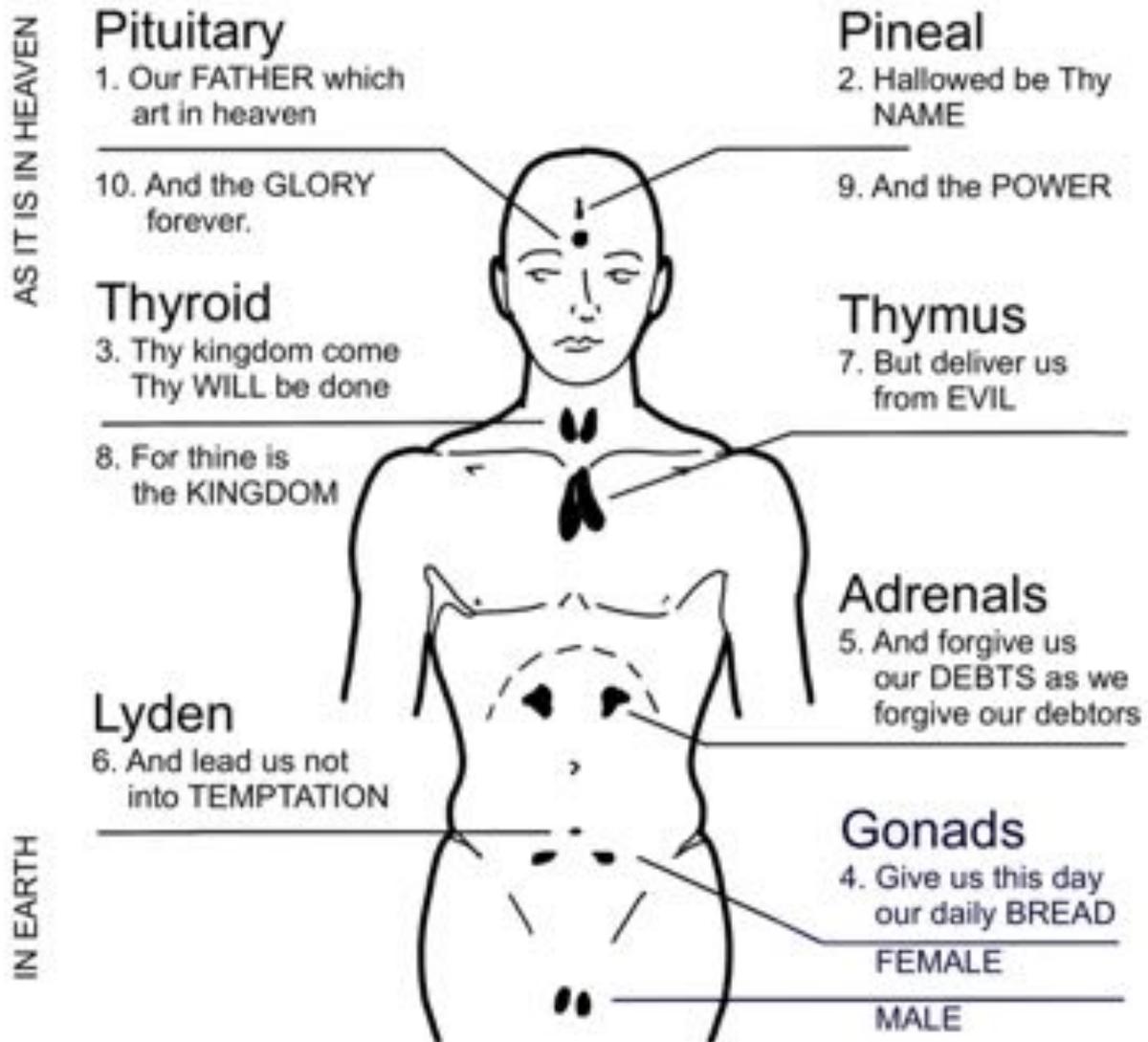
Thus may the entity find that those tenets and principles indicated in the Lord's Prayer may become a living things, and that we live for the day. 3111-2

These next two readings describe the importance of the Lyden centre, and its location in the body:

The spiritual arises from the centers in the Lyden or leaden [Leydig or Leydigian] glandular forces that are as hidden energies, or the very nature of the creative or reproductive forces. 1468-5

(Q) What is the lyden [Leydig] gland and where located? (A) Lyden [Leydig] meaning sealed; that gland from which gestation takes place when a body is created through coition, or inception, through conception of two bodies meeting in creating a body. Located in and above the gland called genital glands, see? 3997-1

'The Lord's Prayer and the Seven Spiritual Centres' by Russell Bowey



The Lord's Prayer and the Seven Spiritual Centres